



**YALE CHILD  
STUDY CENTER**

*Where discovery inspires care*

# 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](mailto: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! 😊**

## ★ Our schedule

Contact us for upcoming dates!

**Teen group: 4 sessions, 5:30 PM – 7:30 PM**

**Parent group: 2 sessions, 9:00 AM – 12:00 PM**

THE COMFORT ABILITY



Scan our QR code to send us an email!

