



We are an independent peer group that provides support to people who sustain their wellbeing while managing their chronic pain.

Bimonthly meetings are held to provide support, share successes and challenges, and review of the Big 5 Skills and other self-management tools.

Periodically, we invite guest speakers to provide further education on relevant topics to enhance our recovery pathway.

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### Contact Us

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Facilitator

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Meetings are held at the Chronic Pain Centre, Richmond Road Diagnostic and Treatment Centre

# LEAPS

Lending Emotional  
And Pain Support

## Sharing and Caring

Each person is given 3-4 minutes of uninterrupted time to share any success or struggles they have encountered. Members are encouraged to use Self-Management skills and to share which of the Big 5 Skills they have used, and how they were helpful.

We welcome additional discussions to share experiences. No advice is offered in this group.

## Deepening Skills

We will do a periodic review of the Big 5 Skills and other Self-Management Tools, and often have guest speakers.

If similar challenges are brought forward, the group may engage in a brainstorming, modelling, and problem-solving exercises to provide collective wisdom and new approaches.

## Relaxation

Guided Visualization, Body Scan, Breathing, or Progressive Muscle Relaxation are reviewed. All exercises are voluntary and everyone is welcome to participate to the best of your ability.



LEAPS is a confidential, emotional and pain support group that provides current information and input from health care providers professionals at the AHS Chronic Pain Centre in Calgary and others.

Our informal meetings ensure a safe, positive and confidential environment.



## Comfort

Every effort is made to insure your comfort. For some, sitting through a meeting is too difficult. LEAPS meetings are usually 2 hours long and have a midway break to stretch your legs or use washroom facilities. During meetings you may get up and move around as required. There are also foot rests and mats to lay down on if that is what you need to help relieve your pain.

Meeting times are varied to allow those with different schedules or limitations to attend.