

WHAT WE DO



Prevent

persistent pain and intervene early to reduce its impacts



Empower

people who live with pain to enhance well-being



Educate

health care providers to better assess and manage pain



Improve

the systems that impact people in pain, communities and society



Combat

stigma and its negative effects



Foster

research on pain and pain-related disability

HOW WE DO IT

- **Provide resources** for people with pain and their health care providers to effectively treat acute pain
- **Implement initiatives** to prevent acute pain from becoming chronic
- **Support early pain assessment** and care to prevent the negative consequences of chronic pain
- **Deliver free-to-access programs** to help people with pain learn pain management skills, find resources, and build supportive community networks
- **Share free, high-quality education resources** to enable people with pain to take control of their health
- **Deliver evidence-based education programs** to improve health care providers' assessment and treatment of people with pain
- **Share resources and tools** to support the care of people living with pain
- **Nurture a learning community** to support ongoing mentorship
- **Provide expertise and support** to organizations to build their capacity to deliver pain care
- **Bring together** professional experts and people with lived experience to advance system improvements
- **Advocate to improve outcomes** for people with pain and their families
- **Amplify the voices of people with pain** to build awareness, hope and understanding
- **Educate decisionmakers and influencers** media, governments, employers, insurers and others – on the realities of pain and its impacts
- **Foster a network of pain researchers** to support collaboration and create new research capacity
- **Collaborate with partners** to move new discoveries and knowledge into practice

GUIDING PRINCIPLES

Leverage partnerships for greater impact • Engage people with pain in everything we do • Integrate a trauma-informed and equity-promoting approach
 Implement Calls to Action of the Truth and Reconciliation Commission of Canada by developing support for Indigenous people with pain in a manner that combats effects of racism and colonialism