

COFAS PRESENTS

# “MAY CONTAIN ANXIETY”

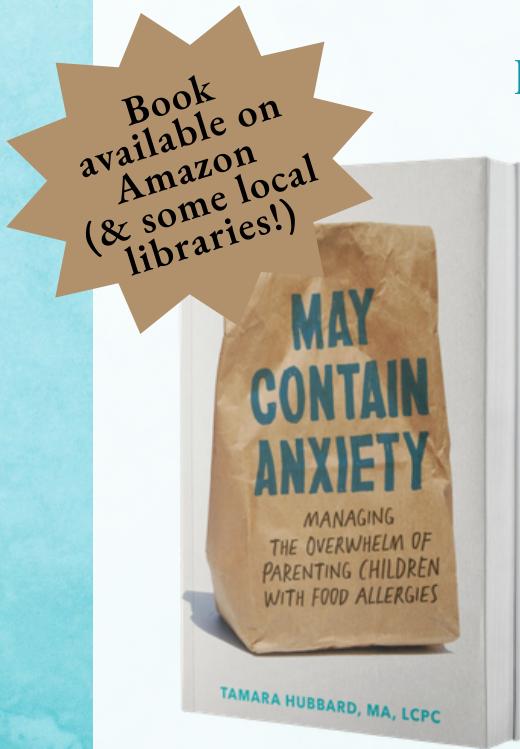
Managing the Overwhelm of Parenting  
Children with Food Allergies

A BOOK CLUB EVENT WITH  
AUTHOR TAMARA HUBBARD

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MONDAY, APRIL 13  
8 PM ON ZOOM

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## EVENT DETAILS

*A compassionate guide that teaches parents of children with food allergies how to mindfully manage anxiety and balance allergy safety with living fully.*

Parenting a child with food allergies or other allergic conditions means navigating a labyrinth of emotions, decisions, and challenges. In our Zoom meeting, licensed therapist & allergy parent Tamara Hubbard will provide practical guidance tailored to parents managing this reality.

*Everyone is welcome to join! Reading the book ahead of time is helpful, but not required.*

ZOOM  
LINK



CoFAS  
Coastal Food Allergy Support