

Persistent Pain Management Service

Power Over Pain (POP) 2023

A six-week group program which helps young people and their support givers to cope with pain. In the group you can learn about persistent pain and practical activities to help manage pain. The group can help young people share experiences and problem solve together.

Method	Location	Times/Dates	
Face-to-face	Nambour General Hospital	August 2023	November 2023
		Introduction <ul style="list-style-type: none"> Friday 4th 9am-10:30am Sessions (9:00am-11:30am) <ul style="list-style-type: none"> Wk 1 – 11/08 Wk 2 – 18/08 Wk 3 – 25/08 Wk 4 – 01/09 Wk 5 – 08/09 Wk 6 – 15/09 	Introduction <ul style="list-style-type: none"> Friday 3rd 9am-10:30am Sessions (9:00am-11:30am) <ul style="list-style-type: none"> Wk 1 – 10/11 Wk 2 – 17/11 Wk 3 – 24/11 Wk 4 – 01/12 Wk 5 – 08/12 Wk 6 – 15/12

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

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

