

# CHRONIC PAIN SUPPORT GROUP

Ages 18+ | Virtual | 9am to 10:30am | Thursdays  
Group facilitator: Gretchen Rydin, LAC, LCSW



This group will cover a variety of topics related to chronic pain including:

- **Pain management techniques:**
  - Learn how to employ relaxation, mindfulness, lifestyle changes.
- **Cognitive behavioral strategies:**
  - Reduce negative thoughts and develop an adaptive mindset.
- **Stress reduction and coping skills:**
  - Lessen feelings of anxiety and depression to enhance wellbeing.
- **Effective communication tools:**
  - Learn how to better express yourself and practice self-advocacy.
- **Peer support:**
  - Share your experiences with group members who can relate.
- **Improve daily functioning:**
  - Optimize your independence and quality of life.



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