

Mission & Goals



Goals of the Pain Warrior Program

To retrain, support, educate and teach coping skills to Warriors and Veterans with chronic pain. Families and significant others are encouraged to attend and participate.

- Improve your quality of life
- Decrease your sense of isolation
- Take a more active role in your pain treatment
- Develop an individualized treatment plan
- Access Pain Connection services
- Learn how to lower your pain levels through meditation, guided imagery, breathing techniques, biofeedback, neurofeedback, acupuncture, yoga, massage therapy, vitamins/supplements and nutrition.

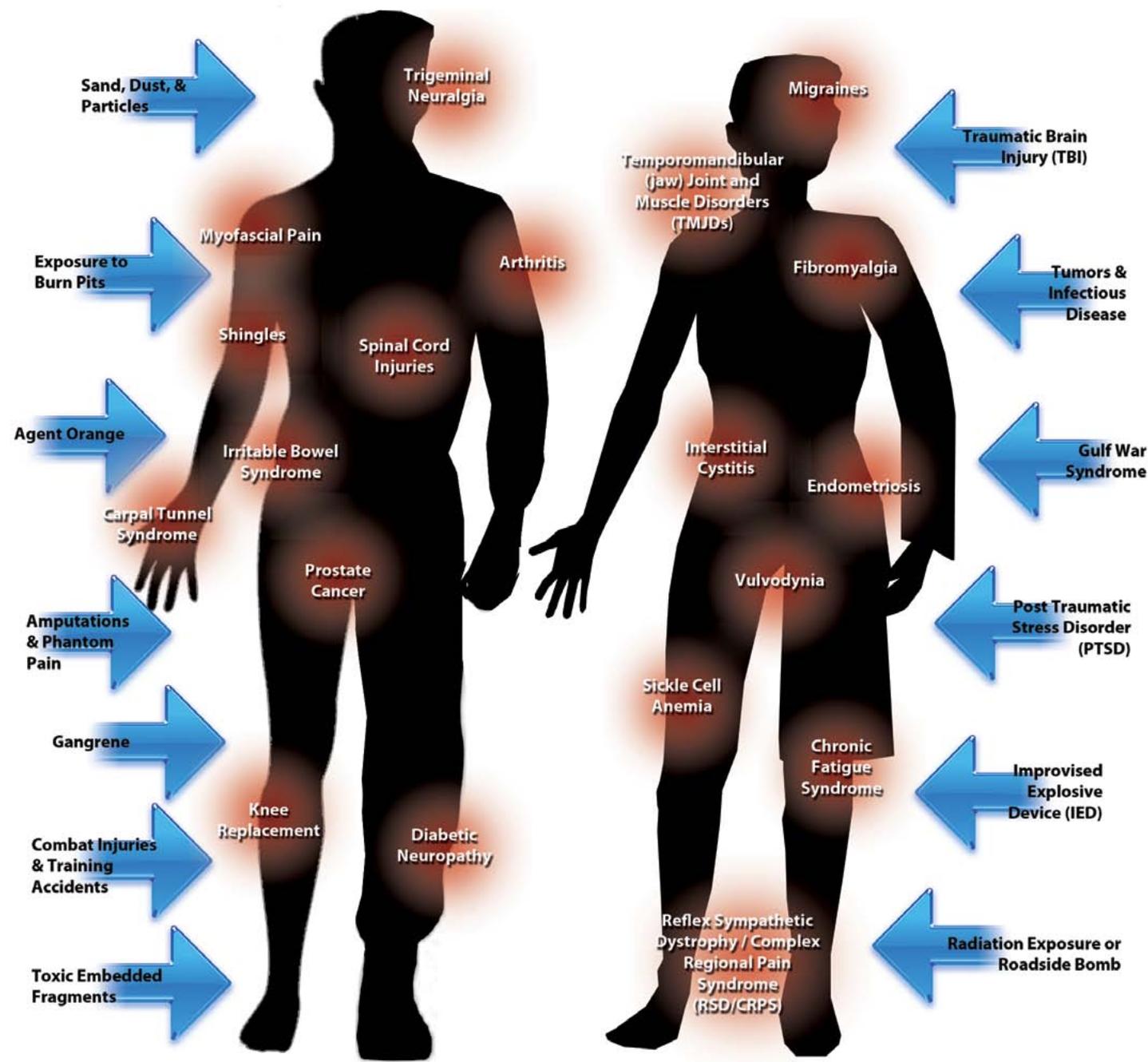
Pain Connection®

Pain Connection was founded in 1999 and is a 501(c)(3) not-for-profit human service agency that provides services and support for people with chronic pain and their families, and provides supervision and training to health care providers.

All services are confidential.

Learn more at www.painconnection.org.

Many conditions, diseases, and external forces cause chronic pain



Programs & Services

Pain Warriors 8 Week Sessions

This 8 week group teaches survival strategies and techniques to help you cope with chronic pain. Learn to thrive and be productive in your life. Work from Pain Connection's book, "Making the Invisible Visible", learn guided imagery, meditation, and breathing techniques.



Pain Warriors Live Conference Calls

Talk with fellow warriors, exchange experiences, listen to speakers, and develop coping skills. Participants are welcome to listen or join the discussion. Calls are open to pain warriors and family members.

"The support group helped me clarify the process of chronic pain. It's a syndrome and affects the whole body. Seeing others come to the group, I see the pattern."

- Kent, group member

Gwenn Herman, Director of Pain Connection talks to the National Guard



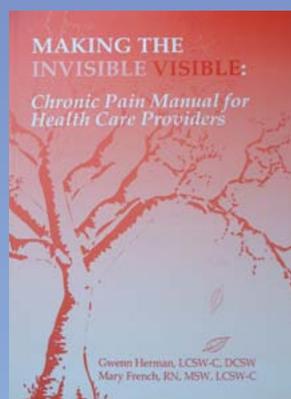
Visit Pain Connection at www.painconnection.org or join our community on Facebook.

Resources

Training Manual for Health Care Providers and people with chronic pain

“Making the Invisible Visible: Chronic Pain Manual for Health Care Providers”

- Myths and misconceptions about people with chronic pain
- Developing a treatment plan
- Coping skills and strategies
- Resources
- Pain Connection’s Group Therapy Model



“...an excellent resource for medical professionals and patients alike.”

- Dr. Gary Kaplan, Kaplan Center for Integrative Medicine, www.KaplanClinic.com



Additional Information

Contact Us

For locations and schedules of support groups, speaker series, special classes, and professional trainings, visit www.painconnection.org or call us at (301)231-0008.



Pain Connection

Chronic Pain Outreach Center, Inc.
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www.painconnection.org
Join our community on Facebook



“I felt honored, humbled, and relieved to be provided an avenue to help me deal with the severe pain that I live with. I feel that I’ve received an invisible angel.” - M.H.

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PAIN WARRIORS



Pain in the military is not invisible

Pain Warriors Program Offers:

- Pain Warriors Group
- Information & Resources
- Live Conference Calls
- Confidentiality
- No Long Waits
- Support for Families & Significant Others

pain connection
helping people with chronic pain and their families