

Being Hopeful in the Face of Chronic Pain

A 6-session positive psychology program to enhance hope and strengths for people with chronic physical pain.

Recognizing that hope is an asset to people coping with chronic pain, the Hope Foundation of Alberta has developed a program designed to:

- Increase the emotional wellness of people who are being treated for chronic physical pain.
- Restore a sense of empowerment and strength-based action that chronic pain can take away.
- Use hope strategies and positive psychology tools to explore issues that make life difficult for people with chronic pain.
- Bring people with chronic pain together in an environment that is fun and positive.

The program consists of weekly 2-hour sessions and runs for 6 weeks.

Join us at Hope House in a safe and comfortable atmosphere to develop a hopeful new way to look at the future.

You will have an opportunity to:

- Learn from others and share what you know about dealing with chronic pain.
- Discover resources that are available and explore helpful tips for staying hopeful when you are in pain.
- Start feeling more confident about your ability to deal with your day-to-day life.
- Learn strategies to access and explore your strengths, and enhance your hope.



Participants are:

- At least 18 years of age
- Experiencing chronic physical pain for at least 3 months
- Physically able to get to the Hope Foundation
- Cognitively able and emotionally ready to participate in a group process

Past participants have said they learned to:

- Make hope more active in their lives.
- Connect with others in a hopeful way.
- Be imaginative with ideas, with pictures, with hope.
- Use their strengths and wisdom to help themselves and others in the group.
- Share the challenges of chronic pain, while at the same time finding new ways to smile, laugh and have a little fun.

Space is limited and registration is required.

For more information or to add your name to the wait list, contact the Hope Foundation of Alberta:

By phone: (780) 492-1222

By email: hope@ualberta.ca

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What is the Hope Foundation of Alberta?

The Hope Foundation is a self-supporting centre for Hope Studies affiliated with the University of Alberta Department of Educational Psychology.

Through research, counselling, education and programming, the Hope Foundation of Alberta furthers our understanding of the role of hope and encourages the intentional application of hope language, principles and practices so that children and adults can live fuller, more rewarding lives.



Since 1992, Hope House has been home to hope-focused programs, training, counselling, and research.

Other services through the Hope Foundation:

- Confidential counselling services
- Literature (general and academic reading) available for loan from the Jack Chesney Resource Centre
- Hope-Lit: the international database of hope research www.hope-lit.ualberta.ca
- Hope-focused books and monographs for purchase
- Workshops and training programs
- Speakers for conferences and special events
- HOPE KIDS™ programs
- *Images of Hope*, an acclaimed photography collection for loan

The Hope Foundation of Alberta

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The Hope Foundation of Alberta

A hopeful place to work things out

Being Hopeful in the Face of Chronic Pain



Looking at things in a different light

www.ualberta.ca/HOPE