

# SKiP Program 2024

ORIENTATION DAY	FOUNDATION DAY	SKILLS DAY	FOLLOW-UP DAY
<ul style="list-style-type: none"> <li>• Approximately 2 hours</li> <li>• Meet our Multidisciplinary Team</li> <li>• Meet other young people and families</li> <li>• Find your starting position to take charge of pain</li> </ul>	<ul style="list-style-type: none"> <li>• Approximately 4 hours</li> <li>• A Learning Day about pain science and strategies that support a healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• 4 hours</li> <li>• A Practical Day for skills and techniques</li> <li>• You will get lots of feedback and encouragement</li> </ul>	<ul style="list-style-type: none"> <li>• 3 hours</li> <li>• Optional Day to boost your confidence as we problem solve challenges and celebrate successes together</li> </ul>
<p>Morning: 9:30am - 11:15am Afternoon: 12:00 - 2:15pm</p>	<p>9:30am - 1:30pm</p>	<p>9:30am - 1:30pm</p>	<p>9:30 - 12:30pm</p>
<b>COST: \$100</b>	<b>COST: \$200</b>	<b>COST: \$200</b>	<b>COST: FREE</b>
<b>GROUP 44</b>			
Monday 3 June	Monday 17 June	Monday 15 July	Monday 18 November
<b>GROUP 45</b>			
Monday 19 August	Monday 9 September	Monday 14 October	Monday 18 November