



THE
WELL
COLLECTIVE



COMMUNITY LEARNING & CONNECTION

SPEAKER PANELS, HEALING CIRCLES, & COOKING DEMOS

Shalom Farms is excited to host a series of community learning and connection opportunities this season at our Northside farm. Join us for a grounding practice led by The Well Collective, followed by a panel conversation facilitated by Union Presbyterian Seminary. Then stick around for a seasonal soup from Underground Kitchen Chef, Steve Glenn.

Stay after for the RVA Black Farmers' Market from 11a-3p

SLIDING
SCALE **\$0-15** /PERSON

10:30A – 12:00P

NOV 9 2025

THE FUTURE OF FOOD AND MUTUAL AID

Panelists will talk about where we go from here and strategies for dismantling and rebuilding our food system in ways that offer opportunities for self-determination, as well as how community care and mutual aid can offer these opportunities and strengthen our collective access to the things we all need and deserve.

- **KRISTIN CUMMINGS, DIRECTOR OF ST. THOMAS FOOD PANTRY**
- **COLLEEN HOWARTH, LEAD AT MUTUAL AID RVA**
- **TBD, TEAM MEMBER AT RVA COMMUNITY FRIDGES**
- **MICHAEL SPARKS, FOUNDER + CEO, UNDERGROUND KITCHEN COMMUNITY FIRST**

AT SHALOM FARMS– NORTHSIDE, 1311 WESTWOOD AVE RICHMOND VA 23227

RSVP PREFERRED, BUT NOT REQUIRED.
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