

FOOD ALLERGY ANXIETY

Therapy Group

Skills group to help kids understand and manage anxiety

Science-based • Relatable • Actionable



WHEN: Every other Wednesday, 4:15pm-5:15pm
4/3, 4/17, 5/1, 5/15, 5/29, 6/12

WHO: Youth ages 9 to 12

WHERE: Zoom

COST: \$100 per group session (may be insurance reimbursable, intake appointment required)

CONTACT: elizabeth@healthynavigations.net

DR. ELIZABETH
PSYCHOLOGIST

Elizabeth Hawkins, PhD, MPH is a licensed psychologist, food allergy mom, and co-author of the book *Treating Food Allergies with Modern Medicine*. More information can be found at www.dr-elizabeth.com.