

Guide to Chronic Pain Resources

A guide containing online, print, and local chronic pain resources.

Developed for patients and providers in the Kingston, Frontenac, Lennox and Addington region.

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Please note that all dates, times, and contact information were updated as of June 2021. Please contact the resources directly for the most up to date information. This document was created in collaboration with the RFLA Allied Health Team, the Napanee Area Community Health Centre, the Kingston Community Health Centre, the Sharbot Lake Family Health Team, and other community providers in this region. Special thanks to Erin Broek and Hannah Young for the development of this document. If you have questions about this document or would like to make additions for future updates to this guide please contact katherinet@kchc.ca. The creators of this document are not chronic pain specialists, and although we made efforts to reach out to community partners for their input, we understand that we likely have not listed every resource available. We would be happy for your input about other groups/resources available that we can include in future versions of this document.

Local Resources



Belleville

Bowen Pain Clinic

Cost: \$80.00 per session

Contact Information: 613 848-2083 or janet@bowenpainclinic.com

Location: Ramada Belleville, 11 Bay Bridge Rd., Belleville, ON 2nd floor, Room 220
And 993 Princess St. Unit 14, Kingston, ON

Date/Time: Belleville office – Friday and Saturday 10:30-6:00 pm
Kingston office – Monday and Wednesday 9:00 am to 6:00 pm

Target Population: All ages for acute and chronic pain management and general health maintenance

Objective: Bowen is a dynamic system of muscle and connective tissue therapy that utilizes subtle inputs to the body, stimulating the body to balance itself. During a session a client will lay on a massage/bodywork table or be seated in a chair and completes gentle movements guided by the Registered Nurse.

How to get involved/registered: Book online at www.bowenpainclinic.com

* All services provided by a Registered Nurse. Currently a provider with Medavie Blue Cross.

Kingston

Chronic Pain Clinic at Hotel Dieu Hospital

Cost: Fees mostly covered by OHIP

Contact Information: 613-544-3400 ext. 2315

Location: Jeanne Mance 3 at 166 Brock St, Kingston

Date/Time: Monday-Friday 8:30-4:00. Target population: Individuals requiring pain management support

Objective: Provides comprehensive pain management, wellness promotion, follow-up care, primary care assistance/education and prescription monitoring.

How to get involved/registered: This service requires a referral from a physician

Kingston Orthopaedic Pain Institute (KOPI)

Cost: Initial assessment is free, some costs associated with some services

Contact Information: 613-507-7246

Location: 800 John Marks Ave, Kingston

Date/Time: Monday-Friday 7:30-5:00

Target Population: Any adults experiencing chronic pain

Objective: From their website: The thousands of patients we've treated over the years has helped us to create a well-established plan for the treatment of pain. The Pentagon, as we like to call it, is a five point treatment plan that includes: Sleep, Mental Health, Rehabilitation, Medications and Interventions. Our role as physicians at KOPI, is to educate and treat our patients based on this multidimensional treatment model. More specifically though, it is through this process that we are able to modify, modulate and disrupt the transmission of a pain signal to the brain.

How to get involved/registered: This service requires a referral from a physician



Providence Care Musculoskeletal Clinic

Cost: Free

Contact Information: 613-544-4900

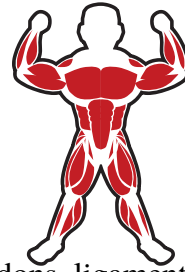
Location: 752 King Street West, Kingston

Date/Time: Open 24/7

Target Population: Adult patients with acute or chronic spinal or limb pain.

Objective: Provides assessment for musculoskeletal injuries (pain of muscles, tendons, ligaments, joints and bones) and spine pain (low back pain, neck pain).

How to get involved/registered: This service requires a referral from a physician. Referral form can be downloaded at <https://providencecare.ca/services-referrals/musculoskeletal-clinic/>



YMCA – Total Life Care

Cost: \$73.00/month

Contact Information: 613-546-2647

Location: 100 Wright Cres, Kingston

Date/Time: See Total Life Care Studio monthly schedule

Target Population: Individuals experiencing the following health conditions: heart conditions, fibromyalgia, arthritis, osteoarthritis, knee/hip replacement, obesity, chronic obstructive pulmonary disease (COPD) and cancer.

Objective: With programs tailored to chronic conditions and lots of support, the YMCA helps individuals of all ages enjoy a better quality-of-life.

How to get involved/registered: Referral required from physician or cardiologist

Virtual

Chronic Pain Support Group- Kingston

Cost: Free

Contact information: Christine – chronicpainkingston@gmail.com

Location: Virtual via Zoom. Contact Christine for your link or ask to be put on the group member email list to receive the link monthly.

