

# ACCEPTANCE

## AND 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 26 <sup>th</sup> January	10.00am - 12.00pm	Clayton Village Hall 1 Reva Syke Road, BD14 6QN
Monday 26 <sup>th</sup> January	1.00pm - 3.00pm	The West End Community Centre Christopher Street, BD5 9DH
Tuesday 27 <sup>th</sup> January	10.00am - 12.00pm	The Gateway Centre 45 Thackeray Road, BD10 0JR
Wednesday 28 <sup>th</sup> January	5.00pm - 7.00pm	Online (Link to be sent via email)

**To book a place, contact us using the details below:**



[www.rethinkingpain.org](http://www.rethinkingpain.org)



[info@rethinkingpain.org](mailto:info@rethinkingpain.org)



07724868212



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