

## **What ACPA Groups Offer**

**Penney Cowan:** The significant part of being involved in your recovery is being involved with your peers.

**Member 1:** Once I joined the ACPA – the support groups, the knowledge just flowed.

**Member 2:** Somebody's always bringing something in to you know say I found this book – I read this book and you know we pass it around.

**Member 3:** Everybody who has pain can give something to somebody else. It could be just “oh, I took that and it had side effects so keep an eye out” or “oh I tried doing this and that and it worked out real well.”

**Member 4:** When I first started going through the program I just fought it. I said you know, no way it's not gonna help, it's not gonna work. And then after a couple weeks I started seeing the benefits of it.

**Member 3:** It's lonely when you have chronic pain.

**Member 1:** The first time I walked into a room with people who had chronic pain what a validation that was for me. It was like Mary Ann you're not the only person in the world that lives with this.

**Member 5:** No matter how supportive your husband is or anything and how...

**Member 6:** To tell you the truth I never would have survived all this without my pain group.

**Member 7:** It's just this kind of reinforcement that you're not alone; that there are other people out there going through the same thing.

**Member 2:** It's been my lifeline at the ACPA members and having the support group.

**Member 3:** You need them.