

Semaine nationale de la sensibilisation à la douleur

****Vous pouvez vous inscrire à un événement en cliquant sur son titre / heure.****



THE CANADIAN PAIN SOCIETY
LA SOCIÉTÉ CANADIENNE DE LA DOULEUR

AQDC
ASSOCIATION QUÉBÉCOISE DE LA DOULEUR CHRONIQUE



Temps (HNE)	Nov. 4 (Lundi)	Nov. 5 (Mardi)	Nov. 6 (Mercredi)	Nov. 7 (Jeudi)	Nov. 8 (Vendredi)
-------------	----------------	----------------	-------------------	----------------	-------------------

Semaine Nationale de la Sensibilisation à la Douleur Toolkit - cliquez ici

12:00	<u>Fibromyalgia – more than a pain condition</u> 12h00 - 13h00 HNE	<u>Redefining Women’s Pain: From Misdiagnosis to Empowerment</u> 12h00 - 13h00 HNE	<u>Séance d’orientation du Portail Surmonter sa douleur</u> 12h00 - 13h00 HNE	<u>Breaking the Silence: Understanding and Managing Chronic Pelvic Pain in Women</u> 12h00 - 13h00 HNE	<u>Power Over Pain Orientation</u> 12h00 - 13h00 HNE
		<u>Douleur chronique et sexualité - mieux comprendre pour mieux s’adapter</u> 12h00 - 13h00 HNE	<u>How to explain pain to kids and teens SickKids Pain Centre annual conference</u> 12h00 - 13h00 HNE	<u>Child Life strategies to help children through potentially painful, difficult, or stressful procedures</u> 12h00 - 13h00 HNE	
		<u>La santé mentale démystifiée</u> 12h00 - 1h00 HNE	<u>Breaking Barriers in Chronic Pain and Addictions Management</u> 12h00 - 13h30 HNE		
13:00	<u>Provincial/territorial developments in expanding access to chronic pain care</u> 13h15 - 14h15 HNE	<u>Peer support - Research and real-world evidence</u> 13h00 - 14h00 HNE	<u>Interventions for self-management - Power Over Pain adult/youth portal</u> 13h00 - 14h00 HNE	<u>Movement and pain</u> 13h00 - 14h00 HNE	<u>Peer-supported social connection</u> 13h00 - 14h00 HNE
		<u>Art and stories - Healing in nature: a virtual soundscape</u> 14h30 - 15h00 HNE	<u>Gentle movement - Slowing with the season</u> 14h30 - 15h00 HNE	<u>Art and stories - Land-based check in</u> 14h00 - 15h00 HNE	<u>Douleur neuropathique ou nociplastique? Identifier le type de douleur aide à mieux la gérer</u> 13h00 - 14h00 HNE
14:00	<u>Gentle movement - Befriending the body with adaptive yoga</u> 14h30 pm - 15h00 HNE	<u>Art and stories - Healing in nature: a virtual soundscape</u> 14h30 - 15h00 HNE	<u>Gentle movement - Slowing with the season</u> 14h30 - 15h00 HNE	<u>Art and stories - Land-based check in</u> 14h00 - 15h00 HNE	<u>Gentle movement - Befriending the body with adaptive yoga</u> 14h30 - 15:00 HNE
15:00	<u>Decolonizing pain</u> 15h45 - 16h45 HNE	<u>Moving past the prescription: Addressing women’s complex needs for pain management</u> 15h45 - 16h45 HNE	<u>Peer-supported social connection</u> 15h45 - 16h45 HNE	<u>Updated guidance for use of opioids and cannabis for chronic pain</u> 15h45 - 16h45 HNE	<u>Mindfulness for migraine</u> 15h45 - 16h45 HNE
18:00			<u>Tweet Chat on Nociceptive Pain with Canadian Pain Society</u> 18h30 - 19h30 HNE	<u>Gender & Pain: What Research Is Telling Us</u> 18h30 - 19h30 HNE	
				<u>PAINtalks</u> 18h30 - 19h30 HNE	