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Chronic Pain Support Group

Date and Time

Tuesday 2/4/2020 12:00 to 1:00pm

Event URL

[The Center](#)

Event Region

Charlottesville Area

Event Type

Support group

Event Cost

\$0.00

Event Description

New! Chronic Pain Support Group Tuesdays, 1:00–2:00 pm, begins February 4

Chronic pain is something that never goes away. If you have it, you know that often doctors and medicine can't help. But you can learn to help yourself. The American Chronic Pain Association support groups provide support, validation, and education in basic pain management and life skills. The groups do not focus on symptoms or provide treatment of any kind, rather they are a means for people to share what they have learned about living with pain and to encourage others to create more satisfying lives. Mary Hughes is the facilitator. Free and open to the community.