

# The Mindful Road



## Coping Skills for Persistent Pain

Living with persistent pain? You're not alone. In this 4-week program, The Mindful Road, learn a variety of topics, including: self-care tips, cognitive-behavioral strategies, and mindfulness techniques. Create personal goals and coordinate a care plan, while getting to know others who experience similar challenges. Participants are expected to participate in each session. Space is limited to 12 participants.

**Cost:** This group is generally covered by insurance. Some health plans may require a co-payment, co-insurance, or deductible. For benefit questions, please call Member Services at (608) 828-4853 or toll-free at (800) 605-4327, and request Member Services.

**Registration:** Talk with your primary care provider or call (608)441-3290 to schedule the required pre-group consultation with a Primary Care Behavioral Health Consultant.



## 2020 Sessions

### February

2/4, 2/11, 2/18, 2/25  
3:30 PM - 4:30 PM

GHC-SCW Capitol Clinic - Hess Room

### April

4/6, 4/13, 4/20, 4/27  
3:30 PM - 4:30 PM

GHC-SCW Capitol Clinic - Group Room

### June

6/2, 6/9, 6/16, 6/23  
5:30 PM - 6:30 PM

GHC-SCW Capitol Clinic - Group Room

### August

8/4, 8/11, 8/18, 8/25  
12:30 PM - 1:30 PM

GHC-SCW Capitol Clinic - Group Room

### October

10/5, 10/12, 10/19, 10/26  
1:30 PM - 2:30 PM

GHC-SCW Capitol Clinic - Group Room

### December

12/1, 12/8, 12/15, 12/22  
10:30 AM - 11:30 AM

GHC-SCW Capitol Clinic - Group Room

# BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
MK18-28-2(1.20)FL

 **Group Health  
Cooperative**

of South Central Wisconsin

[ghcscw.com](http://ghcscw.com)