

# CoFAS

## Coastal Food Allergy Support



### Befriending Allergy Anxiety

Allergy anxiety is common, whether you're managing the allergy yourself or parenting a child impacted by it. While it feels uncomfortable, anxiety can actually be a useful tool for learning to confidently live with food allergies. In this webinar, licensed therapist Tamara Hubbard, LCPC will explore anxiety's cause and purpose, and share mindfulness-based approaches to help you befriend it!

Date/Time/Location:

March 21, 2022, at 8pm

**Zoom Meeting - Registration required**

Registration link is available at [cofasva.org](http://cofasva.org) homepage  
and events page



**FARE**

*This project was made possible through a community outreach award from FARE.*



Find us at **Coastal Food Allergy Support**

Contact us to receive email updates – [cofasva.org](http://cofasva.org)

CoFAS is a non-profit organization of families with children of all ages, medical providers, school nurses, teachers, dietitians, and other professionals. We offer an open invitation to anyone interested in living an active life with food allergies. Our group believes that with the right plan and support, kids with food allergies can do anything!



[cofasva.org](http://cofasva.org)

CoFAS was formerly FASGOT - Food Allergy Support Group of Tidewater