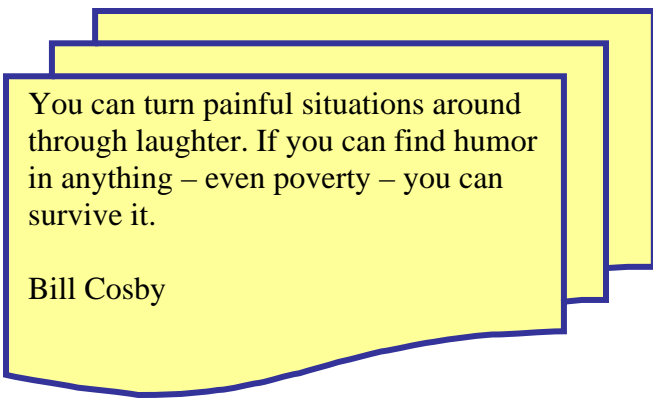


One word frees us from all the weight and pain of life: That word is love.

Sophocles



You can turn painful situations around through laughter. If you can find humor in anything – even poverty – you can survive it.

Bill Cosby



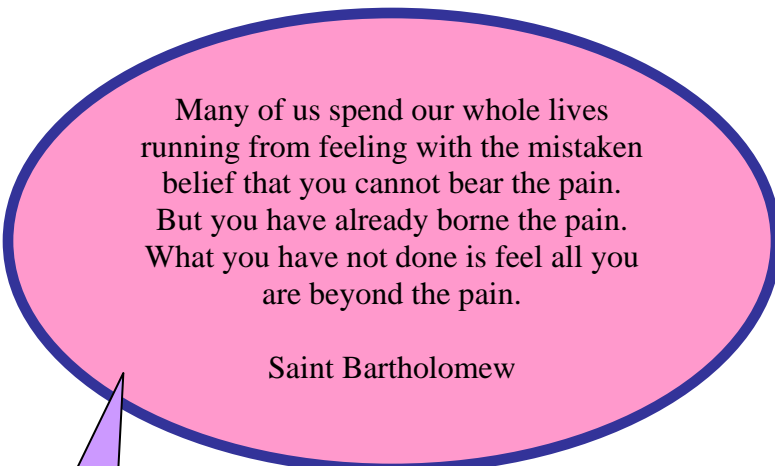
Simone Weil

Pain is the root of knowledge.

## LEAPS

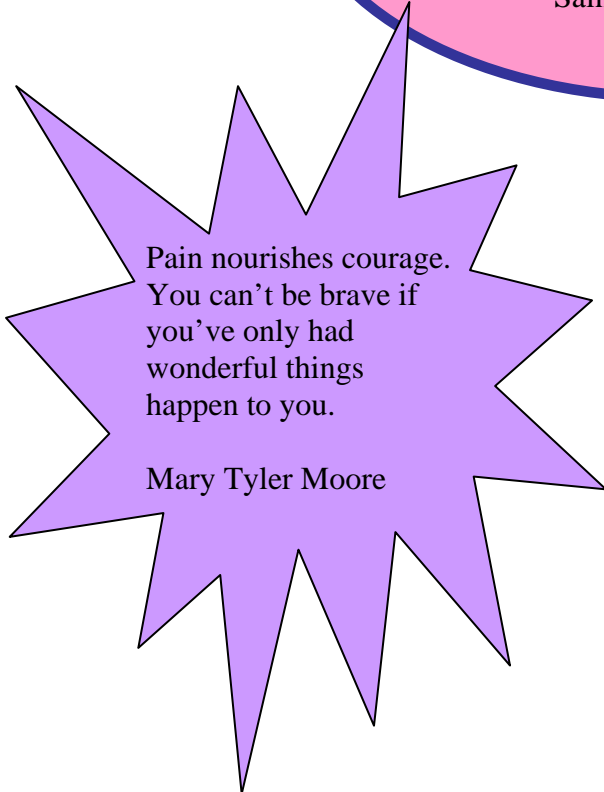
### LENDING EMOTIONAL AND PAIN SUPPORT

A peer support group for sufferers of chronic pain



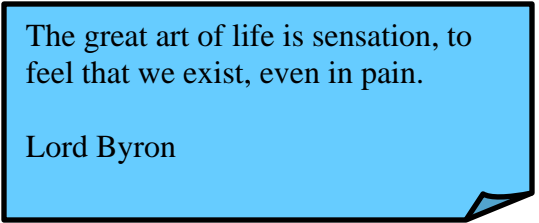
Many of us spend our whole lives running from feeling with the mistaken belief that you cannot bear the pain. But you have already borne the pain. What you have not done is feel all you are beyond the pain.

