

**Chronic Pain 6 Week  
Self-Management  
Workshop  
Peer Leader Training  
Helping People Self-Manage  
their Chronic Pain**



We are currently recruiting Peer Leaders for the Chronic Pain Self-Management Program (CPSMP).

The 6 week, twice a week, Peer Leader Training will be held virtually on a ZOOM Platform. There is no cost for this training and all leader materials will be sent to you. You will be required to complete an application form.

**Training will be on Mondays & Wednesdays starting November 11th until December 18th, 2024, from 3:00pm to 5:00pm.**

To register please Contact: **Sally Kirby** at:  
Email:- [skirby@southlake.ca](mailto:skirby@southlake.ca) or, by phone: **289-231-0926**,  
Or online: <https://healthy-living-now.ca/training-events/>