

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

Powell River Chronic Pain Support Group

www.facebook.com/PRChronicPainSupportGroup

GENTLE MOVEMENT CLASSES

Relaxation and Gentle Movement for Chronic Pain Management

Benefit from gentle movement, breathing and relaxation exercises.
Cranberry Seniors Centre www.painbc.com/PowellRiver
Nourish www.t-fit.ca

Somatics Yoga

Rec Complex www.powellriver.ca
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

T. 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 Berghauer

Certified Counsellor
www.berghauer.ca
T. 604-223-2717

Deanne Bourguignon

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

Chris Drummond

Registered Clinical Counsellor
www.chrisdrummondcounsellingservices.ca
T. 604-483-6337

Shona Jackson

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

Dr. Stephanie Kovacs

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

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

Kelly Talbot

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. roscodale@hotmail.com
T. 604-223-2950

Westview Massage Therapy

T. 604-485-7085

NUTRITION

Sarah S. Hoof

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

2018 Chronic Pain Resources List

Powell River

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

THERAPEUTIC ART

Art Centre
www.facebook.com/theartcentrepr

Fibre Space
T. 604-485-2878
www.facebook.com/fibrespace

YOGA / MOVEMENT / PERSONAL TRAINING

Ananta Yoga
T. 604-483-8939

Avid Fitness
www.avidfitness.ca
T. 604-485-9580

Coast Fitness
www.coastfitness.ca
T. 604-485-5160

Elements Movement
www.elementsmovement.com

Heart is Home
www.heartashome.com

Nourish Yoga & Wellness Studio
www.t-fit.ca
T. 604-485-2596

Powell River Rec Complex
www.powellriver.ca
T. 604-485-2891

Pilates
E. casabeck@uniserve.com

Qigong
www.qisandra.ca

Rootdown Yoga
www.rootdownyoga.com
T. 604-344-0624

Taoist Tai Chi
T. 604-414-0383

T-Fit Training Centre
www.t-fit.ca
T. 604-485-2596

Therapeutic Riding Association
www.prtherapeuticriding.com
T. 604-485-0177

For additional resources and upcoming events visit:
www.painbc.ca/powellriver

For an online listing of health and social services visit:
www.powellriver.fetchbc.ca



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

