



ATKINSON FAMILY PRACTICE

GROUP MEDICAL VISITS

(Rev. 4/4/2023)

TEEN STUDENT SUPPORT GROUP (AGES 13-17)

(ONLINE) ~ This weekly group will provide social support for teenagers. We provide an environment where all students, including homeschoolers, can ask questions, get answers, and support one another. Led by Jennifer Smolinski, EdD, JD, MS.



EHLERS-DANLOS POTS SUPPORT GROUP

(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.

THURSDAY SOLOS SUPPORT GROUP

(IN PERSON) 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

DIALECTICAL BEHAVIOR THERAPY SKILLS

(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 Dr. Katherine Dixon-Gordon

To schedule your Group Medical Visit, email events@doctorkate.net. 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.

BODY IMAGE & SELF ESTEEM SUPPORT GROUP

(ONLINE)~ (formerly Radical Self Love). Through tools and structured frameworks, participants will be invited to deepen their relationship with self-love and change how they look at and live in their bodies through open group discussion Led by Hanna Vaughn, LCSW

INTRO TO NEURODIVERSITY

(ONLINE)~ What does current research about neurodiversity tell us? How are Autistic and ADHD adults shaping a movement? This group visit will be for neurodivergent folks looking to explore their identity and unmasking, allies looking to learn how to support their peers and unlearn their biases, and those who are undiagnosed or self-diagnosed and curious about how they fit into the model. Led by Hanna Vaughn, LCSW and Zoe Abram, CMHC

ACES, TOXIC STRESS & YOUR HEALTH

(ONLINE) ~ Adverse childhood experiences (ACEs) can create toxic stress and impact your emotional and physical health in adulthood. In this group medical visit, you will learn how ACEs might affect your well-being, factors that protect against toxic stress, strategies to heal, and resources for support and further education. Led by Anne Vaillant, PMHNP-BC and Judy Grupenhoff, M.Ed., NBC-HWC,

GETTING IN SHAPE SERIES

(IN PERSON)~Full body strengthening series with beginner friendly, low-risk exercises including modifications to work around pain. No equipment necessary. Let's get ready for an active spring and summer! Led by Jason Potash and Miranda Tsoumas!

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.