

COFAS PRESENTS

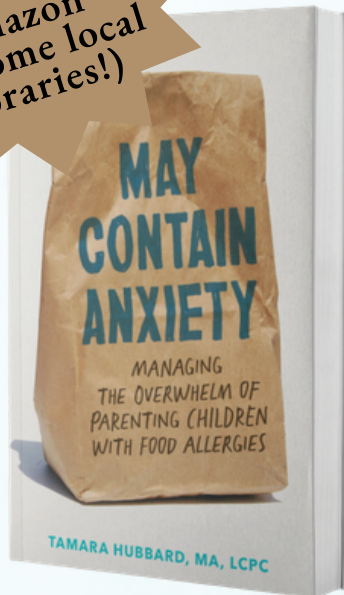
“MAY CONTAIN ANXIETY”

Managing the Overwhelm of Parenting
Children with Food Allergies

A BOOK CLUB EVENT WITH
AUTHOR TAMARA HUBBARD

MONDAY, APRIL 13
8PM ON ZOOM

Book
available on
Amazon
(& some local
libraries!)



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.

CoFAS
Coastal Food Allergy Support

**ZOOM
LINK**

