

The Chronic Pain Support Group of Southern Maine was formed in 1993 to help people cope with chronic pain. We offer support, coping skills, empathy, and understanding. Everyone in the all-volunteer, nonprofit group has chronic pain. Family and friends are also welcome to attend. We are not doctors and cannot make medical recommendations or provide medical treatment or therapy. Any help we offer is supplemental to medical care from your doctor.

What does the group offer you?

- ◆ an opportunity to talk with others who have and understand chronic pain
- ◆ support from a community of friends
- ◆ help in learning to cope with pain

We support and guide you as you:

- ◆ learn more about your condition
- ◆ accept your pain and move toward living life to its fullest
- ◆ learn and use coping and pain management skills
- ◆ reclaim control of your life

Welcome to the CHRONIC PAIN SUPPORT GROUP

For: People with chronic pain & their families & friends

When: First Thursday of the month 6:00-7:30 p.m.

Where: The Hospitality Room, Pinewood Manor, The Pines, 20 Manor Street, Old Orchard Beach. For the most recent schedule of meetings, events, directions, and other information, please visit our website at:

Web: www.painsupportgroup.org
e-mail: supportgroup@gwi.net

*A chance to talk to people
who understand*

Member, American Chronic Pain Association
Web: acpa@pacbell.net/www.theacpa.org

Mailing Address: Ernest Merritt, III
3 Parker Circle
Saco, ME 04072

PAIN!



Talk to
someone
who knows
what you're
going
through.

**The Chronic Pain Support Group
of Southern Maine**



Attitude

We believe that attitude can shape our lives. While we continue to hope for a cure and a release from pain, we accept our life as it is today and do everything possible to enjoy it to the fullest. At group meetings, we learn how others cope, discover inner sources of strength, and indulge in laughter.

**Pain is inevitable;
misery is optional.**

Support

What a relief it is to find someone who truly understands what it's like to live with chronic pain. Our members are welcoming and supportive to all who attend group meetings.



Knowledge

What you don't know about your condition can definitely hurt you. We invite specialists – in both traditional and alternative medicine – to address our group. We also encourage members to talk with their doctors, ask questions, and use other resources to learn as much as possible about their problem.

Our Mission

The mission of the Chronic Pain Support Group is to provide a safe place where people with chronic pain can support one another, develop friendships, share ideas and thoughts, obtain information about their condition from professionals and each other, and learn coping skills in a nonjudgmental and caring atmosphere.