



## RJH Pain Program

### Upcoming Self-Management Course Dates

To register for ALL courses, call 250-519-1836 extension 2 followed by extension 3

#### Yoga

**Restorative Yoga** - 6 weeks, Wednesdays 10am to 11am

April 10<sup>th</sup> – May 15<sup>th</sup> 2019

This practice uses props and longer durations in seated and reclined postures to help bring the body back into its natural alignment. tapping into a conscious restful state allows our body to heal and regenerate itself, especially in times of stress, fatigue, illness or injury. Come rest and regenerate.

#### Art Workshops

**About Face** – 10 weeks Mondays 11am-12:30pm

April 8, 15, 29<sup>th</sup>

May 6, 13, 27<sup>th</sup>

June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> 24<sup>th</sup> 2019

This class will comprise of 3 projects: Learn various drawing techniques using the head as a subject in a fun and interesting way. Don't be shy, you CAN do it!! No experiences necessary

**Drawing a Portrait, 3 weeks** – Learn how to draw facial features and head proportion. You will learn how to work with pencils and erasers in a creative way.

**Composite Face, 4 weeks** – You will collect and cut out a selection of facial features and create a composite face. After making the “face collage”, we will draw our funny faces and build upon skills learnt.

**A head in 3 colour ways, 3 weeks** – Use colour in combinations to create different responses. Photocopied heads of famous people will be used to apply colour combinations for various effects.

**Wildly Layering** - 7 weeks Mondays 11am-12:30pm

July 8<sup>th</sup> and 15

August 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

September 23, 30<sup>th</sup>

Acrylic and mixed media combined to make a wildly exciting painting.

## **Pool**

8 weeks, Tuesdays and Thursdays 11:30am – 1pm

Next course: April 2<sup>nd</sup> to May 23<sup>rd</sup> 2019

Gentle movement in water with shallow and deep water options. Located at Crystal Pool Recreation Centre.

## **Mindfulness Based CBT for Pain**

4 weeks, Tuesdays 9:30am to 12pm

Next course: April 9<sup>th</sup> to April 30<sup>th</sup>

Following course: May 7<sup>th</sup> to May 29<sup>th</sup>

Following course: August 6<sup>th</sup> to August 27<sup>th</sup>

Learn to enhance awareness of your habitual patterns and skills to intentionally respond rather than to react using mindfulness and cognitive behavioural therapy techniques.

## **Making Peace with Sleep**

4 weeks, Tuesdays 10am – 12pm

Next course: June 4<sup>th</sup> to June 25<sup>th</sup> 2019

Cognitive Behavior Therapy Pain & Insomnia (CBT-PI) course that addresses the effects of pain on sleep.

**View website for new and upcoming courses:**

**[www.islandhealth.ca/our-services/ambulatory-services/pain-management-services](http://www.islandhealth.ca/our-services/ambulatory-services/pain-management-services)**