Date/Time: 3rd Monday of every month at 2:00-4:00PM with some breaks during the summer

Target Population: Anyone experiencing chronic pain

Objective: Our goal is to empower sufferers and their loved ones to take charge of their lives with pain. This group is intended for those preferring an active versus a passive approach. We do not endorse any particular medicine or suggest any particular treatment for individuals but we do offer support and guidance towards dealing with the multifaceted nature of pain. A rich life with pain is possible!

How to get involved/registered: Email chronicpainkingston@gmail.com



Living Well South East – Living Well with Chronic Pain Workshop

Cost: Free

Contact Information: 613-542-2949 ext.1179 or selfmanagement@kchc.ca

Location: Throughout southeastern Ontario. In person, virtually over Zoom, or using at-home kits with telephone support.

Date/Time: This course is offered continuously throughout the year. Participants attend once a week for 2.5 hours for 6 weeks.

Target Population: Those experiencing chronic pain living with the South East LHIN jurisdiction, as well as family and caregivers.

Objective: The Living Well with Chronic Pain Workshop provides information and skills to those living with chronic pain, helping them better manage their symptoms and achieve their best health and wellness.

How to get involved/registered: Register online at <https://livingwellseontario.ca/workshops/>

Living Well South East – Mindfulness-Based Chronic Pain Management

Cost: Free, however if participants attend less than 6 sessions they must return the program materials in perfect condition for re-use or purchase them (\$90 for book and 4 CDs)

Contact Information: 613-542-2949 ext.1179 or selfmanagement@kchc.ca

Location: Throughout southeastern Ontario; a mix of in-person, OTN and virtually over Zoom.

Date/Time: The course is offered up to twice a year; in the spring and in the fall. Participants attend once a week for 2.5 hours for 12 or 13 weeks.

Target Population: Those experiencing chronic pain living in the South East LHIN jurisdiction.

Objective: Learn the principles of mindfulness meditation and how these relate to suffering less pain.

How to get involved/registered: Contact 613-542-2949 ext.1179 or selfmanagement@kchc.ca to obtain the Registration/Referral Form and add your name to the wait list

Living Well South East – Mindfulness Awareness Stabilization Training (MAST)

Cost: Free

Contact Information: 613-542-2949 ext.1179 or selfmanagement@kchc.ca

Location: Throughout southeastern Ontario. In-person or virtually over Zoom.

Date/Time: This course is offered continuously throughout the year. Participants attend once a week for 2.5 hours for 4 or 5 weeks.

Target Population: Those living with a chronic condition/pain or experiencing stress living in the South East LHIN jurisdiction.

Objective: Learn the introductory principles of mindfulness meditation.

How to get involved/registered: Register online at <https://livingwellseontario.ca/workshops/> or contact 613-542-2949 ext.1179 or selfmanagement@kchc.ca.

The GLA:D Program

Cost: Free

Contact Information: 613-449-5678 or katherinet@kchc.ca

Location: Virtually on Zoom until further notice.

Date/Time: Varies. Runs for 6 weeks, 4 times per year.

Target Population: Individuals with hip and/or knee Osteoarthritis.

Objective: Education & Exercise program delivered by a Registered Kinesiologist to help to improve function and reduce pain for those living with Osteoarthritis.

Mindful Movement

Cost: Free

Contact Information: 613-279-2100 ext. 115 or programs.slft@gmail.com

Organization: Sharbot Lake Family Health Team

Website: www.sharbotlakefht.com

Location: Sharbot Lake Family Health Team. Virtually on Zoom until further notice.

Date/Time: Varies. Runs for 8 weeks, 2 times per year.

Target Population: Individuals struggling with chronic pain, depression, or anxiety, or for people recovering from illness or injury.

Objective: Gentle practice for recovery and wellness, focused on movement, breathing and relaxation, delivered by SLFHT Health Promoter.



Mindfulness Based Stress Reduction (MBSR)

Cost: Free

Contact Information: 613-279-2100 ext. 115 or programs.slft@gmail.com

Organization: Sharbot Lake Family Health Team

Website: www.sharbotlakefht.com

Location: Sharbot Lake Family Health Team. Virtually on Zoom until further notice.

Date/Time: Varies. Runs for 8 weeks, 2 times per year.

Target Population: Individuals struggling with stress, anxiety, depression, chronic pain, or chronic disease.

