

2018 Chronic Pain Resources List – Powell River

Visit www.painbc.ca/powellriver for more information or www.powellriver.fetchbc.ca for an online listing of health and social services.

PAIN SELF-MANAGEMENT

Canadian Institute for the Relief of Pain and Disability (CIRPD) – Articles and webinars on chronic pain and self-management.
www.cirpd.org

Live Plan Be – Learn about the science behind chronic pain. Develop a plan for better pain management and quality of life. Connect with a like-minded community of others who live with pain.
www.liveplanbe.ca

painACTION – Learn about various forms of pain, self-management, medication safety, communication, emotional coping skills, and how to be in control of your pain condition, including tracking the occurrence of pain.
www.painaction.com

Pain BC – Offering tools and resources for people living with chronic pain.
www.painbc.ca

FREE 6-Week Pain Self-Management Program - Helps people living with chronic pain and their caregivers to better manage symptoms & daily activities.
www.selfmanagementbc.ca/upcomingworkshops

FREE Powell River Pain Self-Management Group – Peer-led pain self-management education group; meets monthly.
www.pipain.com

GENTLE MOVEMENT CLASSES

Relaxation and Gentle Movement for Chronic Pain Management – Benefit from gentle movement, breathing and relaxation exercises.
Mondays 10:30am - Cranberry Seniors Centre
Tuesdays 10:45am, Nourish
<https://www.t-fit.ca/>

Somatics Yoga
Sundays, 7:00pm
Rec Complex
www.powellriver.ca
Mondays, 5:45pm, Nourish
www.t-fit.ca

ACUPUNCTURE

Patricia MacPherson
T. 604-485-0250

Edward Sanderson
www.prhealthworks.ca
T. 604-485-0108

CHIROPRACTIC

Dr. David Gabelhouse
604-485-2841

Marine Chiropractic & Wellness
www.marinechiropractic.ca
T. 604-485-9896

Powell River Chiropractic
www.powellriverchiro.ca
T. 604-485-7907

Suncoast Chiropractic
www.suncoastchiropractic.ca
T. 604-414-7815

COUNSELLING/PSYCHOLOGY

Rick Berghauser
Certified Counsellor
E. www.berghauser.ca
T. 604-223-2717

Deanne Bourguignon
Registered Clinical Counsellor
E. dbourguignon@shaw.ca
T. 604-414-9956

Chris Drummond
Registered Clinical Counsellor
www.chrisdrummondcounselingservices.ca
T. 604-483-6337

Dr. Stephanie Kovacs
Registered Psychologist #2136
www.sunshinementalhealth.com
T. 604 414-7654

Shona Jackson
Registered Clinical Counsellor
www.counsellingwithshona.com
T. 604-223-7927

Dr. Susan Lacombe
Registered Psychologist #1163
www.myshrink.ca
T. 604-789-7227

Marcia Nahorney
Marriage/Family Therapist
www.risingtidewellness.com
T. 604-414-4219

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COUNSELLING/PSYCHOLOGY cont'd

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Registered Clinical Counsellor
www.kellytalbot.com
T. 604-414-9411

MASSAGE THERAPY

Heather Anderson, RMT

E. handersonrmt@hotmail.com
T. 604 483 4380

Behr's Massage Therapy

E. behr@shaw.ca
T. 604-485-2155

Crossroads Village Massage Therapy

E. ebalance@hotmail.com
T. 604-223-1001

Koastal Therapy

E. keanemassage@telus.net
T. 604-485-4833

Malaspina Massage Clinic

www.donsheltonmassage.com
T. 604-485-2224

Powell River Massage Therapy

E. roscodile@hotmail.com
T. 604-223-2950

Westview Massage Therapy

T. 604-485-7085

NUTRITION

Gerrimae Griffioen- Sepkowski

Nutrition Coach
www.myelementfit.com
T. 604-414-4133

Sarah S. Hoof

Certified Holistic Nutritionist
www.gardengatehealth.com
T. 604-413-1157

Emma Levez Larocque

Registered Holistic
Nutritionist
www.plantbasedrh.com
T. 604-414-8399

Michelle Riddle

Holistic Nutrition
E. resilienthealth1@gmail.com
T. 604-414-0765

OCCUPATIONAL THERAPY

Michelle Riddle

E. resilienthealth1@gmail.com
T. 604-414-0765

PHYSIOTHERAPY

On Track Physiotherapy

www.ontrackphysiotherapy.com
T. 604-485-4660

YOGA / MOVEMENT / PERSONAL TRAINING

Ananta Yoga

T. 604-483-8939

Avid Fitness

www.avidfitness.ca

Coast Fitness

www.coastfitness.ca

Heart is Home

www.heartashome.com

My Element Fitness

www.myelementfit.com

Nourish Yoga & Wellness Studio

www.t-fit.ca

PR Rec Complex

www.powellriver.ca
T. 604-485-2891

Pilates

E. casabeck@uniserve.com

Qigong

www.qisandra.ca

Rootdown Yoga

www.rootdownyoga.com

Taoist Tai Chi

T. 604-414-0383

T-Fit Training Centre

www.t-fit.ca

Therapeutic Riding Association

www.prtherapeuticriding.com

To add or update contact
information, please email
powellriver@divisionsbc.ca