

**Free Pain Management Programme for (………………speaking people)**

**This is a 3 hour weekly self-management programme over six weeks**

Do you have patients or know someone that:

* Has lived with pain for more than six months?
* Reports anxiety or depression related to pain?
* Is less physical or social due to their pain?
* Is aged over 18 years of age?

The multicultural health service together with the >>>>>>>>>>>>>>>>>>>pain management clinic located at ………………………. are running a series of Community Pain Management Programmes to help people with chronic pain learn some ways to manage it.

Programme details are as follows:

* **Who:** People with chronic pain persisting for longer than 3 months
* **When:** Dates will be determined by participant’s availability
* **Duration:** Six weeks
* **Cost:** Free
* **Referrals:** Now being accepted.

A pre activity questionnaire is available to determine suitability. You can access this questionnaire at ………………………………………………………….or contact …………………………………………………………… (02) ……………………………..

Questionnaires can be faxed to

(02)………………………………………………

Information can be found at [www……………………………….](http://www.ccnswml.com.au/pain)

For translation assistance: <https://www.tisnational.gov.au> Phone: 1300 655 982

You can also contact …………………. Community Pain Management Coordinator at ………………………………………..or at (insert email)

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