Objective: MBSR uses a combination of mindfulness meditation, body awareness and gentle movement to help participants become more mindful, learn how to take good care of themselves and develop their own internal resources. delivered by SLFHT Health Promoter

*We understand that a variety of professionals such as physiotherapists, chiropractors, massage therapists etc. play an integral role in chronic pain management. We chose not to include an extensive list of all these practitioners within the Lennox and Addington area as this was not the main focus of this document. We've focused our document mostly on support groups and other group programs, self-management programs, and additional resources. Please speak with your MD/NP about allied health professionals in your region that can support you with your chronic pain concerns (some services are covered by OHIP and extended benefits).

Online & Print Resources

A Journey to Learn About Pain

Link: http://www.paininmotion.be/storage/app/media/materials/oct-18/A%20JOURNEY%20TO%20LEARN%20ABOUT%20PAIN_FINAL.pdf



Resources Available: This resource is a digital comic book focused on children experiencing chronic headaches. This resource provides cognitive and behavioural strategies for addressing children's chronic pain and is an age appropriate educational tool for children. This resource is free.

Intended Audience: This resource is intended for patients. Specifically, the resource is targeted for children however may require parental or caregiver support to engage with this resource.

American Chronic Pain Association

Link: <https://www.theacpa.org/pain-management/>

Resources Available: Various chronic pain management tools including resources for self-management, your rights, pain management programs, guide for treatments, communication tips, videos, peer support and education so that individuals may live more fully in spite of their pain. This resource is free.

Intended Audience: This resources is intended for adult chronic pain patients and their family/supports.

Canadian Pain Society

Link: <https://www.canadianpainsociety.ca>

Resources Available: Includes access to webinars, articles, educational training opportunities and a community of peers. An annual membership fees applies.

Intended Audience: This resource is intended for both practitioners and patients seeking information and educational opportunities regarding chronic pain.



Chronic Pain Anonymous

Link: <https://chronicpainanonymous.org/>

Resources Available: Online support groups and meetings following a 12-step model of chronic pain management. Chronic Pain Anonymous is a fellowship of men and women from all walks of life who live with chronic pain and chronic illness. The members come together to share their experience, strength, and hope, and to support each other. They learn how to discover serenity and a meaningful life while living with the disabling effects of their physical health conditions. This resource is free.

Intended Audience: This resource is intended for patients seeking support and fellowship while addressing their chronic pain.

eCentre Clinic – Pain Course

Link: <https://ecentreclinic.org/?q=PainCourse>

Resources Available: Online pain management program to educate about chronic pain and teach skills for managing chronic pain delivered over an 8 week period. The program includes 5 lessons, practice guides and additional resources. This resource is free but requires a participant to submit an application.

Intended Audience: This resource is intended for patients seeking skills for managing pain.

Kelty's Key: Vancouver Coastal Health Online Therapy

Link: <https://www.keltyskey.com/courses/chronic-pain/>

Resources Available: Online modules about effective treatments and other strategies for managing chronic pain. Additional resources on anxiety, grief, depression, insomnia, family support, panic and substance abuse are also available. This resource is free.

Intended Audience: This resource is intended for patients seeking self-management skills for addressing pain or mental health concerns.



Lifemark Health Group – Pain Care for Life

Link: <https://lifeisnow.ca/>

Resources Available: A 5-step online program for pain management. Topics include; Gain Knowledge, Breathing, Body Awareness, Calm Movement Challenge, and Practice Pain Care for Life. This resource is not free.

Intended Audience: This resource is intended for patients seeking self-care resources specifically for individuals experiencing chronic pain.

Medtronic

Link: <https://www.medtronic.com/ca-en/your-health/conditions.html>

Resources Available: Information for patients and their caregivers regarding different types of pain, including pain associated with cancer, cerebral palsy & spasticity, multiple sclerosis & spasticity, spinal cord injury and disease, spinal fractures and chronic pain. Each topic includes information such as causes, symptoms, diagnosis, treatment options and devices to assist with pain. This resource is free.

Intended Audience: This resource is intended for patients and their caregivers.

National Fibromyalgia and Chronic Pain Association

Link: <https://fibroandpain.org/>

Resources Available: Information on the causes and treatment of chronic pain, fibromyalgia and additional online resources. This resource is free.

Intended Audience: This resource is intended for patients experiencing chronic pain and fibromyalgia seeking education and resources.

Pain BC – Live Plan Be

Link: <https://www.liveplanbe.ca/pain-education>

Resources Available: Educational articles, podcasts and videos on various topics related to chronic pain, such as: Culture & Society, Emotional Wellbeing, Everyday Living, Flare Ups, Goal Setting & Planning Tools, Kids & Adolescents, and many more. This resource is free.

