Understanding Fibromyalgia (FMS)

The information, tools & resources that we want everyone with FMS to have

Who are our group members?

If you have been diagnosed with Fibromyalgia, you may feel that you have more questions than answers. What causes FMS pain? How is it diagnosed? How is FMS treated? What kind of pain medications are recommended? What can I do to manage my pain? Why do some people say FMS isn't a real condition? Why is it so hard to find an FMS pain specialist? Is it true that people with FMS will not be approved for Canada Pension disability benefits? If you are looking for answers to some of these questions, this workshop is for you.

You will leave with:

- A better understanding of Fibromyalgia symptoms and research-based treatment guidelines for Fibromyalgia.
- Info re: how FMS can impact your sleep, muscle strength, vision / hearing, bowel / bladder, and cognitive functioning.
- Help to complete an FMS diagnostic screening (if needed).
- A self-assessment of your pain coping strengths & challenges.
- Guidance re: developing a pain management treatment plan
- Our favourite free self-help & community pain resources
- A snapshot of FMS research presented at the 2024 World Congress on Pain (IASP)

Details:

Format: Virtual Workshop
When: June 12, 2025; 4-5:30 pm
Clients: Residents of ON, NS, NB, QC
Cost: $100 / session

How to Register:

- Use the QR code or our website booking calendar to book, or
- Reach out to us by email or phone

STRENGTH IN NUMBERS
GROUP THERAPY

Dr. Marilyn Hill
Clinical & Health Psychologist

Gillian Fish
Occupational Therapist

We are clinicians with 20+ years experience in hospital pain clinics, and a passion for helping clients manage chronic pain and illness.

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