

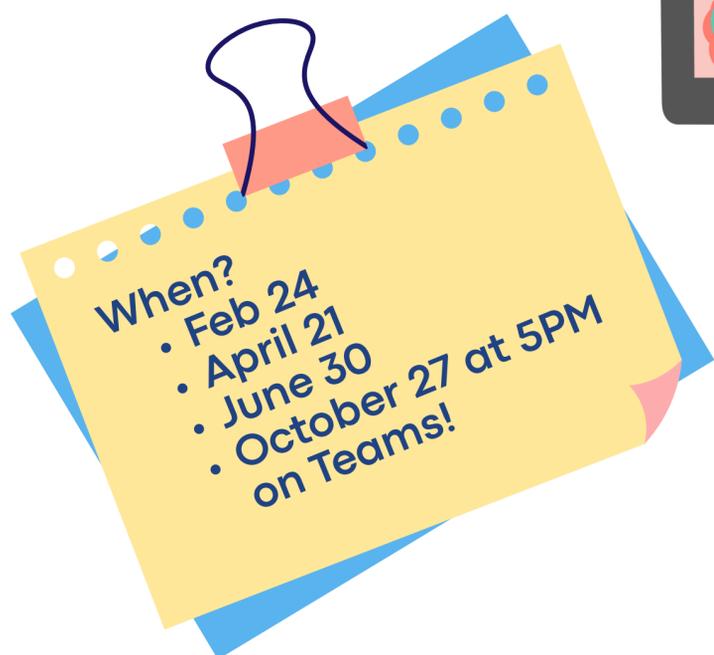
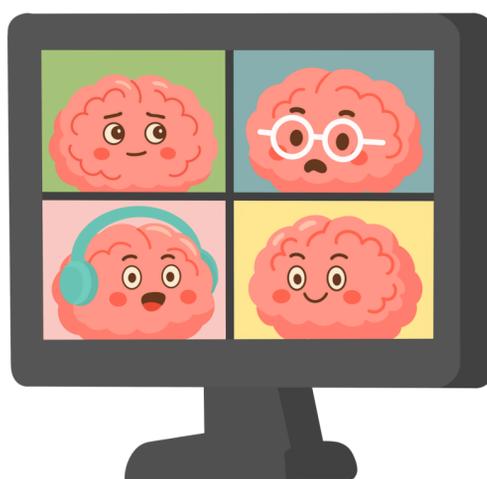
CHAT FOR TEENS
with complex pain

Chill & Comfort Chat

A safe and supportive space where adolescents living with pain can connect, share, and feel understood. This open-access group brings together youth who have completed the comfort ability program (CAP) and are seeking ongoing peer support from others who truly understand their experience.

Each session offers a relaxed atmosphere, gentle facilitation by a moderator, and a space for adolescents to talk about their successes, challenges, and coping strategies. The online discussions are intended to provide general information and resources, rather than individualized medical or psychological advice.

A professional will participate in the discussions alongside a peer guest to answer questions and share relevant perspectives.



Register online now!

