



(Rev. 7/16/2021)

# ATKINSON FAMILY PRACTICE

## GROUP MEDICAL VISITS

### **TEEN SUPPORT GROUP (AGES 8-12)**

Wednesdays at 6:30pm (ONLINE) ~ This weekly group will provide social and emotional support for teenagers to help with life's challenges. 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

### **BODY KINDNESS COMMUNITY**

4th Thursdays of each month at 6pm (ONLINE) ~ A monthly supportive group led by Amanda Mittman, RD, an anti-diet Dietitian who specializes in body image and Intuitive Eating. Each month you will discuss topics designed to foster body respect and improve body image. Perfect for anyone wanting to improve their relationship to their body and food, ditch diet culture, and seek support from like-minded people. This is a safe space for people of ALL size bodies.



### **IN PERSON QI GONG**

7/19, 7/26, 8/9 & 8/16 at 5:30pm (ONLINE) ~ This ancient Chinese exercise and healing technique involves meditation, controlled breathing, and movement exercises. 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 Michele Spirko, MD & Haiying Conover, LMT. COST: \$30 (pre-paid). (At the Amherst Office Parking Lot. Weather-dependent. Masks are required if there are patients who are not vaccinated.)

**To schedule your Group Medical Visit, email [events@doctorkate.net](mailto:events@doctorkate.net). PLEASE NOTE: As of July 1, all patients will be charged their co-pay for Group Medical and Functional Medicine visits. All weekly and monthly support groups will remain at no charge for 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.**

### **THE HeART OF SELF-COMPASSION**

7/22 at 4:30pm (ONLINE) ~ Do you struggle with self-criticism and self-judgment? Do your inner critical dialogs sabotage your efforts to make positive changes in your life? Come and learn about the neurobiology of self-criticism, how it influences your ability to reach your goals, and some simple practices you can use to quiet your inner critic. Led by Judy Grupenhoff, MS, M.Ed., NBC-HWC



### **BACK TO SCHOOL SUPPORT GROUP (AGES 8-12)**

Tuesdays (starting August 17) at 5:45pm (ONLINE) ~ This weekly group will provide social and emotional support for children to help manage returning to school this fall. Space is limited. Led by Jennifer Smolinski, JD, MS, M.Ed.

### **IN PERSON TAI CHI--COMING SOON**

**Six workshops starting 8/19 at 3:30pm or 4:30pm**

This 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. Led by Charles Milch, PA-C and Haiying Conover, LMT. COST : **\$30/series** (to be prepaid)

