

Chronic Pelvic Pain Resources

Chronic Pain	
American Chronic Pain Association: theacpa.org	Canadian Institute for the Relief of Pain and Disability: cirpd.org
Canadian Pain Coalition: canadianpaincoalition.ca – A partnership of pain consumer groups, health professionals, and scientists	
Chronic Pain Association of Canada: chronicpaincanada.com – Promoting education and awareness	
International Association for the Study of Pain (IASP): iasp.org -- Includes the Canadian Pain Society canadianpainsociety.ca	
Life Is Now: lifeisnow.ca -- Free downloads meditations and yoga for people in pain, info on retreats by BC physiotherapist, Neil Pearson	
Pain BC: painbc.ca -- Resources, education, and support groups for patients and professionals in BC	
People In Pain Network: pipain.com – Education, support, & PainTOOLKIT pipain.com/uploads/6/5/3/8/6538150/canadian_paintoolkit.pdf	
The Pain Toolkit: paintoolkit.org – An e-book for people with persistent pain by Pete Moore	
VIDEO: 'Understanding Pain: What To Do About It In Less Than 5 Minutes': youtube.com/watch?v=4b8oB757DKc	

Chronic Pain Programs & Clinics	
ChangePain: http://www.changepain.ca -- Clinic in Vancouver offering treatment for chronic myofascial pain	
Multidisciplinary Vulvodynia Program (MVP): mvprogram.org – Program for provoked vulvodynia at VGH	
Self-Management BC (in person): selfmanagementbc.ca -- Free 6-session workshop through UVic	
Self-Management BC (online): selfmanage.org/onlinebc or at: coag.uvic.ca/cdsmp – Free 6 week program through UVic	

Chronic Pelvic Pain	
International Pelvic Pain Society: pelvicpain.org	Pelvic Pain Society UK: pelvicpain.org.uk

Pelvic Pain Support Groups (In-Person and Online)	
End Endo Blog : endendobc.blogspot.ca/2011/02/welcome-to-end-endo-bc-please-bookmark.html	
EndoMetropolis: facebook.com/endo.metropolis -- Education, research, & discussion from healthcare professionals and those with endo	
Endopaedia: endopaedia.info – Research and patient perspectives	Vulvodynia Support Forum: vulvodyniasupport.forumotion.net
Endo Problems: twitter.com/EndoProblems	Endo Sisterhood: support@endosisterhood.ca – BC support groups
For Couples: twitter.com/EndoRelationship	For Men: health.groups.yahoo.com/group/mendomen
Facebook private pages/groups: Endo Warriors; Endometriosis Vancouver; Vancouver Island/VIEPPS, etc.	
Interstitial Cystitis/Painful Bladder Syndrome Personal Support Group: facebook.com/groups/288999337799761 (Yes there is a Typo here!)	

Vulvar & Vaginal Pain (Vulvodynia, Vestibulodynia, Vaginismus, etc.)	
National Vulvodynia Association: nva.org	Vulvar Pain Foundation: thevpfoundation.org
Pelvic Pain Society UK: pelvicpain.org.uk	Vaginismus: vaginismus.com – Helping to overcome sexual pain
Vulval Pain Society (VPS): vulvalpainsociety.org/vps – Information on vestibulodynia and vulvodynia for women and their partners	

Bowel & Bladder	
Canadian Digestive Health Foundation: cdhf.ca	
Interstitial Cystitis Help: ichelp.org	Interstitial Cystitis Network: ic-network.com -- "IC Flare Guide"

Chronic Pelvic Pain Resources, continued

Endometriosis
Endometriosis Association: endometriosisassn.org -- Research & support, run by Mary Lou Ballweg, author of 'Endometriosis Sourcebook'
Endometriosis Info: endometriosisinfo.ca -- Society of Obstetricians & Gynaecologists of Canada (SOGC)
Endometriosis Network: endometriosisnetwork.ca
Endometriosis Organization: endometriosis.org
Endometriosis Research Center: endocenter.org
Endometriosis Society: endometriosis.ca

Fibromyalgia & Chronic Fatigue Syndrome
Fibro Buddies Canada:
FM-CFS Canada: fm-cfs.ca -- Support and online resources for fibromyalgia and chronic fatigue syndrome

Community and Government Services	
BC Coalition for Persons with Disabilities: bccpd.bc.ca -- Provides the Disability/CPP forms/guide	
BC Housing: bchousing.org -- Assistance with low cost housing for those who qualify	
College of Physicians & Surgeons: cpsbc.ca -- List of physicians who are taking new patients	
Disabilities Resource Guide: oftdf.org -- Info, education, employment resources, resources, government programs, services, subsidies	
Family Caregiver Network Society: fncs-caregiving.org -- In-person, group, and phone support for caregivers/family members	
Legal Aid: legalaid.bc.ca	Law Students' Legal Advice Program (LSLAP): lslap.bc.ca
Leisure Access Pass: vancouver.ca or surrey.ca -- Low-cost access passes to parks, recreational activities, community gyms	
Ministry of Housing & Social Development: gov.bc.ca/hsd -- Information on applying for Income Assistance, housing, disability	

Mental Health, Counselling, Victim Services	
Anxiety BC: anxietybc.com -- Look for their free downloads of mindfulness meditation and body scans and tips on managing anxiety	
Bounce Back from Depression: cmha.bc.ca/how-we-can-help/adults/bounceback -- Free self-help DVD and handouts	
Canadian Addiction & Mental Health Association (CAMH): camh.ca -- Info sheets and resources on anxiety, depression, etc.	
CounsellingBC: counsellingbc.com -- Directory of therapists/counsellors in BC	
Crisis Centre: crisiscentre.bc.ca or 1-800-SUICIDE – 24/7 crisis hotline	
Family Services of Greater Vancouver: fsgv.ca – Click on "Counselling Program"	
Mental Health Unit: vch.ca or fraserhealth.ca – MSP funded counselling in Vancouver, Richmond, Burnaby, New Westminster, etc.	
Battered Women's Support Services: bwss.org -- Support and advocacy for girls and women who have experienced abuse	
Crime Victim Assistance Program (CVAP): victiminfo.ca -- Coverage for counselling/medical expenses if a police report has been made	
Sexual Assault Services: bcwomens.ca	WAVAW Rape Crisis Centre: wavaw.ca
Victim Link: victimlinkbc.ca -- Phone service for information, referrals, and crisis support to victims of crime and violence	

Diet and Nutrition
Anti-Inflammatory Food Pyramid: drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html
Canada Food Guide: hhc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
Endo Resolved: endo-resolved.com -- "The Endometriosis Diet"

Physiotherapy
BC Physiotherapy Directory: bcphysio.org -- Click "Find a Physio" and "Vaginal/Rectal Pain" for a pelvic floor/vaginal pain physio