

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Health Conditions

- ✓ Learn techniques to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate more effectively with your family, friends, and health care team
- ✓ Deal with stress and difficult emotions
- ✓ Take action and live a healthier life

Family Members and Friends Welcome

REGISTRATION REQUIRED

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!

Call 1-866-902-3767 or visit our website for more info:

<https://www.selfmanagementbc.ca/healthcoachprogram>

SELF-MANAGEMENT WORKSHOPS

Virtual ZOOM®

(Webcam Required)

Chronic Pain:

Mondays, May 2- Jun 13, 1pm-3:30pm

Fridays, May 13- Jun 17, 9:30am-12pm

Mondays, Jun 6- July 11, 10am-12:30pm

Chronic Conditions:

Mondays, May 2-Jun 13, 9:30am-12pm

Thursdays, May 5-Jun 9, 1pm-3:30pm

Tuesdays, May 10-Jun 14, 12:30pm-3pm

Wednesdays, May 25-Jun 29, 4pm-6:30pm

Diabetes:

Saturdays, Apr 30-Jun 4, 9:30am-12pm

Thursdays, May 5-Jun 9, 9:30am-12pm

Wednesdays, May 25-Jun 29, 1:30-4pm

Cancer: Thriving & Surviving:

Wednesdays, Apr 27-Jun 1, 1pm-3:30pm

Thursdays, May 26-Jun 30, 6pm-8:30pm

Tuesdays, Jun 7-July 12, 9:30am-12pm

Tool Kit + Calls

Chronic Pain:

Thursdays, May 19-Jun 23, 1:30-2:30pm

Thursdays, May 26-Jun 30, 10:30-11:30am

Wednesdays, Jun 1-Jul 6, 1-2pm

Chronic Conditions:

Tuesdays, May 10-Jun 14, 1:30-2:30pm

Wednesdays, May 18-Jun 22, 9:30-10:30am

Diabetes:

Tuesdays, May 10-Jun 14, 10am-11am

Thursdays, May 26-Jun 30, 10am-10:45am

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

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