

CHRONIC PAIN SELF-MANAGEMENT

A WEBINAR SERIES

BROUGHT TO YOU BY THE ONTARIO CHRONIC PAIN NETWORK
& LIVING HEALTHY CHAMPLAIN



Thursday
April 30,
2020



12:00pm
-1:00pm



Mindfulness Meditation



Patricia Poulin
Psychologist
The Ottawa Hospital



Adult



Tuesday
May 5,
2020



12:00pm
-1:00pm



Acceptance and mindfulness
for managing pediatric chronic
pain



Sefi Kronenberg
Psychiatrist
The Hospital for Sick Children



Pediatric



Thursday
May 7,
2020



12:00pm
-1:00pm



Pain: Just because it's in your
brain, doesn't mean it's all in
your head



Hannah Marchand
Psychologist
Tom Doulas
Physiotherapist,
Hotel Dieu Hospital, Kingston



Adult



Tuesday
May 12,
2020



12:00pm
-1:00pm



Medical management of
pediatric pain



Deepa Kattail
Anesthesiologist
*Hamilton Health Sciences
McMaster Children's Hospital*



Pediatric



Thursday
May 14,
2020



12:00pm
-1:00pm



Mindful movements from
home



Yaad Shergill
Chiropractor
The Ottawa Hospital



Adult

Webinar schedule continues



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Tuesday
May 19,
2020



12:00pm
-1:00pm



Pacing for Pain - Exercises at Home



Kathleen Lynch
Physiotherapist
London Health Science Centre



Pediatric



Thursday
May 21,
2020



12:00pm
-1:00pm



Managing Sleep and Chronic Pain



Gregory Tippin
Psychologist
Laura Katz
Psychologist
*Michael G. DeGroote Pain Clinic,
Hamilton Health Sciences*



Adult



Thursday
May 28,
2020



12:00pm
-1:00pm



Nutrition



Christine Cho
Naturopathic Doctor
Pain & Wellness Centre, Vaughan



Adult



Thursday
June 4,
2020



12:00pm
-1:00pm



Living a Meaningful Life With Chronic Pain and Illness



Heather Getty
Psychologist
St. Joseph's Health Care London



Adult

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