

Mindfulness Based Chronic Pain Management

Learn to deal with your pain conditions through mindfulness meditation and lifestyle education in this 13 week program. Patients will learn and practice meditation techniques specifically focused on coping with chronic pain and illness.

Additional Information

1. Learn mindfulness based practices for managing chronic pain in a group setting lead by a trained physician facilitator.
2. Takes place over a 13-week period on Monday afternoons.
3. This class is delivered on site at The Toronto Poly Clinic in North York or at telemedicine sites in Aurora and Brampton.
4. The majority of the cost is covered by OHIP. There is a required fee charged for registration and program materials.
5. Requires a referral from family physician. Patients with any chronic pain conditions can be referred directly to the class without a neurological consultation. Please see referral form.

Date: Monday, September 14th, 2015 - December 21st

Time: 1:00 pm – 3:45 pm

Location: #102 – 60 West Drive, Brampton, Ontario

Please fax referrals directly to The Toronto Poly Clinic:

Telephone: (416) 250-7171 **Fax:** (416) 250-0323



Facilitator

Dr. Paulette Licorish
MD FRCP

Dr. Licorish has an active general neurology practice in Richmond Hill. After noticing the need for a more comprehensive approach to the treatment of chronic pain she began exploring the use of mindfulness in medicine.



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