



# Restoration

a peer support & education group  
for individuals living with chronic pain conditions



Saturday, November 23, 2024

2pm to 3:30pm

Saturday, June 21, 2025

2pm to 3:30pm

sessions are virtual

Sessions will include community building, guided discussion, guest speakers, and creative activities.

Register at: [HopeWorksOfHC.org/events](https://HopeWorksOfHC.org/events)

This self-help group is designed to support people who live with chronic pain (pain that continues longer than three months and is not completely relieved by medication or medical treatment) by offering ways to reduce the impact pain has on their working and personal lives. Anyone living with chronic pain is welcome to attend.

*HopeWorks' mission is to support and advocate for people in Howard County affected by sexual and intimate partner violence and to engage the community in creating the change required for violence prevention.*