

Recommended Community Supports – Victoria

Pain BC

<https://www.painbc.ca>

- [Pain Support & Wellness Groups](https://www.painbc.ca/supportgroups): <https://www.painbc.ca/supportgroups>
 - Meet in person twice a month. Offered in communities across BC

Cognitive Behavioral Therapy (CBT) Skills Group

<https://www.divisionsbc.ca/victoria/resources/mhsu-program/cbt-skills-group>

- Learn tools to recognize, understand and manage patterns of feelings, thinking and behaviors
- 8-week course, once per week for 1.5-2 hours (Family doctor referral required)

Weight loss and Nutrition

- Craving Change held at Victoria General Hospital. To register call **250-370-8633**
- Four 2-hour small group workshops for changing your relationship with food. Classes are held through the nutrition department. (No referral required)

Mindfulness (Bcalm)

<https://www.bcalm.ca/resources>

- CALM (Community Art of Living Mindfully): 90-minute once a week group for 8 weeks. (Family doctor referral required)

Self-Management British Columbia Chronic Pain Self-Management Program

<https://www.selfmanagementbc.ca/chronicpainprogram>

Email: selfmgmt@uvic.ca

Phone: Toll-free at 1-866-902-3767

- Free workshop series that helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain.
- Sessions held throughout British Columbia including Vancouver Island and the Gulf Islands. 6 weeks, once per week for 2.5 hours