Intended Audience: This resource is intended for patients experiencing pain and seeking to expand knowledge about pain and how to manage it, with resources available for all age groups.



Retrain Pain Foundation

Link: <https://www.retrainpain.org/>

Resources Available: Eight online modules for overcoming chronic pain. Topics include Understanding Pain, Mind & Goals, Sleep & Pain, Medications and Relationships. This resource is free.

Intended Audience: This resource is intended for patients experiencing chronic pain.

Take Control Take Charge

Link: <https://takecontroltakecharge.ca/chronic-pain/>

Resources Available: A 6-week online chronic pain self-management workshop, webinars, and a support group. This resource is free.

Intended Audience: This resource is intended for patients experiencing pain looking to improve their quality of life.

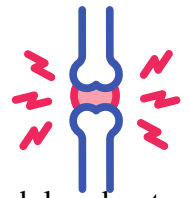


TAPMI Pain U

Link: <http://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>

Resources Available: Online educational modules teaching about becoming knowledgeable about chronic pain, mood and anxiety, pacing and physical activity, medical management, communication and energy, lifestyle and alternate therapies. This resource is free.

Intended Audience: This resource is intended for patients seeking education and practical techniques for addressing their pain.



The Arthritis Society

Link: <https://arthritis.ca/support-education/online-learning/managing-chronic-pain>

Resources Available: Arthritis and chronic pain often co-occur. This resource offers learning modules about managing chronic pain. Topics include All About Pain, Strategies & Techniques, Medicating Pain, and resources for family and friends. This resource is free.

Intended Audience: This resource is intended for patients seeking to minimize their pain, as well as friends and family of individuals living with pain.



The Pain Toolkit

Link: <https://www.pain toolkit.org/>

Resources Available: Tools for coping with pain, workshops, webinars, and pain resources. Some resources have costs associated and some are free of charge.

Intended Audience: This resource is intended for both patients and practitioners, offering twelve tools to help and aid in pain self-management, plus a suite of tailored resources for both healthcare professionals.

Healthcare Provider Trainings

MSK Plus – Chronic Pain Diagnosis and Management for Healthcare Providers

Link: <https://msk-plus.ca>

Resources Available: Online seminar for healthcare providers which aims to improve clinicians' clinical skills in the diagnosis and long-term management of chronic pain. Clinicians will be empowered with necessary tools to adequately assess and develop treatment plans for chronic pain patients that can be immediately be applied in clinical practice. Participation requires registration and paying the applicable course fee. Check site for training dates.

Intended Audience: This resource is intended for practitioners seeking professional development opportunities regarding chronic pain.

Retrain Pain Course

Link: <https://www.retrainpain.com/>

Resources Available: A four month online professional development certification course in modern chronic pain rehabilitation. The cost is \$650.

Intended Audience: This course is intended for all healthcare and wellness professionals.

Project Echo: St. Joseph's Care Group

Link: <https://sjcgecho.squarespace.com/programs>

Resources Available: Weekly online meetings including speakers & discussions on topics related to chronic pain and care for the elderly. These events are free to attend and you can drop in at any time. Physicians, allied health care providers, and others who are working in healthcare and supporting patients with chronic pain are welcome to attend.

Additional Resources



Books on Chronic Pain

“*The Pain Survival Guide: How to Reclaim Your Life*” by Dennis C. Turk and Frits Winter

“*Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain*”
by JoAnne Dahl and Tobias Lundgren

“*The Fibromyalgia Help Book: Practical Guide to Living Better with Fibromyalgia*” by I. Jon Russell and Jenny Fransen

Videos on Chronic Pain

Migraine Canada Youtube Channel <https://www.youtube.com/channel/UCS36BzZ2rOt8eld3-QisKjw>
Videos on individual’s stories, webinars and treatments for chronic migraines.

Tame the Beast – Time to rethink persistent pain <https://www.tamethebeast.org/#tame-the-beast>
Pain scientists are starting to think differently about pain and its causes. Watch the video to learn about new approaches to reducing your pain. This website includes additional resources as well.

Understanding Pain in less than 5 minutes, and what to do about it! https://www.youtube.com/watch?v=C_3phB93rvI
Brief, educational video on pain and some treatment options.

Yoga for Chronic Pain

https://www.youtube.com/watch?v=BfaXfQpxnps&ab_channel=YogaWithAdriene
Guided yoga to assist with chronic pain.

Yoga for Migraines

<https://www.youtube.com/watch?v=QfkA15wHEbg>
Guided yoga to assist with migraine pain.



