

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®

Chronic Pain:

Mondays, Jan 10-Feb 14, 1pm-3:30pm

Tuesdays, Jan 18-Feb 22, 1pm-3:30pm

Thursdays, Jan 20-Feb 24, 1pm-3:30pm

Saturdays, Jan 22-Feb 26, 10am-12:30pm

Wednesdays, Jan 26-Mar 2, 10am-12:30pm

Chronic Conditions:

Thursdays, Jan 6-Feb 10, 1pm-3:30pm

Fridays, Jan 7-Feb 11, 9:30am-12pm

Wednesday, Jan 19-Feb 23, 10am-12:30pm

Wednesday, Jan 26-Mar 2, 1:30pm-4pm

Mondays, Jan 31-Mar 14, 4pm-6:30pm

Diabetes:

Tuesdays, Jan 11-Feb 15, 6pm-8:30pm

Fridays, Jan 28-Mar 4, 1pm-3:30pm

Cancer: Thriving & Surviving:

Wednesdays, Jan 12-Feb 16, 6pm-8:30pm

Mondays, Jan 24-Feb 28, 9:30am-12pm

Tool Kit + Calls

Chronic Pain:

Tuesdays, Jan 11-Feb 15, 1pm-1:45pm

Thursdays, Jan 13-Feb 17, 11am-11:45am

Tuesdays, Jan 25-Mar 1, 1:30-2:15pm

Chronic Conditions:

Mondays, Jan 31-Mar 7, 10am-11am

Diabetes:

Tuesdays, Jan 11-Feb 15, 10am-10:45am

Fridays, Jan 14-Feb 18, 9:30am-10:15am

Thursdays, Jan 20-Feb 24, 1:30pm-2:15pm

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

Connect with us:



@SelfManagementBC

@SMPatUVic