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# FOOD FOR THOUGHT

SATURDAY, NOV. 15 - 6 TO 8 PM - WHOLE FAMILY

@ First Parish in Bedford

## UNMUTED: DIALOGUE ON BULLYING & BELONGING

Join us for an evening of dinner, connection, and honest conversation as we explore the real impacts of bullying—online and at school. Together, adults and youth will share experiences and insights around bullying, racism, and online trolling in a safe, multigenerational space.

We'll begin with dinner, then move into guided small and large-group discussions that encourage deep listening, reflection, and the chance to imagine new ways of supporting one another. This Food for Thought event is about building empathy, understanding, and resilience.

