**Free online support groups for people with chronic pain during COVID**

Pain BC has moved its [Pain Support and Wellness Groups](https://painbc.ca/about/programs/pain-support-wellness-groups) online in order to provide free pain education and peer support to people during physical distancing due to COVID-19. The groups provide an opportunity for people living with persistent pain to meet regularly and build a community of support while learning about pain, pain management and coping strategies. Participants can register for a group serving their geographic region or there is also a Men’s Group, which is open to self-identified men from any area of BC. All groups meet online on the second and fourth Tuesday of the month and those without internet access can dial in by phone. For more information or to register visit [www.painbc.ca/support](http://www.painbc.ca/support) groups or call 1-844-880-PAIN (7246).