

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
Monday 14 th September	10.00am - 12.00pm	Millside Community Centre Millside House, 131 Grattan Road, BD1 2HS
Monday 14 th September	2.00pm - 4.00pm	The Sutton Centre 51 Kyffin Place, BD4 8NB
Monday 14 th September	5.00pm - 7.00pm	Online (link sent out via email)
Wednesday 16 th September	2.00pm - 4.00pm	Cafe West, Wanstead Crescent, Allerton, BD15 7PA

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