



**What:** Resilient Georgia General Meeting: Food, Mood, and Mental Health

**When:** Thursday, April 18, 2024, from 11:00 am - 12:30 pm ET

**Who:** The Resilient Georgia Team, Partners, Stakeholders, Community Members, and Friends

**Where:** <https://us02web.zoom.us/j/87335928451?pwd=ZDdYUFdKeitWbE9WV3RnSE82aJJOdz09>

**Description:** Georgians' experiences with food systems are diverse and complex. For many, it's healing and meaningful, fostering resilience through farming, culture, and environmental care. It can also be painful when facing food apartheid or struggling with disordered eating. Recognizing and learning about the many intersections of food, nutrition and mental health is crucial for resilience. By fostering a compassionate space that acknowledges the diverse and sometimes conflicting relationships people have with food, we can collectively work towards a resilient future that nourishes everyone.

---

*"One cannot think well, love well, or sleep well, if one has not dined well." – Virginia Woolf*

**Welcome and Resilient Georgia Impact**

[Emily Anne Vall](#), PhD, Executive Director

**Nurturing Those Who Nourish Us, Farmer and Farm Worker Mental Health, Georgia Foundation for Agriculture**

[Lily Baucom](#), Executive Director

**Cultivating Connections between Place, Food and People's Wellbeing, Forsyth Farmers Market**

[Dr. Deidre Grim](#), Executive Director

**Trauma-Informed Food Systems and Hunger Relief, Atlanta Community Food Bank**

[Joy Goetz](#), Nutrition and Wellness Program Manager

**Food and Nutrition as Social Determinants of Mental Health, A Better Way Grocers**

[Tiffany Terrell](#), Co-Owner

**Eating Disorder Education and Supportive Resources, Children's Healthcare of Atlanta**

[Kelsey Pocock](#), Psychiatric Mental Health Nurse Practitioner

**Celebration and Closing, Resilient Georgia**

[Audrey Idaikkadar](#), Regional Program Director

Our mission at Resilient Georgia is to lead a state-wide coalition to develop a closely aligned trauma-informed public and private network working toward a united vision to create a birth through 26 year-old integrated behavioral health system. This includes the use of essential tools such as education/ teaching/training, workforce development, policy strengthening, practice research, and evaluation.