

Next workshop Sunday 9/29

A ONE-DAY GROUP WORKSHOP  
FOR KIDS WITH PAIN AND THEIR CAREGIVERS

# THE COMFORT ABILITY

This supportive and interactive workshop 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 with chronic or recurrent pain lasting 3 months or longer are able to participate. Example conditions include headache, abdominal pain, widespread joint pain, and complex regional pain syndrome.

FOR AGES  
**10-17**

## Kids will...

- ★ Connect with peers who also have pain
- ★ Learn mind-body strategies for managing pain and pain-related stress
- ★ Develop an individual coping plan for improved pain management

## Caregivers will...

- ★ Learn caregiver-based strategies that promote child comfort
- ★ Understand how to create a plan to support improved function at home and school
- ★ Obtain resources for additional pain management support

## To learn more and register:

(203) 737-5892   [csc.comfortability@yale.edu](mailto:csc.comfortability@yale.edu)   [thecomfortability.com](http://thecomfortability.com)

This one-day program runs approximately every other month on a weekend from 10 am – 5 pm at the Yale Child Study Center in New Haven. Cost is \$300, scholarships are available. Space is limited.



YALE CHILD  
STUDY CENTER

YaleNewHavenHealth



Boston Children's Hospital  
Pain Treatment Services