



# ATKINSON FAMILY PRACTICE GROUP MEDICAL VISITS

(Rev. 11/21/2021)

## **SOLOS SUPPORT GROUP**

Tuesdays, at 1:30pm (ONLINE) ~ support group to help those feeling especially isolated. Some topics of this group will be: mutual emotional support, encouragement, resource building, problem solving Led by Dr. Nora Schwartz-Martin and Sarah Vacca, PA-C

## **FINDING YOUR BEST SELF**

Wednesdays at 10:30am (ONLINE) ~ This is a group-based, present-focused therapy for patients who want support in coping with emotional trauma symptoms and/or addictions. Space is limited. Total of 24 sessions. Led by Dana Parrot, LICSW and Anne Vaillant, Psychiatric NP. This group is based on the Seeking Safety treatment manual by Lisa Najavitis, PhD.

## **TEEN SUPPORT GROUP (AGES 13-17)**

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.

## **EHLERS-DANLOS POTS SUPPORT GROUP**

3rd Wednesday of each month at 7pm (ONLINE) ~ Join our monthly support group where people experiencing EDS, POTS and associated symptoms can share experiences, emotional challenges and exchange ideas related to living with this diagnosis. Please ask your primary care provider for a referral. Led by Deb Ellis, MSPT, NCS, Dana Parrot, LICSW, Emma Nawskom, LMT.

## **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 Thursday of each month at 6pm (ONLINE) ~ A monthly supportive group led by Amanda Mittman, MS, RDN, LDN. Each month you will discuss topics designed to foster body respect and improve body image. This is a safe space for people of ALL size bodies.

## **SELF-ESTEEM SERIES (AGES 8-12)**

TWO SESSIONS LEFT! Tuesdays 11/23 & 11/30 at 5:45pm (ONLINE) ~ This online group will provide social support for children and work on shared tasks to develop and foster self-esteem, self-awareness and ways to challenge negative thoughts about themselves. Space is limited. Led by Jennifer Smolinski, JD, MS, M.Ed.

**To schedule your Group Medical Visit, email [events@doctorkate.net](mailto:events@doctorkate.net). PLEASE NOTE: We do charge a co-pay for Group Medical visits, if applicable. All weekly and monthly support groups will remain at no charge for AFP patients.**

## **INTERMITTENT FASTING**

Mondays, 11/15, 11/22, 11/29 & 12/6 at 4pm (ONLINE) ~ Intermittent fasting is an eating pattern where you cycle between periods of eating and fasting. Insulin resistance and inflammation are underlying cause of many metabolic disorders like pre-diabetes, type 2 diabetes, obesity, dyslipidemia, and non-alcoholic fatty-liver disease. Intermittent fasting is one of the best therapies to reduce inflammation and to help your cells respond to insulin. In this class you learn how to practice Intermittent fasting to improve your metabolic health. Led by Fatemeh Giahi, Ph.D, RDN.

## **PARENTING TODDLERS**

Wednesdays 11/17, 12/1, 12/8, 12/15 & 12/22 at 5:30pm (ONLINE) Toddlers are a handful: they are constantly changing and by the time you have the newest challenge figured out, they've changed again. Their world--and their awareness of it--are ever expanding, which means a parent's job is always changing. Led by Evan Shopper, LICSW and Miranda Tsoumas, PA-C

## **BETTER BONES OSTEOPOROSIS SERIES**

Tuesdays 11/30, 12/7, 12/14, 12/21 & 1/4/22 at 11am (ONLINE) This 5-week online series will provide participants with information on best management of osteoporosis and osteopenia. Each session will include information on nutrition, physical therapy, medical management and more. Led by Deb Ellis, MSPT, NCS

## **THE MINDFUL TEEN**

Tuesdays, 11/30, 12/7, 12/14 & 12/21 at 4:30pm (ONLINE) Join Wendy Chabot, MD, FAAP to learn proven, long lasting mindfulness-based strategies to reduce stress. Welcoming all middle and high school aged students to this 4-week online mindfulness program. Attendance a must at all 4 classes. Ten minutes of daily mindfulness practice, and easy weekly reading in the required text *The Mindful Teen* by Dzung Vo, MD, FAAP.

## **ADULT SLEEP WORKSHOP**

Thursday, 12/9 at 3:30pm (ONLINE) ~Learn about the function of sleep, the physiological control of sleep, and how best to enjoy the innumerable benefits of good sleep. Led by Dr. Wendy Chabot

**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.**