

PAIN ASSOCIATION SCOTLAND

Small Steps to Great Rewards

Creating practical, positive change for those suffering with chronic pain
We offer professionally-led supported self-management education and training
providing coping strategies and exploring new ways forward
for you to help lead an improved quality of life.

You do not need a medical referral to access our service so please visit our
website for further information and to sign up to our latest courses and group
sessions – ***www.painassociation.co.uk*** and see our calendar and events pages
or email your enquiry for further information to ***info@painassociation.com***.

Tel: 0800 783 6059

Twitter: @PainAssocScot **Instagram:** painassocscot

Reliable Friendly

Inclusive

Our Aims

Inspiring

Supportive

Creative

Professional

Collaborative

Person Centred

Co-productive



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