



HABILITAS
foundation

CAMPAIGN FOR A NEW

Chronic Pain Management Department

Building a brighter future at the
Constance-Lethbridge Rehabilitation Centre

GOAL:
\$400,000





“Living with my condition, my head wants to move but my body refuses. This invisible disability causes me chronic pain that makes it almost impossible to do any activities that require physical effort.

I had just about given hope, and then I found the Constance-Lethbridge Centre.

With their help, I’ve learned to regain control of my body. They provided a safe place to push my limits and share my fears. They believed in me and gave me the support I really needed.”

- Arlette, patient in the Chronic Pain Management Program

Everyone deserves to feel hope and happiness

Living with chronic pain can touch every corner of your life, often in ways that aren’t visible to others.

Whether it’s caused by an illness, injury, or accident, chronic pain doesn’t just affect your body—it can deeply impact your emotional well-being and relationships, too.

Physically, it can be exhausting. Beyond the pain itself, the effects can make everyday tasks feel like monumental challenges.

Simple things like working, eating well, or getting a good night’s sleep can become difficult. It can threaten not only your

ability to work, but also your job security and your capacity to provide for yourself and your family. The constant fatigue and reduced mobility from ongoing pain can leave you feeling frustrated, isolated, and powerless.

Emotionally, chronic pain can take a toll, leading to feelings of sadness, anxiety, and sometimes even depression. The uncertainty of when the next flare-up will strike creates a persistent worry, making it hard to find peace of mind. It can be an isolating experience, making once-enjoyable activities like sharing a meal with your spouse or catching a movie with friends increasingly difficult. Over time, it can also strain relationships as loved ones struggle to fully grasp the reality you face every day.

Chronic pain doesn’t just affect your body—it affects your sense of self, your ability to connect with others, and your overall quality of life.

But despite how overwhelming it can feel, seeking support can make a difference.

Because no one should have to navigate the challenges of chronic pain alone.



The Constance Lethbridge Centre has a solution

Chronic pain is different from acute pain. There's no simple treatment, and it doesn't simply fade over time. Traditional methods, like medication, often offer only limited relief.

The Constance-Lethbridge Rehabilitation Centre can help, with an approach that focuses on the individual's needs rather than their diagnosis.

The multi-disciplinary team of the Centre's Chronic Pain Management Program helps people with chronic pain develop the skills and confidence to manage their condition.

The Chronic Pain Management Program is designed to meet each individual's unique needs, helping them build the skills and confidence to take control of their pain. The program provides practical strategies like energy management, relaxation techniques and ergonomics, making daily tasks more manageable. Patients also receive guidance on managing emotions, strengthening relationships, and even nutritional advice.

Sessions are offered both one-on-one, at the Centre or in the comfort of patients' homes, and through on-site group settings, creating a supportive and flexible environment.

What sets this program apart is its collaboration with other areas of expertise at the Centre, including adapted driving, assistive technology devices, technical aids service, and vocational counselling. Together, these services help people rely less on emergency room care when their pain flares up, reduce dependency on medication, and regain their independence.

Each year, more than 200 individuals benefit from this life-changing program, at no cost.

While the Centre can't cure the condition, it empowers individuals to better manage their pain and gradually increase their activity levels, helping them reclaim a life filled with hope and dignity.



A new home for pain therapy

Preparations are under way for the Chronic Pain Management Program to move into a brand-new home in 2025.

With space at a premium at the Constance-Lethbridge facility in NDG, the chance for this program to secure its own dedicated space is a logical step forward.

Fortunately, the building at the adjacent MAB site has become available. This heritage building and three story structure has undergone a complete reconstruction in recent years, with a reworking of the space within that will be an ideal new home for the Program.

In fact, only the façade remained untouched as it is a recognized heritage building by the City of Montreal.

With a new, fully accessible entrance and reception area, this revitalized space will be the perfect home for the Chronic Pain Management Program, where it will occupy the entire second floor

The top floor (third) will be home to the newly-expanded Cardiac Rehabilitation Program, a valuable addition to Lethbridge-Layton-Mackay's range of services, offering exciting opportunities for collaboration and synergy.

The space was thoughtfully designed with the needs of patients with chronic pain as the top priority.

Design Concepts

The location will feature rooms and equipment that will mobilize patients to thrive, including:

- private meeting spaces for patients to share their situation with confidentiality and dignity
- simulated environments (such as a kitchen, bedroom, bathroom, and office) for training and practice of real-world tasks and activities
- access to a brand new walking track and elliptical equipment on the cardiac rehab floor, where patients can work with their therapist on exercise and physical activity
- dedicated virtual care and tele rehab treatment rooms that promote access to services

Benefits

Research has proven that patient-centred healing environments have considerable impact on treatment outcomes.

