

Timber Massage & Wellness

www.timbermassageandwellness.com

T • 604.344.0605

Westview Massage Therapy

T • 604.485.7085

NUTRITION

Emmanuelle Burelli

Registered Health Coach

www.powellriverhealthcoach.com

T • 604.223.1272

Sarah Hoof

Certified Holistic Nutritionist

www.gardengatehealth.com

T • 604.413.1157

Emma Levez Larocque

Registered Holistic Nutritionist

www.plantbasedrhn.com

T • 604.414.8399

Lisa Marie's Nutrition

Registered Holistic Nutritionist

E • lisamarienutrition@gmail.com

Michelle Riddle

Holistic Nutritionist

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

Kelly Edwards

www.kellyedwards.ca

Elements Yoga

www.elementsmovement.com

Heart as Home

www.heartashome.com

Pilates

E • casabeck@uniserve.com

Powell River Rec Complex

www.powellriver.ca

T • 604.485.2891

Qigong

www.qisandra.ca

Rootdown Yoga

www.rootdownyoga.com

T • 604.344.0624

Taoist Tai Chi

T • 604.414.0383

T-Fit & Nourish Wellness Studio

www.t-fit.ca

T • 604.483.6225

Therapeutic Riding Association

www.prtherapeuticriding.com

T • 604.485.0177

For additional resources visit:

www.painbc.ca/powellriver

[www.facebook.com/
PRChronicPainSupportGroup](https://www.facebook.com/PRChronicPainSupportGroup)

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

Chronic Pain Resources

Powell River



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

Chronic Pain Self-Management Program (6 weeks) • FREE

Helps people living with chronic pain and their caregivers to better manage symptoms & daily activities.

www.selfmanagementbc.ca

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 • FREE

Tools and resources for people living with chronic pain including:

- **Pain BC Toolbox:** pain management resources to help you cope
- **Pain Support Line:** provides free information, support and a listening ear to people wanting to talk about their own pain or that of a family member or friend. 1.844.880.PAIN (7246)

- **Coaching for Health:** free one-to-one telephone support to help you learn self-management skills and regain function
- **Mycarepath.ca:** free online resource for teens ages 12-17
www.painbc.ca

Pain Self-Management Group • FREE

Peer-led pain self-management education group; meets monthly in Powell River.
www.pipain.com

Powell River Mental Health & Addictions

T • 604.485.3300

Sunshine Coast Health Centre

www.sunshinecoasthealthcentre.ca

Tla'amin Health

www.tlaaminhealth.com

GENTLE MOVEMENT CLASSES

Chronic Pain Group Movement Series

This 5-week series, specifically designed for people with pain, will teach you how to move safely, and with greater ease.

Rec Complex • www.powellriver.ca

T-Fit & Nourish Wellness Studio • www.t-fit.ca

Relaxation & Gentle Movement for Chronic Pain Management

Benefit from gentle movement, breathing and relaxation exercises • www.t-fit.ca

Somatics Yoga /Yoga Nidra

Somatics is not a different style of yoga but rather a movement therapy, a way of re-educating the way our brain senses and moves the muscles. Yoga Nidra is a meditation and deep relaxation technique. Available with Coast Fitness, Kelly Edwards, Rec Complex, T-Fit/Nourish

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 Berghauser

Certified Counsellor

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.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

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Behr's Massage Therapy

E • behr@shaw.ca

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Crossroads Village Massage Therapy

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T • 604.223.1001

Koastal Therapy

E • keanemassage@telus.net

T • 604.485.4833

Malaspina Massage Clinic

www.donsheltonmassage.com

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Powell River Massage Therapy

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T • 604.223.2950