Next Steps Map

Nursing Intake Assessment

↓

Interdisciplinary Assessment

Individual appointments ←

→ ***Group format***

Possible Team Members
Kinesiologist
Nurse
Occupational Therapist
Pharmacist
Physical Therapist
Physician
Psychologist
Social Worker

Pain Science Videos

1. What is Pain Science?
2. Relationship between Pain and Damage to our Bodies
3. Why Your Pain is Variable
4. How Does Pain Change the Body
5. Practical Pain Science

Know Pain

Active Pain Coping

Sleep Essentials

Medication Essentials

Improving Function and Independence
With pre-screening appointment with an Occupational Therapist

Yoga Group
Confirmed ready by team physiotherapist

Intimacy Group for Women
With pre-screening telephone appointment with leader

Call 403-943-9925 to register for a Group