



## **Food & Community Organizing**

**Thursday, Nov. 14**

**5:30 p.m. to 7:30 p.m.**

**WOW Community Learning Center**

**308 Walnut St, Waterbury, CT 06704**

**Register**

Food plays a central role in our lives. From growing it, to cooking it, to sharing it, the role of food in community has a complex and fulfilling history. This workshop is designed to explore the connection between food, community and freedom.

During the first half of the workshop, people will eat prepared foods and experience an organized social mingle that builds interpersonal relationships and skills. The second half of the workshop will have structured conversations that will explore topics such as the importance of cooking meals together, how food acts as a form of political resistance or a mobilizer and, most importantly, how do we center cooking at home when the current system and day-to-day often doesn't support it.

The workshop is led by Farron Harvey (pronouns: she/her/hers). Farron has been doing facilitation and movement work since the age of 16. She is passionate about holding space and creating change with community and those directly impacted by it. Farron has her own LLC where she helps nonprofits, corporations, cooperatives, and individuals move directly from theory into practice around (anti-)racism, gender, and class. Farron also offers services for those marginalized identities coming into leadership positions within their organization (or any) for the first time and wants support.

Dinner is included in this free workshop. Seating is limited to 25 people.

## Register