

Healing Chronic Pain Together



**FREE ONLINE
PEER SUPPORT
GROUP**

1st Monday

Monthly 6pm

**www.meetup.com
(Durham,NC)**

Do you suffer from chronic pain?

- **Meet others who truly understand chronic pain.**
- **Support and motivate each other on the path of healing.**
- **Explore mindfulness and self inquiry techniques.**
- **Share honestly what has and has not helped you.**
- **This is a peer-led space grounded in compassion, respect, and openness.**

Led by Jessica Martinez who has lived with chronic pain for nearly 40 years. She will guide the group through:

- **Mindfulness practices**
- **Reflective group discussion**
- **Inquiry into what healing truly means—beyond symptoms**

This is not therapy or medical treatment.

It is human connection, shared wisdom, and presence.

FOR MORE INFO: MINDWELLNESS2026@GMAIL.COM