

Chronic Pain Support Group Welcomes New Members

By Ernie Merritt, Facilitator

The Southern Maine Chronic Pain Support Group was founded in 1993 and meets on the first Thursday of every month from 6-7:30PM and from 11-12:30PM on the third Thursday of every month in Ocean Park. The group is sponsored by The Arthritis Foundation www.arthritis.org, and is a member of the American Chronic

Pain Association www.theacpa.org.

At this point, the group seeks new members in order to make the experience beneficial for all and to keep the all-volunteer, nonprofit group going. The group offers support, coping skills, empathy and understanding. Family and friends are welcome to attend. Any help offered by the group is supplemental to everyone's own medical providers.

What does the group offer you?


- an opportunity to talk with others who have an understanding of chronic pain
- a community of supportive people
- help learning to cope with pain


The group supports and guides you to

- learn more about your condition

- accept your pain and move toward living life to its fullest
- learn how to use coping and pain management skills
- reclaim control of your life

The group meets in the hospital-ity room at The Pines, 20 Manor Street, Old Orchard Beach. For more information, call Evelyn (207) 937-5020 or Jane (207) 934-4189 or send an email to supportgroup@gwi.net or visit www.painsupportgroup.org.




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