



ATKINSON FAMILY PRACTICE (Rev. 9/18/2023)

GROUP MEDICAL VISITS

TUESDAY SOLOS SUPPORT GROUP

Tuesdays, 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 John Reino, CAGS, LMHC

EHLERS-DANLOS POTS SUPPORT GROUP

3rd Wednesday of each month, 6:45pm (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.



FUNDAMENTALS OF INTUITIVE EATING

6 week session starting October 4th, 5:30pm (ONLINE) Learn about the principles of Intuitive Eating, a self-care framework to better your relationship with food and your body. Topics covered will include rejecting the diet mentality, honoring hunger and fullness, challenging the food police, and respecting your body. Please note: this is not a weight-loss class).

To schedule your Group Medical Visit, email reception@doctorkate.net or call 413-549-8400. PLEASE NOTE: We do charge a co-pay for Group Medical visits, if applicable. All ongoing weekly and monthly support groups will remain at no charge for AFP patients. We also cannot schedule a provider visit for patients on the same days they are scheduled for a group medical visit.

PARENTING GROUP

4 week series starting September 27th, 5:30pm (ONLINE) In this GMV series, attendees will include how to teach children skills to help them manage strong feelings, how to help children develop a healthy relationship with screen time, and how to maintain a healthy connection with them throughout their youth. Led by Jennifer Smolinski and Greg Petrosky.



ASSESSMENT & TREATMENT OF OSTEOPOROSIS

4 week session starting October 4th, 5:30pm (ONLINE) -- Learn all about Osteoporosis in this online session taught by Dr. Kate and Deb Ellis! In the visit, you will learn about the best ways to manage Osteoporosis, as well as available treatment and medicine options.

POLYVAGAL COACHING SERIES

6 week session starting October 11th, 5:30pm (ONLINE) Adverse childhood experiences, trauma, and chronic stress can cause our nervous systems to orient toward fear and protection. In this 6-week series, attendees will learn to use polyvagal theory to identify and shift out of defensiveness and emotional reactivity and into a state of greater connection. Taught by Anne Vaillant & Judy Grupenhoff.

If you must cancel your group medical visit appointment please note the following policy: All cancellations require a 48-hour notice. If you do not cancel within that time frame you will be charged a \$50 no show/late fee. Please DO NOT leave a voicemail over the weekend. This will not be accepted as a 48-hour notice. You need to call or email the office on the Friday before.