



THRIVE WORKSHOP

FOOD BANKS ARE THE PARAMEDICS, NOT THE CURE



Tommy Taylor



SATURDAY AUGUST 8th 2026



2:00 PM – 5:00 PM



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**Sheridan College
7899 McLaughlin Rd, Brampton
ON L6Y 5H9
Room C328
(Free Parking)**

Meet The Facilitator:

Tommy is a housing advocate,, researcher and documentary theatre artist. His research focuses on the benefits and limitations of 'food banks', and explores alternatives for a better future.

What You Will Learn:

-  Understanding food insecurity in newcomer families
-  Why food banks are emergency support, not long-term solutions
-  Root causes of hunger (income, housing, access barriers)
-  Practical ways individuals and communities can help and advocate

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