



# VIRGINIA OAK

COUNSELING

NAVIGATING THE SEASONS OF LIFE

## Virtual Food Allergy Group for Parents of Children with Allergies

### **Wednesdays throughout the Winter**

Dates: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16

Time: 8:00pm-9:00pm

BCBS, Anthem, United insurance accepted

Virtual link provided before sessions begin.

Has your child recently been diagnosed with a food allergy, or are you struggling to cope with anxiety around a long-standing food allergy diagnosis?

This group will support you in processing the emotions surrounding a child's food allergy diagnosis, including worry, cross-contamination fears, vigilance, managing anxiety, emotional trauma after an anaphylactic episode, and stress, and learn new coping techniques. We will discuss how to handle food allergy bullying and how to encourage your child's self-advocacy around his/her food allergies.

Registration and more information: [contact@vaoakcounseling.com](mailto:contact@vaoakcounseling.com)

SPACE IS LIMITED, SIGN UP NOW



---

**VIRGINIA OAK COUNSELING**