



INTUITIVE EATING SUPPORT GROUP

Tuesdays at 11:30am (ONLINE) ~

Join Nutritionist Amanda Mittman weekly to discuss the Intuitive Eating model and how you can have a better relationship with food. This group is open to those practicing IE and Health at Every Size (HAEStm) principles to find community and support from each other.

SOLOS SUPPORT GROUP

Tuesdays at 1:30pm (ONLINE)

This is a support group to help those feeling especially isolated. Some topics of this group will be: mutual emotional support, encouragement, resource building, problem solving. (please ask your provider for a referral).

DBT SKILLS FOR TEENS

Tuesdays at 4pm starting 9/29 (ONLINE)

DBT Skills for Teens is an evidence-based treatment that helps young people who are struggling with out of control emotions or self-destructive behaviors to build lives worth living. DBT skills group teaches mindfulness, interpersonal techniques, emotion regulation, and more.

DIALECTICAL BEHAVIOR THERAPY SKILLS

Thursdays at 4pm (ONLINE)

Are you struggling to manage emotions? 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. DBT skills group is an important part of that treatment, and teaches mindfulness, interpersonal effectiveness, emotion regulation, and more. (please check when the next rotation will begin)

SAY HELLO TO YOUR CORE

9/3 (Intro), 9/10, 9/17, 9/24 & 10/1 at 6pm (ONLINE)

Struggling with balance? Worried that you don't know how to effectively engage your core when doing back exercises? Join Anne Ye, PT for five weeks of instruction on what the core is, how to engage it and use it in daily life.

LEARN ABOUT TMS: AN ALTERNATIVE TREATMENT FOR DEPRESSION

9/16 at 5pm (ONLINE)

Learn about the transcranial magnetic stimulation (TMS) process and how it works to treat depression. You will also learn about the insurance and referral processes to start treatment.

TEEN SUPPORT GROUP (AGES 12-18)

9/16, 9/23 & 9/30 at 6:30pm (ONLINE)

This weekly group will provide social and emotional support for teenagers to help manage life during the Coronavirus. Space is limited.

QI GONG: EIGHT PIECES OF BROCADE

9/17, 9/24, 10/1. & 10/8 at 5pm (ONLINE)

Eight Pieces of Brocade was developed 1000 years ago by Chinese Marshal Yueh Fei. It is one of the best ways to strengthen the body. It also helps in balancing the vital functions and to drive stagnant energy and toxins out from the system. Come to one, some or all sessions.



INTERMITTENT FASTING FOR METABOLIC HEALTH

9/21, 9/28, 10/5. & 10/12 at 4pm (ONLINE)

Intermittent fasting is one of the best therapies to reduce inflammation and to help your cells respond to insulin. In this class you learn how to practice Intermittent fasting to improve your metabolic health. Come to one, some or all sessions.

FEMALE PATTERNED BALDNESS

9/21 at 6pm (ONLINE)

Etiology of female balding, hair loss, and evidence-based treatment.

STRESS & DIGESTION

9/23 at 6pm (ONLINE) ~

Learn how stress/anxiety can affect your digestion- and how the health of your digestive system can affect you mental and emotional well-being. You will also learn some simple strategies for interrupting and calming the stress response.

UNDERSTANDING YOUR BODY THROUGH THE CHANGE

9/28 at 6pm (ONLINE)

Learn about lifestyle factors that improve health with age and take part in discussion on the latest literature about hormones, supplements and more!

INFANT SLEEP CLASS

9/30 at 3:30pm (ONLINE) ~

Learn about important and healthy sleep habits for your 0-12 month old!

To schedule your Group Medical Visit, call 413-549-8400 x 126 or email events@doctorkate.net. There is no co-pay associated with tele-medicine visits for AFP patients (There is a small fee for non-AFP patients). All visits (except for ongoing group meetings) follow our 24-hour cancellation policy. A no-show fee will be charged if policy is not followed. Any questions, please contact events@doctorkate.net. Please note: We cannot schedule a provider visit for patients on the same days they are scheduled for a group medical visit