

# National Pain Awareness Week

**\*\*You can register for an event by clicking on its titletime.\*\***



Time (EST)	Nov. 6 (Monday)	Nov. 7 (Tuesday)	Nov. 8 (Wednesday)	Nov. 9 (Thursday)	Nov. 10 (Friday)	Nov. 11 (Saturday)	Nov. 12 (Sunday)
9:00		<b>'Breaking Barriers: Inclusive Pain Management for Children and Youth' SickKids Pain Centre annual conference</b> 9:00 am - 4:00 pm EST					
10:00		<b>Connecting Chronic Pain and Work Injury</b> 10:00 am - 11:30 am EST					
11:00							
12:00	<b>Managing Fibromyalgia and Pain</b> 12:00 pm - 1:30 pm EST	<b>Y'a de la visite !</b> 12:00 pm - 1:00 pm EST			<b>Thinking about Pain</b> 12:00 pm - 1:00 pm EST		<b>Power Over Pain Orientation</b> 12:00pm - 1:00 pm EST
13:00	<b>What are we doing about pain in Canada - 2023 update</b> 1:00 pm – 2:00 pm EST	<b>Dating and relationships</b> 1:00 pm – 2:00 pm EST	<b>Pain care across the age spectrum</b> 1:00 pm – 2:00 pm EST	<b>Practical life skills: What can we learn from each other?</b> 1:00 pm – 2:00 pm EST	<b>Equity, diversity, and inclusion perspectives and chronic pain</b> 1:00 pm – 2:00 pm EST		<b>Measurement of pain</b> 1:00 pm – 2:00 pm EST
				<b>Body Mapping</b> 1:00 pm - 2:00 pm EST			
14:00	<b>Gentle pain care yoga</b> 2:15 pm – 2:45 pm EST	<b>Pain and Trauma</b> 2:00-3:00 pm EST	<b>Gentle pain care yoga</b> 2:15 pm – 2:45 pm EST	<b>Power Over Pain Orientation</b> 2:00 pm - 3:00 pm EST	<b>Gentle pain care yoga</b> 2:15 pm – 2:45 pm EST		<b>Gentle pain care yoga</b> 2:15 pm – 2:45 pm EST
					<b>Pleine conscience et douleur</b> 2:00-3:00 pm EST		
15:00	<b>The Poetics of Pain</b> 3:00 pm - 4:00 pm EST	<b>IMPACT: Acceptance and Commitment Therapy for Chronic Pain</b> 3:30 pm - 4:30 pm EST	<b>Mentorship skill-building with and by people who live with pain</b> 3:00 pm – 4:00 pm EST	<b>Orientation au Portail Surmonter sa douleur</b> 3:00 pm - 4:00 pm EST	<b>Using trauma-informed somatic awareness in pain management</b> 3:00 pm – 4:00 pm EST		<b>Coming Together: Peer supported conference reflections</b> 3:00 pm – 4:00 pm EST
16:00		<b>Bouger pour aller mieux: mais on prend ça mollo !</b> 4:00 pm - 5:00 pm EST					
17:00				<b>Chronic Pain Network: Changing the way pain is managed in Canada</b> 5:00 pm-6:00 pm EST			
18:00	<b>Improving Access to Pain Care through the Power Over Pain Portal</b> 6:00 pm - 7:00 pm EST	<b>Power Over Pain Orientation</b> 6:00 - 7:00 pm EST		<b>Living with Chronic Pain: Challenges and Solutions</b> 6:30 pm-7:30 pm EST			