



ATKINSON FAMILY PRACTICE GROUP MEDICAL VISITS

TEEN SUPPORT GROUP (AGES 13-17)

(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, Ed.D



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.

SOLOS SUPPORT GROUP--NOW THURSDAYS!

(ONLINE). We've added a 2nd 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

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.

PARENTING TEENAGERS

(ONLINE) ~ This series is for parents of adolescents 12 -17. Each week we will discuss a certain topic, such as identity forming, adolescent brain development, the impact of social media, gender and sexual exploration and more, as well as having a safe space to discuss hopes and fears and learn from other parents. Led by Susan Daily, LCMHC,

ACES, TOXIC STRESS, AND YOUR HEALTH

NEW! (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.



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.

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.