

NAMI SW WA is introducing:

Living Beyond: Chronic Pain Management Class

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- For men and women over age eighteen who have chronic pain such as: musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive strain injury, chronic pelvic pain, post-surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post stroke or central pain, persistent headache, Crohn's disease, irritable bowel syndrome, and severe muscular pain due to conditions such as multiple sclerosis.
- A psychoeducational class covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life.
- Group members must be able to fully participate in the group process, complete homework assignments, and agree to attend each session. If a session is missed, it is to be made up by meeting individually with one of the group counselors. If two sessions are missed, the member may be asked to sit out for the remainder of the current series and reapply for the next series.
- Given in groups of 10 - 12 people who meet for 1 1/2 hours a week for 12 consecutive weeks at NAMI SW WA.
- To be eligible, you must be insured by Washington State Medicaid (Apple Health) through Molina Health Care or Community Health Plan of Washington and be a current therapy client at NAMI SW WA.
- For more information and a referral, speak with your counselor.

Summer Session begins Thursday, June 1 @ 1 PM