



RJH Pain Program

Upcoming Self-Management Course Dates

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

Art Workshops

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

April 8, 15, 29th

May 6, 13, 27th

June 3rd, 10th, 17th 24th 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 8th and 15

August 12th, 19th, 26th

September 23, 30th

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

Pool

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

Next course: May 28th to July 4th 2019 (6 weeks)

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

Yoga

Restorative Yoga - 6 weeks, Wednesdays 10am to 11am – Full (please call to be waitlisted for next course, dates to be determined)

April 10th – May 15th 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.

Mindful Hatha Yoga - 7 weeks, Wednesdays 10am to 11am

A gentle hatha yoga practice that combines movement and breathing with relaxation and meditation. This class invites deepening awareness and offers help with the development of your own practice

May 22nd to July 10th (not class on June 12th)

Gentle Yoga - 6 weeks, Wednesdays 10am to 11am

Dates yet confirmed. Call to be placed on the waitlist, for the next offered session, if interested.

Mindfulness Based CBT for Pain

4 weeks, Tuesdays 9:30am to 12pm

Next course: April 9th to April 30th

Following course: May 7th to May 29th

Following course: August 6th to August 27th

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 4th to June 25th 2019

Following Course: Sept 3rd to Sept 24th 2019

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

View website for new and upcoming courses:

<https://www.islandhealth.ca/our-services/ambulatory-services/pain-management-services>