The “Pain Connection Live” national conference calls program, launched in January 2011, is open to people with chronic pain, family members, significant others, health care professionals and concerned individuals. There are five weekly calls per month!

Conference Calls are led by Gwenn Herman, LCSW, DCSW, Founder and Clinical Director of Pain Connection, Mary Beth Lewis, Katie Hurley, LCSW, Mia Maysack, and Bobbi Blades, U.S. Pain trained peer leaders. Participation in the conference calls are free. Standard long-distance charges apply to the phone calls. The conference calls are not taped.

Each “Call” has a topic dealing with different ways of coping with chronic pain and developing new skills. Participants have the option to discuss the topic or remain silent. Breathing techniques and guided imagery are taught in the last 15 minutes of each call.

“NEW” Morning calls are held on the third Thursday of the month from 10-11am EST.

Afternoon calls are held on the first Thursday of the month from 1:30 - 2:30 pm EST.

Evening calls are held on the second Thursday of the month from 7:00 - 8:00 pm EST.

“NEW” Afternoon calls are held on the fourth Thursday of the month from 2:30-3:30pm EST.

Week-end calls are held on the last Saturday of the month from 11am-noon EST.

Please register for each call in which you want to participate. For more information, email info@painconnection.org or call (800)910-0664.

Conference DIAL-IN NUMBER: (319)527-3510
Participant ACCESS CODE: 171649#
After dialing in and entering the access code, we request a first name or you can be silent.