

SKiP Program 2025

ORIENTATION DAY	FOUNDATION DAY	SKILLS DAY	CONSOLIDATION DAY	FOLLOW-UP DAY
<ul style="list-style-type: none"> • Approximately 2 hours • Meet our Multidisciplinary Team • Meet other young people and families • Find your starting position to take charge of pain 	<ul style="list-style-type: none"> • Approximately 4 hours • A Learning Day about pain science and strategies that support a healthy lifestyle 	<ul style="list-style-type: none"> • 4 hours • A Practical Day for skills and techniques • You will get lots of feedback and encouragement 	<ul style="list-style-type: none"> • Approximately 2 hours • Half day program • A chance to go over anything missed or that needs review 	<ul style="list-style-type: none"> • 3 hours • Optional Day to boost your confidence as we problem solve challenges and celebrate successes together
<p>Morning: 9:30am - 11:15am Afternoon: 12:30 - 2:15pm</p>	<p>9:30am - 1:30pm</p>	<p>9:30am - 1:30pm</p>	<p>9:30 - 11:45pm</p>	<p>9:30 - 12:30pm</p>
<p>COST: \$100</p>	<p>COST: \$200</p>	<p>COST: \$200</p>	<p>COST: \$100</p>	<p>COST: FREE</p>
<p>GROUP 46 - ONLINE ONLY</p>				
<p>Monday 24 February</p>	<p>Monday 10 March</p>	<p>Monday 24 March</p>	<p>NOT PART OF ONLINE PROGRAM</p>	<p>Monday 28 April</p>
<p>GROUP 47</p>				
<p>Monday 19 May</p>	<p>Monday 9 June</p>	<p>Monday 30 June</p>	<p>Monday 21 July</p>	<p>Monday 3 November</p>
<p>GROUP 48</p>				
<p>Monday 11 August</p>	<p>Monday 1 September</p>	<p>Monday 22 September</p>	<p>Monday 13 October</p>	<p>Monday 3 November</p>