



# ATKINSON FAMILY PRACTICE

## GROUP MEDICAL VISITS

(Rev. 4/29/2021)

### **FINDING YOUR BEST SELF**

Wednesdays at 10:30am (ONLINE) ~ Finding Your Best Self is a group-based, present-focused therapy to help people attain safety from co-occurring trauma and substance abuse. Total of 20 sessions (additional days/times may be added). Space is limited. Led by Dana Parrot, LICSW & Katelyn Dutkiewicz, PA-C.

### **LGBTQ 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. Led by Jennifer Smolinski, JD, MS, M.Ed.

### **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. Led by Anne Vaillant, Psychiatric NP and Dr. Katherine Dixon-Gordon

### **PARENTING PRESCHOOLERS**

FOUR CLASSES LEFT -- 4/29, 5/6, 5/13 & 5/20 at 5:30pm (ONLINE) ~ This series helps parents focus on how best to help children ages 3-6 manage these important years. Topics covered include: discipline, the preschooler's mindset, social and emotional health, anxiety, toileting/sleep/nutrition, sibling relationships, and more. Led by psychotherapist and former educator, Evan Shopper, LICSW, who specializes in working with kids and adolescents.



### **QI GONG: EIGHT PIECES OF BROCADE**

4/30, 5/7, 5/14, 5/21 & 5/28 at 4pm (ONLINE) ~ This 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

### **TAI CHI**

5/4, 5/11, 5/18, 5/25, 6/1 & 6/8 at 6pm (LIVE EVENT IN AMHERST)~ This 6-week series highlights six (6) out of the 24 simplified Yang forms that are used for people's health and well-being. Practicing Tai Chi each day can help develop a strong body, enhance mindfulness, can improve symptoms of fibromyalgia and chronic pain and improve balance. SPACE IS LIMITED. (Patients must commit to all six sessions). **INTRO COST - \$30 (this time only--to be prepaid).** **OUTSIDE PARKING LOT AT AFP AMHERST.** Social Distancing will be followed; Masks must be worn. Led by Charles Milch, PA-C and Haiying Conover, LMT.

### **FEMALE HAIR LOSS**

5/10 at 6pm (ONLINE) ~ Join Jennifer Jordan to talk about the etiology of female balding, hair loss, and evidence-based treatment. Part of Jennifer's Aging Gracefully series.

### **SUPPORTING ANXIOUS CHILDREN**

5/11, 5/18 & 5/27 at 7pm (ONLINE) ~ When a child is upset, our instinct is to provide comfort and reassurance. Unfortunately when you have a very anxious child this doesn't always work. In these online seminars, we are going to explore how anxiety works and we can help your child build up their worry management muscles. Classes aimed for parents of elementary school-aged children but topics/discussion could be helpful for other ages as well. Led by Dr. Edward Plimpton and Dr. Kate Atkinson

### **HEARTMATH 101**

5/13 at 4:30pm (ONLINE) ~ An overview of the science and practice of the HeartMath system and how it can be used to lower stress and anxiety. This is a pre-requisite to HeartMath Parts 2 and 3. Led by Judy Grupenhoff, NBC-HWC

### **UNDERSTANDING YOUR BODY "THROUGH THE CHANGE"**

5/17 at 6pm (ONLINE) ~ Learn about lifestyle factors that improve health with age and discuss the latest literature about hormones and supplements for mood and well-being. Part of Jennifer Jordan's Aging Gracefully series.

### **"BETTER BONES" OSTEOPOROSIS SERIES**

5/18, 5/25, 6/1, 6/8 & 6/15 at 11am (ONLINE) ~ This 5-week series will provide participants with information on management of osteoporosis and osteopenia. Each session will include information on nutrition, physical therapy, medical management, and more. Led by Deb Ellis, MSPT, NCS

### **INFANT SLEEP CLASS**

5/19 at 3:30pm (ONLINE) ~ Learn about important and healthy sleep habits for your infant (ages 0-12 months). Led by Dr. Wendy Chabot.

*To schedule your Group Medical Visit, call 413-549-8400 x 126 or email [events@doctorkate.net](mailto: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](mailto: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*