

**Free
Class**

CHAMOMILE IN THE CHAOS

**Enjoy tea, treats and tools
for tranquil parenting**

Please join us for a morning of connecting with other parents, learning tools to manage stress and finding your zen in this busy season.

**Wednesday, November 9th
10-11am**

Greenhouse Coffee Company

1064 East Grand Ave. AG

This class will be led by Roya Oakley, LMFT who works with individuals, families and children. Roya has undergone advanced training in early childhood (0-5 years) and post-partum mental health.

To Register:

<https://chamomile-in-the-chaos.eventbrite.com>

Questions? Please email:

megan.scyc@gmail.com

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