

CREATIVE THERAPY

FOR MANAGING PERSISTENT PAIN



Creative activities can help you manage persistent pain by moving your thoughts away from the sensation of pain. Anyone can be creative and in many ways - there's no experience of doing something creative needed to join our Creative Therapy workshop.

What to expect in this workshop:

- A fun, informal and friendly couple of hours
- Understand more about how creative activities can help with your pain management
- Have a go at some simple and easy creative activities
- Leave feeling inspired and motivated with ideas or a plan to try, using a creative activity you've chosen to help with your pain management



Date	Time	Location
Tuesday 5 th May	10.00am - 12.00pm	Bradford Arts Centre St Peters House, Forster Square, BD1 4TY
Tuesday 5 th May	2.00pm - 4.00pm	The Thornbury Centre 79 Leeds Old Rd, Bradford BD3 8JX
Wednesday 6 th May	10.00am - 12.00pm	Shine West Bowling Donisthorpe Street, BD5 7BH
Wednesday 6 th May	2.00pm - 4.00pm	Online (link sent out 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