

## ***Living Beyond: Chronic Pain Management Group***

- For men and women over age eighteen who have chronic pain.
- Using a cognitive-behavioral approach, we cover 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 Healthcare or Community Health Plan of Washington.
- Pre-screening required.
- For more information call Janet at 360-984-3017.