Saint Bartholomew



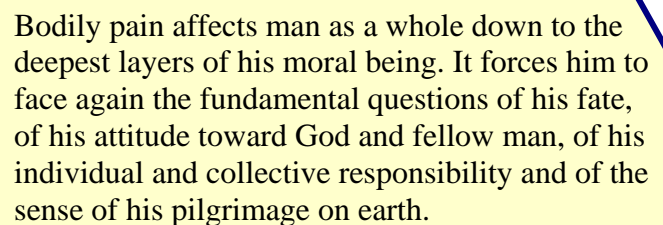
Pain nourishes courage. You can't be brave if you've only had wonderful things happen to you.

Mary Tyler Moore



The great art of life is sensation, to feel that we exist, even in pain.

Lord Byron



Bodily pain affects man as a whole down to the deepest layers of his moral being. It forces him to face again the fundamental questions of his fate, of his attitude toward God and fellow man, of his individual and collective responsibility and of the sense of his pilgrimage on earth.

Pope Pius XII

## **Lending Emotional and Pain Support (LEAPS)**

### **Mission Statement**

*'We are an independent peer support group comprised of current and/or former patients of the Calgary Health Region Chronic Pain Centre. We provide confidential, emotional support with the opportunity for professional support from CHRCPC and others. We do this through regular informal meetings, in a safe, warm, cozy and positive haven.'*

### **Joining LEAPS**

LEAPS is easy to join. Simply let the Coordinator know by phone or email that you would like to join the group, and attend your first meeting. Members can be self-referred, or referred by the Calgary Health Region Chronic Pain Centre. Although many of our members have completed Self-Management and Maintenance Groups at the Chronic Pain Centre, this is not a requirement of membership in **LEAPS**.

All **LEAPS** members must sign a waiver, releasing **LEAPS** from any liability.

New members are encouraged to join **The Chronic Pain Association of Canada**. Membership in this organization costs \$15.00 per year. This membership will provide you with a pain management manual and quarterly newsletter. Most importantly, the yearly fee goes to support **CPAC** in their efforts to raise public awareness of the importance of the problem of pain, to educate health care professionals to treat pain according to Best Practice standards, and to encourage research into pain.

### **LEAPS Meetings**

**LEAPS** meets every second Thursday from 1:00 p.m. to 3:00 p.m. in Room 2 of Calgary Health Region Chronic Pain Centre II. Although we are an independent organization, CHRCPC has generously agreed to provide our meeting space free of charge.

## Structure of **Regular LEAPS** Meetings

- 1:00 All members should be present and signed in.
- 1:05 – 1:15 – Relaxation
- 1:15 – 1:30 – Check In  
Each member “checks in” with the group by letting us know how their last two weeks has been, and how they are doing generally. Members are asked to identify at this time if they have a specific problem/issue/question that they wish to talk about during this meeting.
- 1:30 – 2:50 – The Coordinator will facilitate a discussion, beginning with those members identified during check-in who need the group’s time and attention. All members are encouraged to join the discussion to offer advice/support/insights and caring.
- 2:50 – 3:00 – Meeting concludes. We need a few minutes at the end to clear the room and clean up.

## **Other LEAPS Meetings**

In addition to our regular meetings, **LEAPS** will hold an **Annual General Meeting**, to deal with policies, procedures, and other administrative tasks. This date will be announced.

Also, **LEAPS** will hold a quarterly “special” meeting which will consist of, but not be limited to the following: speaker, video, workshop, special topic, field trip. Suggestions for “special” meetings are welcome and should be directed to the Coordinator.

## **Attendance Policy**

Once you have decided to join **LEAPS**, the group expects that you will attend meetings on a regular basis, just as you would an appointment at the Pain Centre.

The Coordinator will send an email reminder one week before each meeting. Members are asked to email or phone the Coordinator if you will **NOT** be attending. Your attendance is assumed otherwise.

Meetings are not cancelled if attendance for any particular meeting is low. We believe that even if there are only two participants that this could be a valuable meeting.

We recognize and want to be sensitive to the fact that you may not feel well enough to attend every meeting. Joining **LEAPS** is a commitment however, and if you miss three consecutive meetings, you may be asked to re-evaluate your participation in **LEAPS**.

**LEAPS**  
**Lending Emotional and Pain Support**

**Release/Waiver**

I, \_\_\_\_\_ have voluntarily joined the **LEAPS** Group (“Group”) which was formed by former and/or current patients of the Calgary Health Region Chronic Pain Centre (“CHRCPC”).

