



A WEBINAR SERIES

BROUGHT TO YOU BY THE ONTARIO CHRONIC PAIN NETWORK
& LIVING HEALTHY CHAMPLAIN


 Thursday
April 30,
2020


 Mindfulness Meditation

 **Patricia Poulin**
Psychologist
The Ottawa Hospital


 12:00pm
-1:00pm


 Adult

 Tuesday
May 5,
2020


 Acceptance and mindfulness
for managing pediatric chronic
pain

 **Sefi Kronenberg**
Psychiatrist
The Hospital for Sick Children

 12:00pm
-1:00pm

 Pediatric


 Thursday
May 7,
2020


 Pain: Just because it's in your
brain, doesn't mean it's all in
your head

 **Hannah Marchand**
Psychologist
Tom Doulas
Physiotherapist,
Hotel Dieu Hospital, Kingston

 12:00pm
-1:00pm


 Adult

 Tuesday
May 12,
2020


 Medical management of
pediatric pain


 **Deepa Kattail**
Anesthesiologist
*Hamilton Health Sciences
McMaster Children's Hospital*


 12:00pm
-1:00pm

 Pediatric


 Thursday
May 14,
2020

 Mindful movements from
home

 **Yaad Shergill**
Chiropractor
The Ottawa Hospital


 12:00pm
-1:00pm


 Adult

 Tuesday
May 19,
2020


 Pacing for Pain - Exercises at
Home

 **Kathleen Lynch**
Physiotherapist
London Health Science Centre


 12:00pm
-1:00pm

 Pediatric

 Thursday
May 21,
2020

 Managing Sleep and Chronic
Pain

 **Gregory Tippin**
Psychologist
Laura Katz
Psychologist
*Michael G. DeGroot Pain Clinic,
Hamilton Health Sciences*


 12:00pm
-1:00pm

 Adult

 Thursday
May 28,
2020


 Nutrition

 **Christine Cho**
Naturopathic Doctor
Pain & Wellness Centre, Vaughan


 12:00pm
-1:00pm

 Adult

 Thursday
June 4,
2020

 Living a Meaningful Life With
Chronic Pain and Illness

 **Heather Getty**
Psychologist
St. Joseph's Health Care London

 12:00pm
-1:00pm

 Adult