

UNDERSTANDING PAIN - OCTOBER & NOVEMBER 2025



VENUE	DATE	SESSION TIME
Online	Monday 6th October	5 - 7pm
The West End Community Centre, BD5	Monday 6th October	1pm-3pm
Millside Community Centre, BD1	Tuesday 7th October	10am-12pm
KHL, BD21	Tuesday 7th October	2pm - 4pm
St Hugh's Church, BD17	Thursday 9th October	2pm - 4pm
Kala Sangam, BD1	Monday 17th November	10am-12pm
Cafe West, BD15	Monday 17th November	2pm - 4pm
Baildon Community Link, BD17	Tuesday 18th November	10am-12pm
St Johns Church, BD10	Thursday 20th November	10am-12pm

For more information or to book a place, contact us:



info@rethinkingpain.org



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