

Dear CALM at Heart Attendees,

Thank you for your enthusiasm and excitement for our upcoming CALM at Heart event. We are a mere 8 days away! Today I will answer all the most frequently asked questions I have received, which will hopefully answer the ones you have been thinking.

***What time is CALM at Heart?***

*CALM at Heart* is on Thursday, November 4<sup>th</sup> from 11:00am-1:30pm. There will be a reception from 11am-12pm, and a seated lunch and program from 12:00-1:30pm.

***Where is CALM at Heart?***

*CALM at Heart* is located outdoors at a beautiful private estate in Montecito. Due to limited parking, **all parking will be at the Montecito Club, located at 920 Summit Road**, with a short one-minute shuttle to the estate.

***What's the parking situation?***

Valet parking will be provided at the Montecito Club, with a short shuttle to the estate venue. The shuttle will be running continuously from 11am-12pm, and as needed after.

Due to limited parking, please carpool when possible.

***What should I wear?***

We recommend business casual or garden party attire for this daytime luncheon. Weather predictions are sunny and 72 degrees, and we all know that it's best to dress in layers at an all-outdoor event. The ground surfaces are gravel and grass, so flat shoes are highly recommended.

***What are the COVID-19 policies?***

CALM is following all CDC and County of Santa Barbara public health guidelines. Masks are needed for the shuttle and in the bathrooms. We are requiring COVID vaccine records or proof of a negative PCR test within 48 hours of *CALM at Heart*. Click [here](#) to submit your vaccination record before the event.

***What is the lunch menu?***

Seasons Catering has put together a terrific lunch menu for all our guests. We'll be enjoying a hearty Mediterranean salad with chicken as our main course, and a delicious lemon pound cake for dessert. If you would like a vegetarian meal, please email Ashlyn at [amccague@calm4kids.org](mailto:amccague@calm4kids.org).

***Where can I find CALM at Heart information online?***

*CALM at Heart* information, including my weekly emails to all attendees, can be found at: <https://calm4kids.org/events/calm-at-heart-2/>

I look forward to seeing you all next week! If you haven't yet submitted your guest list, please do so this week. Thank you for your continued support of CALM!

Best,  
Ashlyn