

ATKINSON FAMILY PRACTICE GROUP MEDICAL VISITS

(Rev.1/5/2021)



NEW MOM'S SUPPORT GROUP

Tuesdays at 10:30am (ONLINE) ~ Join Katelyn Dutkiewicz, PA-C and Miranda Tsoumas, PA-C every week to talk about conquering motherhood with confidence. Each week learn something new while supporting each other along your journey. Topics discussed include: nutrition, yoga, women's health and more.

SOLOS SUPPORT GROUP

Tuesdays at 1:30pm & **NEW! Thursdays at 1:30 starting 1/7** (ONLINE) ~ This is a support group to help those feeling especially isolated. Some topics of this group will be: mutual emotional support, encouragement, resource building, problem solving. (please ask your provider for a referral).

DBT SKILLS FOR TEENS

Tuesdays starting 1/19 at 4pm (ONLINE) ~ An evidence-based treatment that helps young people who are struggling with out of control emotions or self-destructive behaviors to build lives worth living. Sessions teach mindfulness, interpersonal effectiveness, emotion regulation, and more. A parent/guardian must attend sessions with teen.

TEEN SUPPORT GROUP (AGES 12-18)

Wednesdays at 6:30pm (ONLINE) ~ This weekly group will provide social and emotional support for teenagers to help manage life during the Coronavirus. Space is limited.

DIALECTICAL BEHAVIOR THERAPY SKILLS

Thursdays at 4pm (ONLINE) ~ DBT is an evidence-based treatment that helps people who are struggling with out of control emotions or self-destructive behaviors to build lives worth living. Sessions teach mindfulness, interpersonal effectiveness, emotion regulation, and more.

QI GONG: EIGHT PIECES OF BROCADE

1/8, 1/15 & 1/22 at 5pm (ONLINE) ~ It is one of the best ways to strengthen the body and helps in balancing the vital functions, driving stagnant energy and toxins out from the system. Led by Haiying Conover, LMT

SEXUAL HEALTH & MENOPAUSE

1/11 at 6pm (ONLINE) ~ Discover the physiological changes that occur during estrogen deficiency and evidence-based treatments. Learn how intimacy evolves with age and how you can achieve healthy and satisfying intimacy at any age. Part of Jennifer Jordan's Aging Gracefully series.

EXERCISE, ARTHRITIS & YOU

1/13, 20, 27, 2/3, 10 & 17 at 9am (ONLINE) ~ Find out what exercises work for you and your body while managing arthritic pain. Anne Ye, PT, will discuss arthritis, joint protection, strength and stabilization and more. All online.

LEARN ABOUT TMS

1/13 at 4pm (ONLINE) ~ Learn more about the Transcranial Magnetic Stimulation (TMS) and how it works! We will also discuss insurance and referral processes. Led by Dr. Nora Schwartz-Martin.

GET TO KNOW YOUR CORE

1/14, 21, 28, 2/4, 11 & 18 at 6pm (ONLINE) ~ Join Anne Ye, PT, for six weeks of basic instruction on learning what the core is, exercises to engage it, and how to use it in your daily life. Come get the information you need to do the exercises you have been wanting to do.

HEARTMATH 101

1/14 at 11:30am (ONLINE) ~ Overview of the science and practice of the HeartMath system and how it can be used to lower stress and anxiety. (After completing HM101, you will be given information on registering for HeartMath Skills Classes 2 & 3 on 1/21 & 1/28 at 11:30am).

FEMALE HAIR LOSS

1/18 at 6pm (ONLINE) ~ Learn the etiology of female balding, hair loss, and evidence-based treatment. Part of Jennifer Jordan's Aging Gracefully series

SKIN 101

1/25 at 6pm (ONLINE) ~ Scientific information on treatment and products on the market to heal and preserve our skin as we age. Part of Jennifer Jordan's Aging Gracefully series.

CULTIVATING BODY KINDNESS

1/28 at 6pm (ONLINE) ~ Be part of this 90-minute Body Image Workshop with Amanda Mittman, RDN, LDN. Participants will learn ways to deepen and appreciate their relationship with their bodies. January is a difficult month since each year we feel pressure to change our body or go on a diet. Let's cultivate respect and kindness for our bodies in 2021.

To schedule your Group Medical Visit, call 413-549-8400 x 126 or email events@doctorkate.net. There is no co-pay associated with tele-medicine visits for AFP patients (There is a small fee for non-AFP patients). All visits (except for ongoing group meetings) follow our 24-hour cancellation policy. A no-show fee will be charged if policy is not followed. Any questions, please contact events@doctorkate.net. Please note: We cannot schedule a provider visit for patients on the same days they are scheduled for a group medical visit