



**POWER
OVER PAIN
PORTAL**

January Workshops

****Register by clicking on the “save my spot” or scan the QR code ****

Jan. 11th 11:00 a.m. EST

YOUR NERVOUS SYSTEM: A KEY TO CHRONIC PAIN MANAGEMENT

Join this webinar to learn how your nervous system changes and adapts to our experiences

[Save my spot](#)



EN

Jan. 15th 12:00 p.m. EST

POWER OVER PAIN ORIENTATION

What is pain and why do we feel pain
How to create an account and track your progress
Resources on the Portal and privacy/confidentiality

[Save my spot](#)



EN

Jan. 16th 1:00 p.m. EST

GENDER AND PAIN

Join this webinar to learn how gender can affect how pain is perceived, assessed and treated

[Save my spot](#)



EN

Jan. 25th 6:30 p.m. EST

PERSPECTIVES FROM MEN LIVING WITH CHRONIC PAIN : A PANEL DISCUSSION

Join this webinar to learn about the challenges and impacts of chronic pain from the perspective of men who live with pain.

[Save my spot](#)



EN



Please contact us at poweroverpain@ohri.ca or portal.poweroverpain.ca/events for any questions.

Funded by Health Canada's Substance Use and Addictions Program. The views expressed may not represent those of Health Canada.



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January Workshops

****Register by clicking on the “save my spot” or scan the QR code ****

Jan. 26th 1:00 p.m. EST

MINDFULNESS AND CHRONIC PAIN

EN

Join this webinar to learn the foundation of mindfulness for chronic pain and basic meditation exercises

[Save my spot](#)



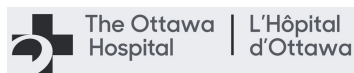
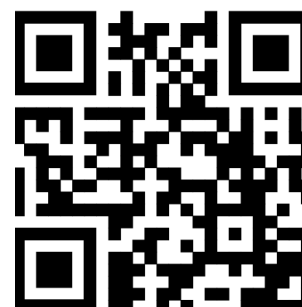
Jan. 30th 1:00 p.m. EST

HOW TO GET INVOLVED IN YOUR PAIN CARE

EN

Join this webinar to learn to build a pain management plan that fits you need, share it with your supports and health care providers

[Save my spot](#)



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February Workshops

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EN

Feb. 1st 12:00 p.m. EST

ARE YOU SLEEPING WITH ONE EYE OPEN?

Join this webinar to learn about the roles of our biological clock, routine, nutrition, self-talk, stress response regulation and pharmaceutical products on sleep.

[Save my spot](#)



EN

Feb. 7th 12:30 p.m. EST

BACK TO MOVEMENT

Join this webinar to learn a brief gentle low back exercise routine that you can do anytime and what to do if/when pain increases when you are exercising

[Save my spot](#)



EN

Feb. 9th 1:00 p.m. EST

LET'S TALK ABOUT CHRONIC PAIN: COMMUNICATION & CHRONIC PAIN

Join this webinar to learn about self-advocacy, assertive communication with friends/family, and identity strategies to improve relationships in the context of chronic pain

[Save my spot](#)



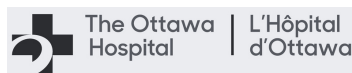
EN

Feb. 12th 12:00 p.m. EST

POWER OVER PAIN ORIENTATION

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February Workshops

****Register by clicking on the “save my spot” or scan the QR code ****

Feb. 16th 1:00 p.m. EST

PAIN & TRAUMA

EN

Join this webinar to better understand the relationship between trauma, pain, and pain management, and strategies to foster recovery

[Save my spot](#)



Feb. 20th 1:00 p.m. EST

NAVIGATING PAIN AND SUBSTANCE USE WITH COMPASSION AND UNDERSTANDING

EN

Join this webinar to learn how we treat pain safely and effectively for people who use substances outside of a medical plan

[Save my spot](#)



Feb. 22nd 12:00 p.m. EST

BOOST YOUR MOOD

EN

Join this webinar to learn about the connection between pain and mood, and strategies to boost your mood despite pain

[Save my spot](#)



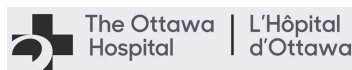
Feb. 22nd 6:30 p.m. EST

POWER OVER PAIN ORIENTATION

EN

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March Workshops

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EN

Mar. 7th 1:00 p.m. EST

WHAT IS HARM REDUCTION AND HOW DOES IT RELATE TO THE TREATMENT OF PAIN?

What is harm reduction and how does it relate to the treatment of pain

Join this workshop learn about the principles of harm reduction in coping with chronic pain.

[Save my spot](#)



EN

Mar. 11th 12:00 p.m. EST

POWER OVER PAIN ORIENTATION

What is pain and why do we feel pain

How to create an account and track your progress

Resources on the Portal and privacy/confidentiality

[Save my spot](#)



EN

Mar. 20th 12:00 p.m. EST

EHLERS DANLOS SYNDROME, POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME, AND MAST CELL ACTIVATION SYNDROME: NUTRITION ISSUES AND HOW DIET PLAYS A ROLE

Role of foods and nutrition in managing pain for individuals living with EDS, POTS, and MCAS

[Save my spot](#)



EN

Mar. 21st 6:30 p.m. EST

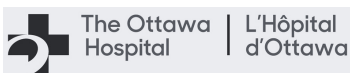
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March Workshops

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EN

Mar. 25th 3:00 p.m. EST

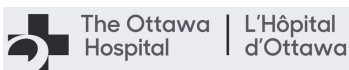
LIVING WITH PAIN AS A YOUNG ADULT

Common challenges faced by young adults with pain and where to find support

Make transitions from pediatric-adult healthcare go better

Discharge from specialist pain healthcare services

[Save my spot](#)



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