I understand that the Group is informal and there may be no professional facilitator during the sessions. I further understand that the Group is not a registered support group and will be facilitated through group efforts and consensus. There is no fee for membership in **LEAPS** but I understand that if I choose to join The Chronic Pain Association of Canada (CPAC), I will be responsible for the cost of CPAC membership.

I acknowledge that all conversations during the Group sessions are confidential. I agree to not discuss any details of the Group sessions with anyone outside the Group during my participation in the Group and thereafter. I do however, agree that this confidentiality may be broken in the event that the Group, by majority vote during a session, determines that I am in danger of hurting myself or others, and that I am in need of professional assistance. In this instance a designated person from the Group may approach a CHRCPC professional, or if not available, another professional on my behalf.

Although the Group is associated with the CHRCPC, I acknowledge that the Group is independent and not a CHRCPC program and that joining the Group does not grant me access to services or professionals or to participation in the programs offered by the CHRCPC.

On behalf of myself, my heirs, legal personal representatives, successors and assigns, I hereby release and forever discharge the Group, and their respective heirs, legal personal representatives, successors and assigns of all of the foregoing, jointly and severally from any and all actions, causes of actions, contracts, covenants, whether express or implied, claims, whether statutory or otherwise, and demands for damages, indemnity, costs, interest, loss or injury of every nature and kind whatsoever and however arising which I may heretofore have had, may now have, or may hereinafter have, in anyway relating to my involvement in the Group.

I have voluntarily signed this release and understand its contents.

Signature: \_\_\_\_\_ Address: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_ Telephone: \_\_\_\_\_

## **LEAPS Roles & Responsibilities**

All positions are voluntary, and, other than Member, for a one year term. Positions will be decided at the **LEAPS** Annual General Meeting.

### **MEMBER**

- ❖ Attend regularly
- ❖ Send an email to, or telephone the Attendance Coordinator before or by 11:00 a.m. on meeting days to confirm your attendance.
- ❖ Participate in meetings with honesty, integrity and empathy.
- ❖ Be considerate of time during meetings – it is a good idea to prepare for a meeting in advance by thinking about what you want/need to talk about.
- ❖ Be willing to fulfill other roles within the Group

### **COORDINATOR(S)**

- ❖ Send an email reminder to members one week before each meeting.
- ❖ Contact those members who do not have email by telephone.
- ❖ Provide an attendance sheet for each meeting for members to sign in.
- ❖ Keep track of members' attendance and discuss any problems with members who have missed three consecutive meetings.
- ❖ Begin meetings on time.
- ❖ Facilitate meetings by following the general structure outlined for meetings.
- ❖ Encourage members during meetings to be cognizant of the need to share "talking" time.
- ❖ Locate and make arrangements for guest speakers or other special events for quarterly **LEAPS** meetings.
- ❖ Provide a ten-minute relaxation exercise to open each regular **LEAPS** meeting. This may be a taped/CD exercise, or the Coordinator may lead the group with a variety of relaxation exercises.

### **SUPPORT LINE MEMBERS**

We recognize that some members of **LEAPS** may need support or simply an "ear" between our meeting dates.

- ❖ Be available by telephone and/or email for members to contact for additional support before/after regular meetings.

**THE CHRONIC PAIN ASSOCIATION OF CANADA  
C.P.A.C.**

Members of **LEAPS** are encouraged to apply for membership in The Chronic Pain Association of Canada, and pay an annual fee (\$15.00). Although we are an independent organization, we are listed as a support group under the umbrella of C.P.A.C. This association allows us access to their support group materials. We believe this organization needs our support in order to continue to be a voice for those suffering with chronic pain.

“The Chronic Pain Association of Canada is an Association dedicated to promoting the research, education and treatment of pain and chronic pain.”

Their goals include:

- 1) “Develop a liaison with all teaching facilities to ensure new and changing curriculums include units on chronic pain and how it impacts the patient, their families and society.
- 2) Help develop support groups. The group experience is not only a source of emotional support for its members, but a forum for an exchange of information.
- 3) Information on all the options for the treatment of chronic pain.
- 4) Work with the political and medical communities to provide a multi-disciplinary pain service in all major centers.”

**LEAPS** members, through their membership in C.P.A.C., will receive quarterly newsletters, as well as a chronic pain support handbook.

**"We deceive ourselves when we fancy that only weakness  
needs support. Strength needs it far more."**

**Annie Sophie Swetchine, (1782 – 1857)**