



# ATKINSON FAMILY PRACTICE GROUP MEDICAL VISITS

## **TEEN STUDENT SUPPORT GROUP (AGES 13-17)**

**NEW! (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**

**(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

## **CORE STRENGTHENING AND MOBILITY**

**NEW!(IN PERSON)** ~ Improve your performance and avoid future injuries with this 5 week series. Each session is 60 minutes long. Half of the class will focus on strengthening the entire core with a variety of safe, functional and challenging exercises while the other half will be focused on improving mobility of all major joints in the body. **This is a moderate to advanced level series. Space is limited.** Led by Jason Potash, DC, LMT

**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.**

## **ACES, TOXIC STRESS, AND 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

## **PATHWAYS TO A HEALTHIER SLEEP--ADULT**

**(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 Chaia Wolf, LICSW



## **POLYVAGAL COACHING SERIES**

**(ONLINE)** ~ Adverse childhood experiences, trauma, and chronic stress can cause our nervous systems to orient toward fear and protection, which can affect our physical, mental, and emotional well-being. We are excited to offer a 6-week skills-based group medical visit where you will learn to use polyvagal theory to identify and shift out of defensiveness and emotional reactivity and into a state of greater connection and safety. Led by Anne Vaillant, PMHNP-BC and Judy Grupenhoff, M.Ed., NBC-HWC

**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.**