

East End Multidisciplinary Pain Program
Schedule Wednesday, April 30, 2008 to Wednesday, July 23, 2008
Follow up Sessions: Friday, October 15 and Friday, December 19, 2008

Session #	Dates for Tai Chi *	Dates for Group Sessions	Content of Group Sessions	Homework for Group Sessions	Water Aerobics Program **
1		Wed Apr 30/08	1 Introduction of Staff/Group Members 2 Overview of Program 3 Evaluation 4 Structured Goal Setting 5 Introduction to Tai Chi	You might want to flip through the written material.	
2	Tues May 6/08	Wed May 7/08	1 Relaxation 2 Taking Time for yourself 3 Understanding Chronic Pain 4 Relaxation	1 Time for Yourself 2 Work Book Chapters 3/ Handouts	Thurs, May 8/08
3	Tues May 13/08	Wed May 14/08	1 Humour 2 Structured Goal Setting 3 Fitness and Pacing 4 Fitness Session 5 Small Group Session	1 Goal Setting/Time for Self 2 Work Book Chapters 1, 2/ Handouts 3 Page one of Goal Sheet	Thurs, May 15/08
4	Tues May 20/08	Wed May 21/08	1 Relaxation 2 Goal Setting 3 Medication Utilization 4 Relaxation	1 Goal Setting/Time for Self 2 Chapters 3/Handouts 3 Practice Relaxation	Thurs, May 22/08
5	Tues May 27/08	Wed May 28/08	1 Relaxation 2 Goal Setting 3 Pacing/Postural Training 4 Practical aspects Friday, May 30, 2008 Activity Session 9:15 am-12:30 pm - Binkley United Church	1 Goal Setting/Time for Self 2 Chapter 4/ Handouts 3 Practice Relaxation	Thurs, May 29/08

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6	Tues June 3/08	Wed June 4/08	1 Relaxation 2 Goal Setting 3 Acupressure 4 Stress Management: Self Talk 5 Small Group Session	1 Goal Setting/Time for Self 2 Chapter 5/handouts 3 Practice relaxation in sitting position	Thurs, June 5/08
			Monday, June 9, 2008 Activity Session 9:15 am - 2:00 pm - Painting Session		
7	Tues June 10/08	Wed June 11/08	1 Relaxation 2 Goal Setting 3 Productivity 4 Productivity Practical Aspects	1 Goal Setting/Time for Self 2 Chapter 5/Handouts 3 Practice relaxation in sitting position	Thurs, June 12/08
8	Tues June 17/08	Wed June 18/08	1 Relaxation 2 Goal Setting 3 Role of the Family/ Sexuality/ Intimacy	1 Goal Setting/Time for Self 2 Chapter 6/Handouts 3 Practice relaxation in sitting position with noise 4 Page 2 of Goal Sheet	Thurs, June 19/08
			Friday, June 20, 2008 Activity Session 9:15 am - 12:30 pm - Binkley United Church		
9	Tues June 24/08	Wed June 25/08	1 Relaxation 2 Pain Behaviours 3 Fitness 4 Fitness 5 Small Group Session	1 Goal Setting/Time for Self 2 Chapter 7/Handouts, 3 Practice relaxation in sitting position with noise	Thurs, June 26/08
10	Tues July 1/08 NO TAI CHI	Wed July 2/08	1 Relaxation 2 Goal Setting 3 Sleep 4 Self Hypnosis	1 Goal Setting/Time for Self 2 Chapter 8/ Handouts 3 Practice relaxation..standing	Thurs, July 3/08

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11	Tues July 8/08	Wed July 9/08	<ol style="list-style-type: none"> 1 Relaxation 2 Goal Setting 3 Nutrition 4 Nutrition 	<ol style="list-style-type: none"> 1 Goal Setting/Time for Self 2 Chapter 9/Handouts 3 Practice relaxation...standing 4 One Page Goal Sheet 	Thurs, July 10/08
12	Tues July 15/08	Wed July 16/08	<ol style="list-style-type: none"> 1 Relaxation 2 Stress Management 3 Fitness 4 Small Group Activity 	<ol style="list-style-type: none"> 1 Workbook Chapter 10 2 Chapter 10/Handouts 3 Practice relaxation standing with noise. 	Thursday, July 17/08
			<p>Friday, July 18/08 Activity Session 9:15 am - 12:30 pm - location TBA</p>		
13	Tues July 22/08	Wed July 23/08	<ol style="list-style-type: none"> 1 Evaluation 2 Information Management and Critical Appraisal 3 Maintaining Gains 4 *Goal Attainment Session 5 Closing Party 	<ol style="list-style-type: none"> 1 Return Handouts/Text-Book 3 Keep Practicing <p>The rest is up to you</p>	Thurs, July 24/08
14		<u>Fri Oct 17/08</u>	Follow up Session 9:15 am - 12:30 pm	To be planned	
15		<u>Fri Dec 19/08</u>	Follow up Session 9:15-12:30 pm	To be planned	

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Time and Location of Special Events

Activity	Time	Location
* Tai Chi	Time: 10:00-11:30 a.m.	Mike McGlashon 15 King St. East Stoney Creek, Ontario 905-664-7959 (East of Lake Ave beside the Shopper's Drug Mart)
** Water Aerobic Classes:	**1:00 pm-2:00 pm.	St. Joseph's Villa 56 Governor's Road, Dundas, Ontario 905-627-3541
*** Activity Session - see Schedule for dates	9:15 a.m. -12:30 p.m.	Location: Binkley United Church
**** Focussed Goal Attainment Session	**12:00-12:30 p.m.	Location: Binkley United Church 1570 Main St. West Hamilton, ON L8S 1E8