



# ATKINSON FAMILY PRACTICE GROUP MEDICAL VISITS

(Rev. 2/12/2023)

## **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.

## **DIALECTICAL BEHAVIOR THERAPY SKILLS**

**T(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

## **PATHWAYS TO A HEALTHIER SLEEP-- INFANT/TODDLER**

**(ONLINE)** ~ Learn about important and healthy sleep habits for your infant or toddler. Led by Chaia Wolf, LICSW



## **RADICAL SELF LOVE**

**NEW! (ONLINE)**~ The radical self-love group medical visit will help move you from self-doubt, body shame, and disconnection.

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. Led by Hanna Vaughn, LCSW

*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 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.*

**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.**