



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

FOR AGES
10-17



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

VIRTUAL PROGRAM HELD MONTHLY!

Kids & Teens Group	Parents Group
4 Sessions	2 Sessions
5:30PM - 7:30PM	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)

