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

FOR AGES 10-17

VIRTUAL PROGRAM HELD MONTHLY!
- Kids & Teens Group
  - 4 Sessions
  - 5:30PM - 7:30PM
- Parents Group
  - 2 Sessions
  - 9:00AM - 12:00PM

Complete program cost is $300, with limited available scholarship slots. Registration is rolling. Please contact us to find out more information or to register for the next available program!

To register, please email, call or scan the code:
CSC.ComfortAbility@yale.edu
844-362-YCSC (9272)

Connect with us for additional resources!
www.thecomfortability.com
@TheComfAbility

Yale New Haven Health
Boston Children’s Hospital
Yale Child Study Center