Creating this kind of environment is especially important for people struggling every day with chronic pain and its overwhelming side effects.

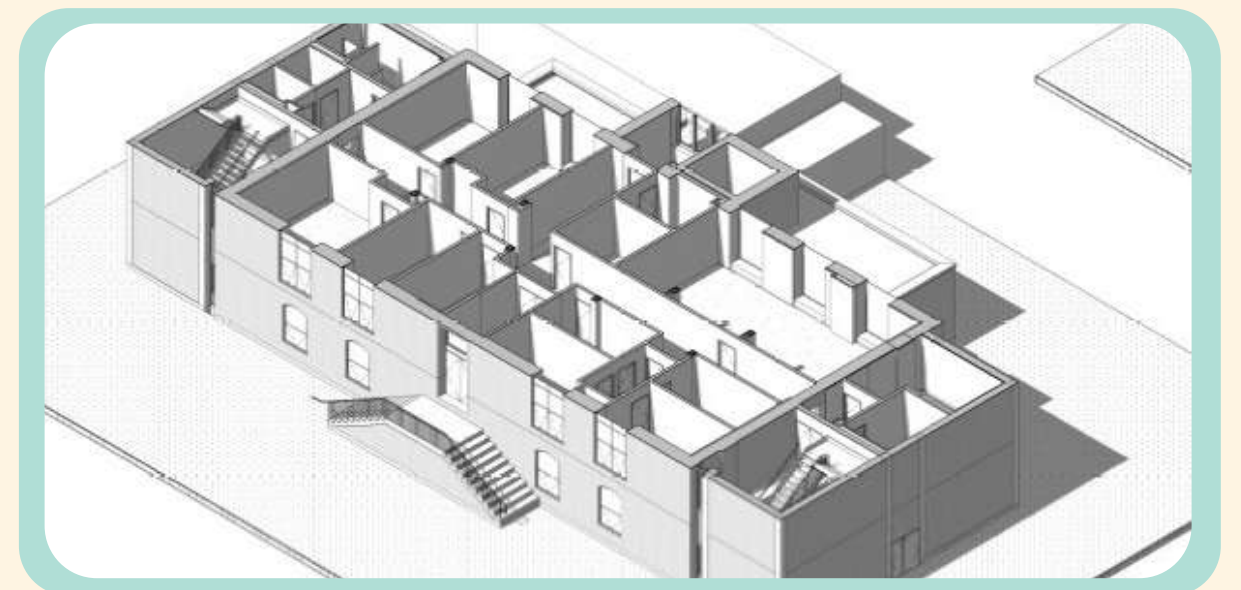
Imagine a place that offers comfort and relief, one that truly reflects the positivity and tried and true services that drive the therapies for which the Constance-Lethbridge Centre is renown.

The new new planned location will provide a fresh sense of hope, offering a welcoming, humanizing environment designed to uplift their spirits and restore dignity throughout their healing journey. No longer will patients need to share therapy

areas with other programs, thus offering enhanced privacy and comfort tailored to their needs.

This new space isn't just about improving therapy outcomes, though that's a critical part. It's about reducing anxiety, fostering engagement, and helping individuals regain autonomy, dignity, and a higher quality of life.

Beyond the immediate benefits to patients, it will inspire pride among staff, contributing to retention and performance levels –all of which directly influence the level of care provide over time.



“It feels like a miracle that I have regained life back.

The multidisciplinary approach of the team at Constance-Lethbridge means you feel taken care of in so many ways.

They supported and encouraged me to do things for myself and also build in time for things that I enjoy. This has helped me to be more functional at home and given me the mental

ability to be more at peace with the everyday rather than just in survival mode.

A new and bigger site with expanded services would be amazing, I would love for others to also have access to what I experienced there.”

- Clara, patient in the Chronic Pain Management Program at the Constance-Lethbridge Rehabilitation Centre



You can help us make this move to a transformative new environment a reality, and create a unique place of hope, happiness and growth for so many struggling with chronic pain.

The Habilitas Foundation, the official foundation of the Constance-Lethbridge Rehabilitation Centre, is championing this project that will give opportunity, independence and quality of life to so many living with this invisible disability.

Please show your support today.

For more information on how you can make a difference, visit us at

www.habilitas.ca