

CHRONIC PAIN SELF-MANAGEMENT

A WEBINAR SERIES

BROUGHT TO YOU BY THE ONTARIO CHRONIC PAIN NETWORK
& LIVING HEALTHY CHAMPLAIN



Mindfulness Meditation



Patricia Poulin
Psychologist
The Ottawa Hospital



<http://tapmipain.ca/patient/managing-my-pain/>



Acceptance and mindfulness
for managing pediatric chronic
pain



Sefi Kronenberg
Psychiatrist
The Hospital for Sick Children



<http://tapmipain.ca/patient/managing-my-pain/>



Pain: Just because it's in your
brain, doesn't mean it's all in
your head



Hannah Marchand
Psychologist
Tom Doulas
Physiotherapist,
Hotel Dieu Hospital, Kingston



<http://tapmipain.ca/patient/managing-my-pain/>



Medical management of
pediatric pain



Deepa Kattail
Anesthesiologist
*Hamilton Health Sciences
McMaster Children's Hospital*



<http://tapmipain.ca/patient/managing-my-pain/>



Mindful movements from
home



Yaad Shergill
Chiropractor
The Ottawa Hospital



<http://tapmipain.ca/patient/managing-my-pain/>

Webinar Schedule Continued



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Tuesday
May 19,
2020



12:00pm
-1:00pm



Pacing for Pain - Exercises for
Kids at Home



Kathleen Lynch
Physiotherapist
London Health Science Centre



Pediatric



Thursday
May 21,
2020



12:00pm
-1:00pm



Managing Sleep with Chronic
Pain



Gregory Tippin
Psychologist
Laura Katz
Psychologist
*Michael G. DeGroote Pain Clinic,
Hamilton Health Sciences*



Adult



Tuesday
May 26,
2020



12:00pm
-1:00pm



Pain Science Education



Susan Carter
Clinical Nurse Specialist
*Paed Pain Program, London
Health Science Centre*



Pediatric



Thursday
May 28,
2020



12:00pm
-1:00pm



Fuelling The Fire: Why Food
Matters In Chronic Pain



Christine Cho
Naturopathic Doctor
Pain & Wellness Centre, Vaughan



Adult



Tuesday
June 2,
2020



12:00pm
-1:00pm



Parenting children with chronic
pain



Fatima Di Valentin
Social Worker
*Paed Pain Program, London
Health Science Centre*



Pediatric

Webinar Schedule Continued



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Thursday
June 4,
2020



12:00pm
-1:00pm



Living a Meaningful Life With
Chronic Pain and Illness



Heather Getty
Psychologist
St. Joseph's Health Care London



Adult



Thursday
June 11,
2020



12:00pm
-1:00pm



Chronic back pain and tips for
medication management



Denise Kreutzwiser
Pharmacist
St. Joseph's Health Care London



Adult



Thursday
June 18,
2020



12:00pm
-1:00pm



Grief and Loss



Eleni Hapidou
Psychologist
Hamilton Health Sciences



Adult

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