



Mood Management for Chronic Pain

Chronic pain can interfere with your daily life and can take a toll on your mental health, making you feel angry, depressed, stressed, anxious, and frustrated.

Our Mood Management group helps and motivates adults living with chronic pain to build skills and reduce suffering. Understanding and managing the thoughts, emotions and behaviors that accompany the pain can help you regain control by actively participating in the management of chronic pain. With the help of our highly trained group facilitators, you can learn to find relief so that pain won't keep you from living your life.

Group members will do small assignments outside of group, like journaling or charting their pain, and practicing any new skills we address during our sessions.

This group therapy process will enhance and build upon your individual therapy experience. All group members must be actively engaged in individual therapy before they start with this class.



pinerest.org/chronic-pain

When

For exact dates and times visit pinerest.org/chronic-pain

Locations

Pine Rest Campus Clinic
300 68th Street SE - Entrance A2
Grand Rapids, MI 49548

Payment

Most insurance accepted
Ask if you qualify for financial assistance

Registration

Must be referred to this group by your therapist, psychiatrist or case manager via email
CampusClinicFrontDeskStaff@pinerest.org