

ONLINE PAIN CLINIC WORKSHOPS

Workshops last an hour and are reserved for **patients of the Pain Clinic only**.

To Register or Cancel:

Call (613) 737-8899 Ext 79580. Leave a message with your name, number, title, and workshop date.

Ways to Attend:

1. Most are accessed via [MyChart](#)
2. Some are accessed via the [Power Over Pain Portal](#) (clearly marked by *)
Des ateliers en français sont disponibles sur le portail Surmonter sa douleur

Cancellation Policy:

Workshops are considered medical appointments. We require 48 hours' notice if you cannot attend. No-shows can result in discharge from that provider's caseload and access to future workshops.

Foundation Workshops

Pain Flare up Management (Mayssa Elkassem, OT): Learn how to build your plan for managing chronic pain flare-ups.

- ☐ April 22 at 11 AM
- ☐ June 10 at 10:30 AM

Moving Well with Persistent Pain (Cristin Kargus, PT): Guidelines for how to exercise with pain and a gentle mobility practice.

- ☐ May 14 at 1 PM
- ☐ July 7 at 1PM

Reclaim Your Life with Goal Setting (Mayssa Elkassem, OT): Rediscover what matters, Set meaningful goals.

- ☐ April 15 at 11 AM
- ☐ June 3 at 11 AM

Building Your Coping Toolbox (Dr. Louise Overington, C.Psych.): Get a better understanding of how thoughts, emotions, physical sensations, and behaviours are connected and learn strategies to build your own Coping Toolbox to help manage pain and distressing emotions.

- ☐ April 23 at 10 AM – **FULL**
- ☐ May 27 at 11 AM
- ☐ June 25 at 1 PM

Complementary Workshops

I want to learn more about chronic pain and pain management:

Pain Flare-up Management (Mayssa Elkassem, OT): Learn how to build your plan for managing chronic pain flare-ups.

- ☐ April 22 at 11 AM
- ☐ June 10 at 10:30 AM

The Mystery of Chronic Pain (Mayssa Elkassem, OT): Learn about chronic pain science, causes, and conditions.

- ☐ April 8 at 11 AM
- ☐ May 27 at 10:30 AM

What Were you Thinking? Chronic Pain and Cognition (Mayssa Elkassem, OT):

Learn strategies to manage changes in memory, concentration and attention.

- ☐ April 1 at 11 AM
- ☐ May 20 at 10:30 AM
- ☐ July 22 at 10:30 AM

Chronic Inflammation and Persistent Pain (Zhiwei Lin, PT): Learn about the connection between chronic inflammation and persistent pain and discover some effective nutrition and lifestyle strategies to reduce inflammation and promote relief.

- ☐ TBD

Therapy Tools at Home (Jaclyn Switzer, PT): Should I use heat or ice? Where to I put the TENS pads? Does traction work? Come with your questions and learn about physical tools for managing pain at home.

- ☐ May 22 at 11 AM

Introduction to Mindfulness & Other Meditations (Dr. Patricia Poulin, C.Psych.):

Learn about different meditation practices for pain management. (***please registered on poweroverpain.ca**) . You can also watch this recording:

<https://vimeo.com/1006266068>

- ☐ April 1 at 1 PM *

I want support with daily activities:

Body Mechanics & Posture for Everyday Life (Mayssa Elkassem, OT): Learn about sitting and standing posture, bending, lifting, reaching and pushing.

- ☐ April 29 at 11 AM
- ☐ June 17 at 10:30 AM

Cooking Up a Storm (Mayssa Elkassem, OT): Learn about tips, tricks and equipment for preparing meals with chronic pain.

- ☐ March 25 at 11 AM
- ☐ May 13 at 10:30 AM
- ☐ July 15 at 10:30 AM

Computers, Laptops & Cell Phones: Reducing Techno Pain (Mayssa Elkassem, OT): Learn about strategies for pain relief when using technology.

