



## Be Pain Smart – My Role

### My plan for getting back into the community

Use the information on the '[Getting back into the community](#)' tool to find a support or community group that you think would be helpful for you. Look at the example below and then make your own plan for getting back into the community.

#### My plan for getting back into the community

**What kind of group?**

*Pain support group*

**Does the group meet in person or online?**

*In person*

**Group name?**

*Central Coast pain group*

**Who to contact?**

*Brian McAdams*

**Contact information**

*0412 345 678*

**When do they meet?**

*Every Tuesday morning at 10.00am for 2 hours*

**Where do they meet?**

*Central Coast Town Hall  
123 Town Hall Rd, Central Coast*



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Now you need to make a plan – write down the information you need to connect with a support or community group.

### My plan for getting back into the community

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**What kind of group?**

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**Does the group meet in person or online?**

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**Group name?**

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**Who to contact?**

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**Contact information**

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