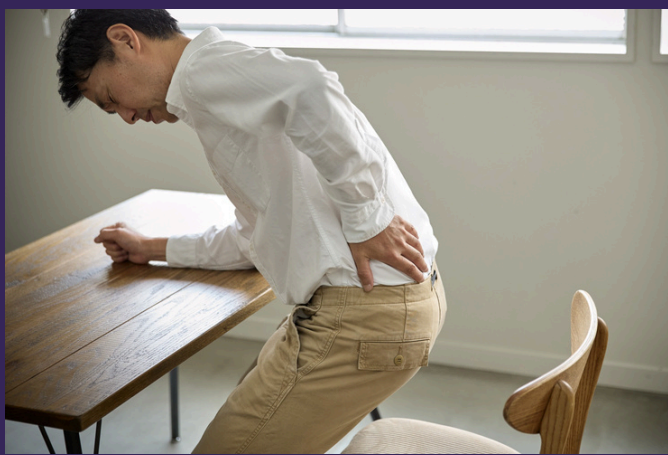


# Do you suffer from Chronic Pain?

**Pain Association Scotland are working in partnership with the University Of Law (Leeds campus) to help support people with chronic pain**

- We are inviting people to join the monthly group meetings starting in April and running through to December 2026.
- The aim of the group is to help people with chronic pain to manage and cope using a self management approach. Topics include: understanding pain, stress, pacing, baselines, anxiety, acceptance, relaxation, flare ups.



The style will be friendly, interactive and encourage mutual support. Sessions will be professionally run and respectfully observed by Psychology students from the University of Law

- All sessions are on Friday mornings 10.30-12.30.

Dates are: Fri 17th April, Fri 15th May, Fri 19th June, Fri 17th July, Fri 21st Aug, Fri 25th Sept, Fri 16th Oct, Fri 20th Nov, Fri 18th Dec

University of Law, 15-16 Park Row, Leeds, LS1 5HD

To learn more click the sign up button below or visit

[www.painassociation.co.uk](http://www.painassociation.co.uk), email

[info@painassociation.com](mailto:info@painassociation.com) or phone 0800 783 6059

**REGISTER**

