

# UPDATED SKiP Program 2026

ORIENTATION DAY	FOUNDATION DAY 1	FOUNDATION DAY 2	SKILLS DAY	CONSOLIDATION DAY
<ul style="list-style-type: none"> <li>• Approximately 3 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>• 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>• Approximately 2 hours</li> <li>• Half day program</li> <li>• A chance to go over anything missed or that needs review</li> </ul>
Morning: 9:00am - 12 noon	9:30am - 1:30pm	9:30 - 1:30pm	9:30am - 1:30pm	9:30 - 11:45pm
<b>COST: \$100</b>	<b>COST: \$200</b>	<b>COST: \$200</b>	<b>COST: \$200</b>	<b>COST: \$100</b>

## ORIENTATION DAY

Monday 2 March

## ONE-OFF ORIENTATION DAY

Monday 27 April

## GROUP 49

Monday 25 May

Monday 1 June

Monday 15 June

Monday 13 July

Monday 20 July

## GROUP 50

Monday 17 August

Monday 24 August

Monday 7 September

Monday 12 October

Monday 19 October

<b>FOLLOW-UP DAY ALL 2026 GROUPS</b>	<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>	9:30 - 12:30pm	<b>COST: FREE</b>	Monday 9 November
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