



ATKINSON FAMILY PRACTICE

(Rev. 9/7/2021)

GROUP MEDICAL VISITS

BACK TO SCHOOL SUPPORT GROUP (AGES 8-12)

Tuesdays 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.

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.

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.

EHLERS-DANLOS POTS SUPPORT GROUP

Starting Wednesday 9/22 and then each 3rd Wednesday of the month after 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, 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.

UNDERSTANDING HYPERTENSION

9/15 (Wed.) at 5:30pm (ONLINE) ~ This class covers the basics of hypertension: what it is, how it happens in our body, and modifiable lifestyle and dietary behaviors that can be implemented right away! Led by Amanda Mittman, MS, RDN, LDN.

IN PERSON TAI CHI

Thursdays 9/16, 9/23, 9/30, 10/7, 10/14, & 10/21 at 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)

LOWER STRESS & MANAGE ANXIETY

9/21 (Tues) Introductory class at 5:30pm (ONLINE) ~ In this introduction to the HeartMath system you will learn practical skills to lower stress, manage anxiety, and increase physical, mental, and emotional well-being. Other tools and techniques will be introduced in Classes 2 and 3. Led by Judy Grupenhoff, NBC-HWC

PARENTING PRESCHOOLERS

Wednesday 9/22, 9/29, 10/6, 10/13, 10/20, & 10/27 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. That's why we're offering a series of classes to focus on how best to help these kids manage these important years. Led by Evan Shopper, LICSW and Miranda Tsoumas, PA-C

CULTIVATING BODY KINDNESS WORKSHOP

9/22 (Wed) at 5:30pm (ONLINE) ~ In this 90 min workshop, participants will learn ways to deepen and appreciate their relationship with their body. Make this year different--and instead of hating our body we can start cultivating body respect and kindness! Led by Amanda Mittman, MS, RDN, LDN.

HOW TO EAT MINDFULLY

9/27 (Mon) at 4pm (ONLINE) ~ In this class you will learn mindful eating practices that make you fully aware of the experience of eating! The time to take control of your relationship with food is NOW! Led by Fatemeh Giahi, Ph.D., RDN

To schedule your Group Medical Visit, email 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. Please note: We cannot schedule a provider visit for patients on the same days they are scheduled for a group medical visit.