- ☐ May 6 at 11 AM
- ☐ June 24 at 10:30 AM

Parenting when you have chronic pain (Sue Ward, MSW, RSW): Coping strategies for parenting when you have Chronic Pain.

- ☐ May 22 at 10 AM

I want to learn more about my mental health:

Motivation

Reclaim Your Life with Goal Setting (Mayssa Elkassem, OT): Rediscover what matters, Set meaningful goals.

- ☐ April 15 at 11 AM

Stress, Anxiety, and Low Mood

Building Your Coping Toolbox (Dr. Louise Overington, C.Psych.): Get a better understanding of how thoughts, emotions, physical sensations, and behaviours are connected and learn strategies to build your own Coping Toolbox to help manage pain and distressing emotions.

- ☐ April 23 at 10 AM **-FULL**
- ☐ May 27 at 11 AM
- ☐ June 25 at 1 PM

Relaxation 101 (Cristin Kargus, PT): Movement, breathing and mediation for calming the nervous system (exercises in lying, can modify to sitting).

- ☐ April 7 at 1 PM
- ☐ June 9 at 1 PM

Managing Stress & Anxiety (Dr. Lousie Overington, C.Psych.): Learn strategies to better manage your worries and everyday stress.

- ☐ April 22 at 11 AM
- ☐ *No future workshop dates – direct to Coping Toolbox*

CBT Booster: Sharpening Your Tools (Dr. Stefanie Ciszewski, C.Psych.): CBT refresher for challenging unhelpful thoughts. (For patients with previous CBT experience).

- ☐ May 6 at 11 AM

Sleep

Sleep Tips for Chronic Pain Pathway: 3-part workshop: Work with a psychologist, occupational therapist and nurse practitioner to discover practical strategies to improve sleep quality and manage sleep difficulties. *Can't make these dates? Check out this pre-recorded workshop from Power Over Pain: [Sleeping Well Despite Pain](#)*

- ☐ Part 1: May 12 at 10 AM with Dr. Louise Overington, C.Psych
- ☐ Part 2: May 26 at 10 AM with Mayssa Elkassem, OT and Stephanie Frisch, NP
- ☐ Part 3: June 9 at 10 AM with Dr. Louise Overington, C.Psych

Trauma

Healing the Body & Mind - Pain & Trauma (Dr. Patricia Poulin, C.Psych.): Understanding how past trauma can affect chronic pain and building resilience.

(*please register on poweroverpain.ca). You can also watch this video:

<https://vimeo.com/1053815965>

- ☐ *May 26 at 1 PM

Building Emotional Resilience – The Foundation (Dr. Patricia Poulin, C.Psych.)

- ☐ Feb14 at 11 AM to 2 PM

Body Image

Mirror, Mirror: Coping with Body Image Changes (Dr. Louise Overington, C.Psych.): Learn strategies to cope with changes in body image caused by chronic pain.

- ☐ *Next offered in fall 2025*

Grief and Loss

[Moving Ahead: From Grief & Loss to Change & Adaptation](#) (Click on the title to watch a short video) (Sue Ward, MSW, RSW): from grief & loss to change & adaptation Strategies for Coping with Losses due to Chronic Pain.

- ☐ May 14 at 2 PM

Self-Criticism and Perfectionism

Introduction to Self-Compassion (Dr. Stefanie Ciszewski, C.Psych.): Learn about self-compassion: what it is, what it isn't, and how to practice it. *Check out this pre-recorded workshop on 'Mindfulness and Self-Compassion for Chronic Pain' [here](#)*

- ☐ April 15th at 11 AM
- ☐ June 10th at 11AM

I want to learn more about the mind-body connection and mindfulness:

Core Centering Qigong (Cristin Kargus, PT): Moving meditation with Qigong to balance the nervous system, reduce stress and find calm presence.

- ☐ April 11 at 10 AM
- ☐ May 21 at 1 PM

Somatic Movement (Cristin Kargus, PT): Learn how to use body awareness and movement patterns to decrease muscle tension and move with more ease.

