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

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.

**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  thecomfortability.com

This one-day program runs approximately every other month on a weekend from 10 am – 5 pm. Please call or email to learn more. Cost is $300, scholarships are available. Space is limited.