

# Persistent Pain Management Service

## Mind Program 2023

This eight-week program focuses on learning and applying mindfulness and other strategies to help manage your pain. The program will help you cope with and manage your pain and reduce stress to do with your pain. This small group program combines both information and practical learning.

Method	Location	Times/Dates	
Telehealth	Home or local telehealth facility	<b>February 2023</b> Wednesdays 9:00am-11:00am *10:00am-12:00pm	<b>August 2023</b> Fridays 01:00pm-03:00pm
		<ul style="list-style-type: none"> <li>Wk 1 – 01/02</li> <li>Wk 2 – 08/02</li> <li>Wk 3 – 15/02</li> <li>Wk 4 – 22/02</li> <li>Wk 5 – 01/03*</li> <li>Wk 6 – 08/03*</li> <li>Wk 7 – 15/03*</li> <li>Wk 8 – n/a</li> </ul>	<ul style="list-style-type: none"> <li>Wk 1 – 04/08</li> <li>Wk 2 – 11/08</li> <li>Wk 3 – 18/08</li> <li>Wk 4 – 25/08</li> <li>Wk 5 – 01/09</li> <li>Wk 6 – 08/09</li> <li>Wk 7 – 15/09</li> <li>Wk 8 – 22/09</li> </ul>
Face-to-face	Nambour General Hospital	<b>May 2023</b> Fridays 01:00pm-03:00pm	<b>October 2023</b> Wednesdays 10:00am-12:00pm
		<ul style="list-style-type: none"> <li>Wk 1 – 05/05</li> <li>Wk 2 – 12/05</li> <li>Wk 3 – 19/05</li> <li>Wk 4 – 26/05</li> <li>Wk 5 – 02/06</li> <li>Wk 6 – 16/06</li> <li>Wk 7 – 23/06</li> <li>Wk 8 – 30/06</li> </ul>	<ul style="list-style-type: none"> <li>Wk 1 – 18/10</li> <li>Wk 2 – 25/10</li> <li>Wk 3 – 01/11</li> <li>Wk 4 – 08/11</li> <li>Wk 5 – 15/11</li> <li>Wk 6 – 22/11</li> <li>Wk 7 – 29/11</li> <li>Wk 8 – 06/12</li> </ul>

## Registration

To register for this program you must have a valid referral from your GP or Specialist and have attended either an initial assessment appointment or a Pain 101 session.

To register please phone: (07) 5470 6785 or email [sc-persistentpain@health.qld.gov.au](mailto:sc-persistentpain@health.qld.gov.au)

**Please note:** Delivery method, dates and times are subject to change. Please confirm dates and times when booking.

