



# ATKINSON FAMILY PRACTICE GROUP MEDICAL VISITS

(Rev. 10/5/2021)

## **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, starting 10/6 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.

## **CAREGIVERS SUPPORT GROUP**

Wednesdays, starting on 10/27 at 4pm (ONLINE)-- Join us weekly for this therapeutic, online support group for people currently in a caregiving role. This group will help reduce feelings of isolation and address topics like caregiver stress and coping. Led by Laura Bete, LCSW, MSW & Max Prior, PA-C

## **SUBSTANCE USE ABUSE SUPPORT GROUP**

Wednesdays, starting 10/13 at 5pm (ONLINE) ~ This group is for people who need or want to stop (or even just reduce) their use of substances which interfere with healthy functioning. In this weekly online group, participants will learn two models of addiction and how to develop and maintain sobriety. Led by Maria McCarthy, LICSW & Alexis Anderkin, PA-C

## **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.

**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.**

## **PARENTING PRESCHOOLERS**

Wednesday 9/29, 10/6, 10/13, 10/20, 10/27 & 11/3 at 5:30pm (ONLINE) ~ Preschoolers can be a handful: they are full of life and questions, and they're full of challenges, too. For parents, this is a wonderful, but sometimes difficult time. It's also a time in your child's life that will hugely affect who they become. Led by Evan Shopper, LICSW and Miranda Tsoumas, PA-C

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

Tuesdays 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23 & 11/30 at 5:45pm (ONLINE) ~ This 8-week 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.

## **EATING TO FUEL YOUR DAY**

Thursday, 10/14 at 5:30pm (ONLINE) ~ Do you Find yourself with low energy at 3pm? Do you struggle with keeping your blood sugar steady throughout the day? In this class, learn the basics of eating for energy and feeling good, even in the afternoon! You'll create action steps you can take to start feeling energized right away. Led by Amanda Mittman, MS, RDN, LDN

## **PRACTICAL SKILLS FOR REGULATING YOUR NERVOUS SYSTEM**

Tuesdays, 10/19, 10/26 & 11/2 at 4:30pm (ONLINE) ~ In this 3-week group visit you will learn practical skills to interrupt and re-pattern the body's "fight-or-flight" response and to manage stress, anxiety, and emotional reactivity. You have far more control than you think! Led by Judy Grupenhoff, NBC-HWC

## **MANAGING THE MIDDLE YEARS**

Mondays, 10/25, 11/1, 11/8, 11/15, 11/22, & 11/29 at 5:30pm (ONLINE) ~ Developed for anyone 50 years and up, this 6-week class focuses on that period in our lives when we feel ourselves getting older. Now is the time to develop those physical and mental habits that will help carry us through the so-called "twilight" years when we do start to feel the weight of our years. Led by Evan Shopper, LICSW & Wendy Chabot, MD, FAAP

## **COMPUTER WORKPLACE ERGONOMICS**

Thursday, 10/28 at 1:30pm (ONLINE) ~ Learn the basics of ergonomic setup for computer work with tips on how to alleviate and avoid back, neck, shoulder and wrist tension. Led by Jason Potash, DC, LMT & Michele Spirko, MD

## **ADULT SLEEP WORKSHOP**

Thursday, 10/27 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 Wendy Chabot, MD, FAAP.

## **MEDITATION IS MEDICINE**

Thursdays, 10/28 at 5:30pm (ONLINE) ~ In this 4-week course we will review the physical and mental health benefits of a regular meditation practice, learn a new meditation technique each week, consider how to establish a regular practice. No prior experience required. Attendance at all 4 sessions is mandatory. Led by Wendy Chabot, MD, FAAP.

**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.**