

Registration/Referral Form for Mindfulness-Based Chronic Pain Management Course – Level 1

This is a 12 to 13-week course developed by Doctor Jackie Gardner-Nix of the NeuroNova Centre. It is for individuals with chronic pain who want to learn the principles of mindfulness meditation and how these relate to suffering less pain.

- Each class is 2 ½ hours long (with a 15 minutes break).
- Cost of course enrolment and materials (\$200) is being covered by the Self-Management Program of Southeastern Ontario.
- Individuals may self-refer or be referred by their healthcare provider (e.g. family physician, registered nurse, nurse practitioner, social worker etc.) by filling out the below form and sending to The Self-Management Program of Southeastern Ontario.
- Once the form is received the individual will be added to our waiting list and will receive a telephone call to confirm their place on the list and/or to provide them with the details of the next available workshop.

First Name		Initial	Last Name		
Sex	Age	Date of Birth (DD/MM/YYYY)	Health Card Number		Version Code
Address			City/Town	Province	Postal Code
Phone (Home)		Phone (Other)		Email	
Family Physician		Phone Number	Clinic/Address (if known)		
Consulting Healthcare Provider (if applicable)		Phone number	Clinic/Address (if known)		

Please direct questions and send form to **The Self-Management Program of Southeastern Ontario:**

Kingston Community Health Centres
263 Weller Avenue,
Kingston, ON K7K 2V4

Email: selfmanagement@kchc.ca
Tel: 613-542-2949 ext.1179
Fax: 613-542-7657