

National Pain Awareness Week

****You can register for an event by clicking on its title / time.****



THE CANADIAN PAIN SOCIETY
LA SOCIÉTÉ CANADIENNE DE LA DOULEUR

AQDC
ASSOCIATION QUÉBÉCOISE DE LA DOULEUR CHRONIQUE



Time (EST)	Nov. 4 (Monday)	Nov. 5 (Tuesday)	Nov. 6 (Wednesday)	Nov. 7 (Thursday)	Nov. 8 (Friday)
National Pain Awareness Week Toolkit - all week - click here!					
12:00	<u>Fibromyalgia – more than a pain condition</u> 12:00 pm - 1:00 pm EST	<u>Redefining Women’s Pain: From Misdiagnosis to Empowerment</u> 12:00 pm - 1:00 pm EST	<u>Séance d’orientation du Portail Surmonter sa douleur</u> 12:00 pm - 1:00 pm EST	<u>Breaking the Silence: Understanding and Managing Chronic Pelvic Pain in Women</u> 12:00 pm-1:00 pm EST	<u>Power Over Pain Orientation</u> 12:00 pm - 1:00 pm EST
		<u>Douleur chronique et sexualité - mieux comprendre pour mieux s’adapter</u> 12:00 pm - 1:00 pm EST	<u>How to explain pain to kids and teens SickKids Pain Centre annual conference</u> 12:00 pm - 1:00 pm EST	<u>Child Life strategies to help children through potentially painful, difficult, or stressful procedures</u> 12:00 p.m. - 1:00 p.m. EST	
		<u>La santé mentale démystifiée</u> 12:00 pm - 1:00 pm EST	<u>Breaking Barriers in Chronic Pain and Addictions Management</u> 12:00 p.m. - 1:30 p.m. EST		
1:00	<u>Provincial/territorial developments in expanding access to chronic pain care</u> 1:15 pm – 2:15 pm EST	<u>Peer support - Research and real-world evidence</u> 1:00 pm – 2:00 pm EST	<u>Interventions for self-management - Power Over Pain adult/youth portal</u> 1:00 pm – 2:00 pm EST	<u>Movement and pain</u> 1:00 pm – 2:00 pm EST	<u>Peer-supported social connection</u> 1:00 pm – 2:00 pm EST
		<u>Douleur neuropathique ou nociplastique? Identifier le type de douleur aide à mieux la gérer</u> 1:00 pm - 2:00 pm EST			
2:00	<u>Gentle movement - Befriending the body with adaptive yoga</u> 2:30 pm – 3:00 pm EST	<u>Art and stories - Healing in nature: a virtual soundscape</u> 2:30-3:00 pm EST	<u>Gentle movement - Slowing with the season</u> 2:30 pm – 3:00 pm EST	<u>Art and stories - Land-based check in</u> 2:30 pm - 3:00 pm EST	<u>Gentle movement - Befriending the body with adaptive yoga</u> 2:30 pm – 3:00 pm EST
3:00	<u>Decolonizing pain</u> 3:45 pm - 4:45 pm EST	<u>Moving past the prescription: Addressing women’s complex needs for pain management</u> 3:45 pm - 4:45 pm EST	<u>Peer-supported social connection</u> 3:45 pm – 4:45 pm EST	<u>Updated guidance for use of opioids and cannabis for chronic pain</u> 3:45 pm - 4:45 pm EST	<u>Mindfulness for migraine</u> 3:45 pm – 4:45 pm EST
6:00			<u>Tweet Chat on Nociceptive Pain with Canadian Pain Society</u> 6:30 pm - 7:30 pm EST	<u>Gender & Pain: What Research Is Telling Us</u> 6:30 pm - 7:30 pm EST	
				<u>PAINtalks</u> 6:30 pm - 7:30 pm EST	