

Chronic Pelvic Pain Resources

Chronic Pain & Pelvic Pain – Online Resources	
American Chronic Pain Association: theacpa.org	Canadian Institute for the Relief of Pain & Disability: cirpd.org
Canadian Pain Coalition: canadianpaincoalition.ca	Canadian Pain Society: canadianpainsociety.ca
Chronic Pain Association of Canada: chronicpaincanada.com	International Association for the Study of Pain: iasp.org
International Pelvic Pain Society (IPPS): pelvicpain.org	Pain BC: painbc.ca
Life Is Now: lifeisnow.ca -- Meditations and yoga retreats for people in pain, by BC physiotherapist, Neil Pearson	
Pelvic Pain Support Network: pelvicpain.org.uk	People In Pain Network & 'PainTOOLKIT': pipain.com
Pete Moore's 'The Pain Toolkit': paintoolkit.org	Protectometer App: noigroup.com or protectometer.com

Chronic Pain & Pelvic Pain -- Videos	
CPP Program's series of videos & handouts: bcwomens.ca/health-info/sexual-reproductive-health/pelvic-pain-endometriosis	
'Understanding Pain: What To Do About It In Less Than 5 Minutes': youtube.com/watch?v=4b8oB757DKc	
'Understanding Pain: Brainman Stops His Opioids': youtube.com/watch?v=MI1myFQPdCE	
'Treating Pain Using The Brain': youtube.com/watch?v=4ABAS3tkkuE - David Butler	'EndoWhat?': endowhat.com

Chronic Pain & Pelvic Pain – Local Programs & Services	
BC Centre for Sexual Medicine: psychiatry.vch.ca/bccsm.htm – Treatment for low desire/arousal, sexual pain at UBC	
ChangePAIN: changepain.ca -- Clinic for the treatment for chronic myofascial pain in Vancouver	
Complex Chronic Diseases program: bcwomens.ca – Program for Lyme Disease, Chronic Fatigue Syndrome, & Fibromyalgia	
Multidisciplinary Vulvodynia Program (MVP): mvprogram.org – Program for provoked vulvar vulvodynia (PVD) at VGH	
Self-Management BC (in person or online): selfmanagementbc.ca -- Free 6-session workshop through UVic	

Pelvic Pain -- In-Person & Online Support	
End Endo: endendobc.blogspot.ca	
Facebook Groups: EndoWarriors; Endometriosis Vancouver & Victoria; Endopaedia; EndoMetropolis; etc.	
Twitter: EndoProblems; TheEndoNetwork; EndoSupport; CtrForEndoCare; EndoMarchCanada; EndoWhatFilm; etc.	
Vancouver IC Support Group: vancouvericgroup.blogspot.ca	
Vulvodynia Support Forum: vulvodyniasupport.forumotion.net	

Endometriosis	
Endometriosis Organization: endometriosis.org	Endometriosis Network of Canada: endometriosisnetwork.com
Endometriosis Info: endometriosisinfo.ca – From The Society of Obstetricians & Gynaecologists of Canada (SOGC)	
Endometriosis Research Center: endocenter.org	
World Endometriosis Society: endometriosis.ca	Infertility & Endo: endometriosisinfo.ca/infertility_e.aspx
LGBTQ & Endo: lgbthealthwellness.com/2015/02/05/unique-considerations-for-lgbt-patients-with-endometriosis	

Vulvar, Vaginal, & Sexual Pain -- Vulvodynia, Vestibulodynia, Vaginismus & Sexual Dysfunction	
National Vulvodynia Association: nva.org	Pelvic Pain Society UK: pelvicpain.org.uk
Vaginismus: vaginismus.com	Vulval Pain Society UK: vulvalpainsociety.org/vps
UBC Sexual Health Laboratory: brottolab.com/sexual-dysfunction-information	

Chronic Pelvic Pain Resources, continued

Diet & Nutrition	
Anti-Inflammatory Food Pyramid: drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html	
Canada Food Guide: hnc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php	
Endo Diet: endo-resolved.com	FODMAP: healthlinkbc.ca/healthy-eating/low-fodmap-diet

Bowel & Bladder	
IBS: healthlinkbc.ca/healthy-eating/irritable-bowel-syndrome	IC Network: ic-network.com -- "IC Flare Guide"
BPS/IC: niddk.nih.gov/health-information/health-topics/urologic-disease/interstitial-cystitis-painful-bladder-syndrome	

Physiotherapy & Physical Activity	
BC Physiotherapy: bcphysio.org -- Click on "Find a Physio", advanced search & enter pelvic pain in key word bar	
Leisure Access Pass: vancouver.ca or surrey.ca -- Low-cost access passes to parks, recreational activities, community gyms	
Helpful info: pelvichealthsolutions.ca/for-the-patient	'Rost Moves Mamas' PGP App: rosttherapy.com/en/books-apps-more

Fibromyalgia & Chronic Fatigue Syndrome	
Canadian Fibromyalgia Guidelines: fmguidelines.ca	Chronic Fatigue & Fibromyalgia Society of BC: mefm.bc.ca

Mental Health & Counselling	
Anxiety BC: anxietybc.com -- Free downloads of mindfulness meditation & 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 private pay therapists/counsellors in BC	
24 Hour Crisis Centre: crisiscentre.bc.ca or 1-800-SUICIDE	Family Services of Greater Vancouver: fsgv.ca
Mental Health Unit: vch.ca or fraserhealth.ca -- MSP funded counselling in Vancouver, Richmond, Burnaby, New West, etc.	

Abuse, Assault, & Victim Services	
BWSS: bwss.org -- Support, counselling, victim services, and advocacy for women who have experienced abuse	
Crime Victim Assistance Program (CVAP): victiminfo.ca -- Counselling/medical expense coverage with a police report	
Sexual Assault Services: bcwomens.ca	WAWAW Rape Crisis Centre: wawaw.ca
Victim Link: victimlinkbc.ca -- Phone service for information, referrals, and crisis support to victims of crime and violence	

Disability, Housing, & Legal Services	
BC College of Physicians & Surgeons: cpsbc.ca -- List of physicians accepting new patients	
Disabilities Resource Guide: oftdf.org -- Info, education, employment resources, government programs, services, subsidies	
Disability Alliance BC: disabilityalliancebc.org	Legal Aid: legalaid.bc.ca
Ministry of Housing & Social Development: gov.bc.ca/hsd -- Information on Income Assistance, housing, disability	

Partners & Support People	
Family Caregiver Network Society: familycaregiversbc.ca -- Support for caregivers/family members	
MENDO: Men Who Love Women With Endometriosis: groups.yahoo.com/neo/groups/mendomen/info	