Life with Chronic Pain: A Mindfulness and Acceptance-based Approach
An 8-week skills group

Where: Pacific Psychology and Comprehensive Health Center
1411 SW Morrison St. Suite #310
Portland, OR 97205

When: Tuesdays, June 2nd – July 28th 6:00pm – 7:30pm

Chronic pain affects many individuals and can often severely interfere with daily functioning. We will work on acceptance and mindfulness strategies mixed with commitment and behavior-change strategies to improve your overall functioning. This group will help you build and foster new skills to manage your chronic pain.

$10 per session; $60 if paid for all sessions in advance

If interested, please contact Rachel Conway or Amy Bissinger at 503-352-2400 ext. 8098

Supervised by Michael Christopher, Ph.D.