

DO YOU HAVE
PAIN THAT DOESN'T
GO AWAY?

WE CAN HELP!



THE COMFORT ABILITY PROGRAM

Discover! Better ways to manage your pain

Boost! Your ability to get everyday things done

Learn! Strategies based on science and research—they're proven to work!



This **VIRTUAL PROGRAM** is for kids and teens (ages 10-17) with chronic or recurrent pain and their parents.

KIDS AND TEENS WILL...

- Learn mind-body skills to manage pain and stress
- Connect with peers who also have pain
- Develop a personal plan for comfort and function

PARENTS AND CAREGIVERS WILL...

- Learn proven strategies for parenting a child with pain
- Create a plan for improved function at home and school
- Learn new tools to help increase comfort for their child



For more information, please visit our website or email:

<https://www.chp.edu/our-services/brain/neurology/comfort-ability>

CHPComfortability@upmc.edu

UPMC
LIFE CHANGING MEDICINE

Proud partner of Child Kind International, making children's comfort a cornerstone of compassionate medical care.

Visit us
online!



Connect with us for additional resources!

www.thecomfortability.com

@TheComfAbility



Boston
Children's
Hospital