



Pain Psychology Group Dates 2021

Free CBT for Pain Coping Skills Group

Jan 6 – Feb. 24, 2021	Wednesday at 10:00 - 12:00 pm
Feb 9 – Mar 30, 2021	Tuesdays at 1:00 – 3:00pm
Mar 15 – May 3, 2021	Mondays at 3:00 – 5:00 pm
Apr 14 – Jun 2, 2021	Wednesday at 2:00 – 4:00 pm
May 4 – Jun 22, 2021	Tuesdays at 1:00 – 3:00 pm
Jun 9 – Jul 28, 2021	Wednesday at 10:00 – 12:00 pm
Jun 29 – Aug 17, 2021	Tuesdays at 1:00 – 3:00 pm

CBT and Movement Skills Group

Mar 11 – Apr 29, 2021	Thursday at 1:00-4:00 pm
Jul 7 – Aug 25, 2021	Wednesday at 1:00 – 4:00 pm

All About Sleep and Pain ASAP

Feb 18 – Mar 25, 2021	Thursday at 12:00-2:30 pm
Jun 10 – Jul 15, 2021	Thursday at 12:00 – 2:30 pm

Empowered Relief

Dates	TBD
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Body & Mind

Dates	TBD
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Back in ACTION

Dates	TBD
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