Additional Resources

Podcasts on Chronic Pain

Airing Pain Podcast

<https://audioboom.com/channel/airingpain>

Paul Evans discusses various topics related to chronic pain, such as pain management, opioids, sleep, relationships, fibromyalgia and research. New episodes are available weekly.

Living with Chronic Pain Self-Help

<http://www.paincd.org.uk/listen>

10 audio clips on topics such as living with chronic pain, having control over your body, sleep and diet, medication, setting goals, emotions and relaxation tips.

Pain Waves Podcast by Pain BC

<https://www.spreaker.com/show/pain-waves>

Leading chronic pain experts and people living with pain discuss the latest pain management research, tools, stories, and trends. New episodes available monthly.

Apps for Smartphones

Breathe2Relax is a stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. This app is free.

Manage My Pain is an app that allows you to track and analyze pain records, progress and medication records. This app is free.

WebMD Pain Coach offers a holistic approach to balancing lifestyle with chronic pain conditions to help inspire a better day. Includes features for tracking pain, setting goals, and getting pain management tips, articles, slideshows and videos. This app is free.



Mental Health Resources



Anxiety Canada

Link: <https://www.anxietycanada.com/free-downloadable-pdf-resources/>

Resources Available: This resource includes free self-help PDF resources for individuals experiencing anxiety, as well as for parents of children with anxiety.

Intended Audience: This resource is intended for patients experiencing anxiety as well as their caregivers.

Bounce Back

Link: <https://bouncebackontario.ca/>

Resources Available: Bounce Back is a free online self-help program for managing anxiety and depression. The course includes workbooks and telephone coaching, and has targeted programs for youth and for adults. This resource is free. Clients can self-refer or be referred by a care provider.

Intended Audience: This resource is intended for clients.

Box Breathing

Link: <https://www.healthline.com/health/box-breathing>

Resources Available: This website offers information and guidance on box breathing which can be helpful in reducing stress.

Intended Audience: This resource is intended for patients seeking guidance in box breathing.

Mind Over Mood

Link: <https://www.mindovermood.com/>

Resources Available: Website for the book Mind Over Mood by Dennis Greenberger and Christine Padesky. This website includes links to purchasing the book, videos on mental health concerns and therapies, as well as a short podcast about managing moods.

Intended Audience: This resource is intended for patients seeking support with regulating emotions.

Mind, The Mental Health Charity

Link: https://www.youtube.com/watch?v=9c_Bv_FBE-c

Resources Available: This video describes what Cognitive Behavioural Therapy (CBT) is and exploring if CBT is a good fit for you. This resource is free.

Intended Audience: This resource is intended for patients considering engaging in CBT.

Mood Gym

Link: <https://moodgym.com.au/>

Resources Available: This website offers an interactive self-help book which teaches skills that can help to prevent and manage symptoms of depression and anxiety.

Intended Audience: This resource is intended for patients who would like to prevent mental health problems or manage problems which are troubling but not incapacitating.





Neuro Nova Centre

Link: <https://neuronovacentre.com/>

Resources Available: This resource offers mindfulness based trainings on various topics, both for patients and for practitioners. Courses are offered online and have costs associated, which varies between courses.

Intended Audience: This resource is intended for patients and practitioners seeking mindfulness training.

Palouse Mindfulness

Link: <https://palousemindfulness.com/>

Resources Available: This website gives you access to a free 8-week mindfulness-based stress reduction course.

Intended Audience: This resource is intended for patients seeking support with managing stress.

The Happiness Trap

Link: <https://thehappinesstrap.com/>

Resources Available: This website includes an 8-week online program regarding building genuine happiness. The course costs \$295, however the website also features free videos about mindfulness and the happiness trap. These resources were developed by Dr Russ Harris. There is also a book written by Harris called The Happiness Trap which is available for purchase.

Turn2Me

Link: https://turn2me.ie/landing/peer-support/adults_

Resources Available: Free peer support, support groups, and free online counselling for anyone over 12 years old.

Intended Audience: This resource is intended for patients over 12 seeking online support.

Vancouver Anxiety

Link: https://www.vancouveranxiety.com/coping-with-anxiety_

Resources Available: Vancouver Anxiety offers a free online course on generalized anxiety. The course includes 6 videos that provide education on anxiety and strategies for managing anxiety. Additional online courses regarding Cognitive Behavioural Therapy for Insomnia, Meditation for Busy Brains, and Dealing with Difficult People are also available. These resources are free.

Intended Audience: This resource is intended for patients seeking support with anxiety.

