The Comfort Ability Program

This supportive and interactive VIRTUAL PROGRAM is designed to help children with chronic or recurrent pain and their caregivers learn strategies to better manage pain and improve day-to-day function.

Kids and teens will...
- Learn mind-body skills to manage pain and stress
- Connect with peers who also experience pain
- Develop a personal plan for comfort and function

Parents and caregivers will...
- Learn proven strategies for parenting a child with pain
- Create a plan for improved function at home and school
- Learn new tools to help increase comfort for their child

Who's eligible?

Kids aged 10-17!

How much does the program cost?

$300 in total, with limited available income-based scholarship slots.

How do I register or get in contact with the team?

Email: csc.comfortability@yale.edu
Call us: 844-362-YCSC (9272)
Check out our website: https://tinyurl.com/3e9jpzj4
We look forward to hearing from you! 😊