

Be Pain Smart – My Role

My plan for getting back into the community

Use the information on the '<u>Getting back into the community</u>' 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.

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