

ACCEPTANCE & TAKING CONTROL OF YOUR PAIN



ACCEPTANCE THAT PERSISTENT PAIN IS PART OF YOUR LIFE IS NOT THE SAME AS 'GIVING UP'. IT IS MORE ABOUT GIVING UP THE STRUGGLE WITH PAIN AND LEARNING TO LIVE YOUR BEST LIFE, DESPITE IT.

Accepting persistent pain as part of your life is not easy; it might be hard to accept that you are not quite the person you were and that things have changed. But rather than struggling to avoid your pain, you can learn to observe, understand, accept it and take back control.

By joining this workshop you can start to look at yourself, your thoughts, feelings and the future in a different, more helpful way - and switch your energy and focus to living well.



Date	Time	Venue
Monday 27th January	12.30pm - 2.30pm	St John's Community Church 19 Carr Bottom Road, BD10 0BB
Tuesday 28th January	10.00am - 12.00pm	St Hugh Community Church Coach Road, Shipley BD17 5HS
Thursday 30th January	12.00pm - 2.00pm	Online (Link to be sent via email)
Wednesday 5th February	1.00pm - 3.00pm	The Place in Settle 1 Commercial Courtyard, BD24 9RH

To book a place contact us via the details below:



www.rethinkingpain.org



07724868212



info@rethinkingpain.org



Rethinking Pain is a service led by Keighley Healthy Living (KHL) in collaboration with HALE, Bradford District Health & Care Partnership, VCS Organisations & Primary Care Networks.