

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
Tuesday 7 th April	10.00am - 12.00pm	Cottingley Community Centre The Parade, Town Centre, BD16 1RP
Tuesday 7 th April	2.00pm - 4.00pm	Thornbury Centre 79 Leeds Old Rd, BD3 8JX
Wednesday 8 th April	10.00am - 12.00pm	Wright Watson Enterprise Centre Thorp Garth, BD10 9LD
Wednesday 8 th April	2.00pm - 4.00pm	Online (Link to be sent via email)

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



www.rethinkingpain.org



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