

PAIN ASSOCIATION SCOTLAND

An introduction to Building Resilience

Chronic Pain is difficult to live with. It is hard to understand, you can't see it and it varies day to day, sometimes for no apparent reason. In addition to pain, people often experience frustration, anxiety, stress, sleeplessness, low mood, isolation, communication and relationship problems. This brings many challenges.

The sessions will be online on the following dates. To sign up for the session just click the calendar next to the month you wish to attend.

January
18th
26th



February
15th
23rd



March
15th
23rd



April
12th
20th
27th



The project is part funded by the Alliance



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The sessions will be on the following dates. To sign up for the session just click the calendar next to the month you wish to attend.

May
17th
24th
25th



June
14th
17th
22nd



July
12th
20th
27th



August
23rd
24th



September
21st
27th
28th



October
11th
19th
26th



November
15th
23rd

