



## Pain Psychology Group Dates 2022 - 2023

### CBT and Movement Skills Group

Jul 13 - Aug 31, 2022	Wednesdays from 1:00 - 4:00pm
Sept 14 - Nov 2, 2022	Wednesdays from 9:00am - 12:00pm
Jan 20 - Mar 10, 2023	Thursdays from 9:00am - 12:00pm

### Free CBT for Chronic Pain Group

Jun 30 - Aug 18, 2022	Thursdays from 10:00am - 12:00pm
Jul 13 - Aug 31, 2022	Wednesdays from 10:00am - 12:00pm

### Back in ACTION Group

Sept 27 - Nov 3, 2022	Tuesdays & Thursdays from 12:00pm - 4:00pm
Mar 14 - Apr 11, 2023	Tuesdays & Thursdays from 12:00pm - 4:00pm

### Empowered Relief

July 14, 2022	Thursday from 1:00 - 3:00pm
August 31, 2022	Wednesday from 2:00 - 4:00pm
October 26, 2022	Wednesday from 2:00 - 4:00pm

### All About Sleep and Pain (ASAP) Group

Oct 6 - Nov 10, 2022	Thursdays from 12:00 - 2:30pm
Jan 12 - Feb 16, 2023	Thursdays from 12:00 - 2:30pm
Apr 13 - May 18, 2023	Thursdays from 12:00 - 2:30pm
Oct 5 - Nov 9, 2023	Thursdays from 12:00 - 2:30pm

### Pain & Purpose Class

Aug 4 - Nov 9, 2022	Thursdays from 10am - 12pm
---------------------	----------------------------