- ☐ June 2 at 1 PM

Introduction to Mindfulness & Other Meditation (Dr. Patricia Poulin, C.Psych.): Different meditation practices for pain management. **(*please registered on poweroverpain.ca).** You can also watch this recording:

<https://vimeo.com/1006266068>

- ☐ April 1 at 1 PM *

[Intro to Somatic Tracking](#) (Sue Ward, MSW, RSW): (click on the title to watch a short video on Somatic Tracking) Somatic tracking teaches your brain to interpret signals from your body differently and through a lens of safety.

Can't make it? Click to watch [this video](#):

- ☐ May 6 at 1 PM- IN PERSON

Breathing Exercises (Jaclyn Switzer, PT): Ever wonder how something so simple as breathing can help with decreasing pain, managing stress, and uplifting mood? Come learn about the power of breath and practice focused breathing exercises.

- ☐ Mar. 26 at 11 AM
- ☐ May 29 at 11 AM

Nervous System Reboot (Dr. Patricia Poulin, C.Psych.): Harnessing the Power of the Vagus Nerve to reset the Nervous System.

- ☐ May 13 at 1 PM

[Intro to Pain Reprocessing Therapy \(PRT\)](#) (Sue Ward, MSW, RSW) (click on the title to watch a longer video on PRT) Find out why people are talking about PRT... Explore a different way to see and treat chronic pain.

Can't make it? Click to watch [this video](#):

☐ Apr. 17 at 10 AM

I want to learn more about safe movement, exercise, and massage:

Moving Well with Chair Yoga (Cristin Kargus, PT): Guidelines for moving with pain and a gentle chair yoga practice.

☐ April 23 at 1 PM

☐ June 11 at 1PM

Moving Well with Qigong (Cristin Kargus, PT): Introduction to Qigong and a mobility practice.

☐ May 7 at 1 PM

☐ June 16 at 1PM

Massage Therapy Exercises 1 (Virtual) (Cristin Kargus, PT): Myofascial pain and self-massage techniques (no equipment).

☐ May 26 at 1PM

☐ July 14 at 1PM

Massage Therapy Exercises 2 (IN-PERSON) (Cristin Kargus, PT): Exercises with soft ball to release tension neck, shoulders, hips, back and feet. (75 minutes)

☐ April 29 at 1 PM

☐ July 10 at 10 AM

Body Mechanics & Posture for Everyday Life (Mayssa Elkassem, OT): Learn about sitting and standing posture, bending, lifting, reaching and pushing.

☐ April 29 at 11 AM

☐ June 17 at 10:30 AM

I want to learn more about communication and relationships:

Navigating Healthcare: Communicate with Confidence (NEW Title) (Sue Ward, MSW, RSW) Empower yourself with skills and tips to Navigate, Communicate, and Advocate effectively in healthcare settings! This workshop provides practical strategies to help you engage with healthcare providers, ask the right questions, and advocate for yourself or loved ones with confidence.

☐ May 15 at 10 AM

☐ June 11 at 2 PM (*please register on poweroverpain.ca)

UPDATED March 31, 2025

[How to Talk to Your Family About Your Chronic Pain?](#) (Click on the title to watch a short video) (Sue Ward, MSW, RSW): Communication strategies for discussing chronic pain with our loved ones.

☐ May 8 at 10 AM

Lean on me: supporting your loved ones with chronic pain ** Loved-one and patient must be present (from different homes if needed) (Sue Ward, MSW, RSW): Ways to improve communicate between people with chronic pain and their loved ones.

☐ May 21 at 2 PM

I want to learn more about supports:

[Disability Tax Credit & Other Financial Resources](#) (Click on title to get a copy of the DTC form to follow during the session) (Sue Ward, MSW, RSW).

Can't make it? Click to watch [this video](#):

☐ April 8 at 1 PM – IN PERSON

☐ June 25 at 10 AM

I want to learn more about my medications:

The Pain Puzzle: Medications That Fit (Stephanie Frisch, PHC-NP): Learn how different medications can help you manage your pain and improve well-being.

☐ June 5 at 11 AM