

## Pain Management Resources

### OASIS Resources

- Powerpoint presentation: <http://oasis.vch.ca/our-classes/pain-slides>
- Handouts:
  - [Over The Counter Pain Medications](#)
  - [Safe Use of Medical Cannabis](#)

### Internet Pain and Arthritis Resources

- Live Plan Be – [www.liveplanbe.ca](http://www.liveplanbe.ca)
- Pain BC – [www.painbc.ca](http://www.painbc.ca)  
Support Line - Monday- Friday 9am-4pm, 1-844-880-7246  
Email: [supportline@painbc.ca](mailto:supportline@painbc.ca)
- Change Pain – [www.changepain.ca](http://www.changepain.ca)
- People in Pain Network - [www.pipain.com](http://www.pipain.com)
- [www.iyengaryogavancouver.com](http://www.iyengaryogavancouver.com) – list of all Iyengar classes in the lower mainland
- [www.taichivancouver.com](http://www.taichivancouver.com) – info on Yang Style Tai Chi
- Health Canada – [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- [www.arthritisbcandme.info](http://www.arthritisbcandme.info)
- Biofeedback clinic – [www.swingleclinic.com](http://www.swingleclinic.com)
- Stem Cell treatment – [www.vanstemcell.com](http://www.vanstemcell.com)
- [www.arthritis.ca](http://www.arthritis.ca) – pain management links
- Canadian Cannabis Clinic – [www.cannabisclinics.ca](http://www.cannabisclinics.ca) free assistance in accessing Medical Cannabis through Health Canada.
- Curable App. [www.curablehealth.com](http://www.curablehealth.com) – uses biopsychosocial research to manage pain
- [www.projectcbd.org](http://www.projectcbd.org) – up to date CBD research

## Free Guided Meditation Online

- [www.ilivethelifeilove.com/10-best-guided-meditations/](http://www.ilivethelifeilove.com/10-best-guided-meditations/)
- [www.mindfulmuscle.com/5-top-guided-meditations/](http://www.mindfulmuscle.com/5-top-guided-meditations/)
- Jon Kabat-Zinn (guided meditations- You Tube)

## Free Meditation, In Person Instruction

- [www.willpowerinstitute.com](http://www.willpowerinstitute.com) – East Vancouver
- [vancouver.shambhala.org](http://vancouver.shambhala.org) – by VGH
- [www.unityofvancouver.org](http://www.unityofvancouver.org) - South Vancouver
- [www.sos.org](http://www.sos.org) – Richmond
- [www.northshorezen.org](http://www.northshorezen.org) – North Vancouver
- [www.northshoremeditationgroup.com](http://www.northshoremeditationgroup.com) – North Vancouver
- [www.freemeditation.com](http://www.freemeditation.com) – other BC locations

## Recommended Reading (Books)

- Understand Pain, Live Well Again by N. Pearson
- Explain Pain by D. Butler and L. Moseley
- Visualization for Change by Patrick Fenning
- Mindfulness Meditation for Pain Relief by Jon Kabat-Zinn
- The Pain Survival Guide: How to Reclaim Your Life by Dennis C. Turk PhD and Fritz Winter PhD
- The Power of Now by Eckhart Tolle
- The Brain That Changes Itself by Norman Doidge, MD