



## DO YOU NEED HELP MANAGING PAIN?

Managing Pain is an education and skills based group program. The program will be delivered in a psychoeducation format.

9:00am – 2:00pm

12 March 2020

Launceston TAS

All current and former ADF personnel, as well as anyone in their immediate families, are able to attend this free program.

*"It was good to hear others stories/opinions during the program and feel like you're not alone."*

- 2018 program attendee

To register for this program call 1800 011 046 or visit [OpenArms.gov.au](http://OpenArms.gov.au) and search for *"Managing your pain"*

Registrations close 28<sup>th</sup> February

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