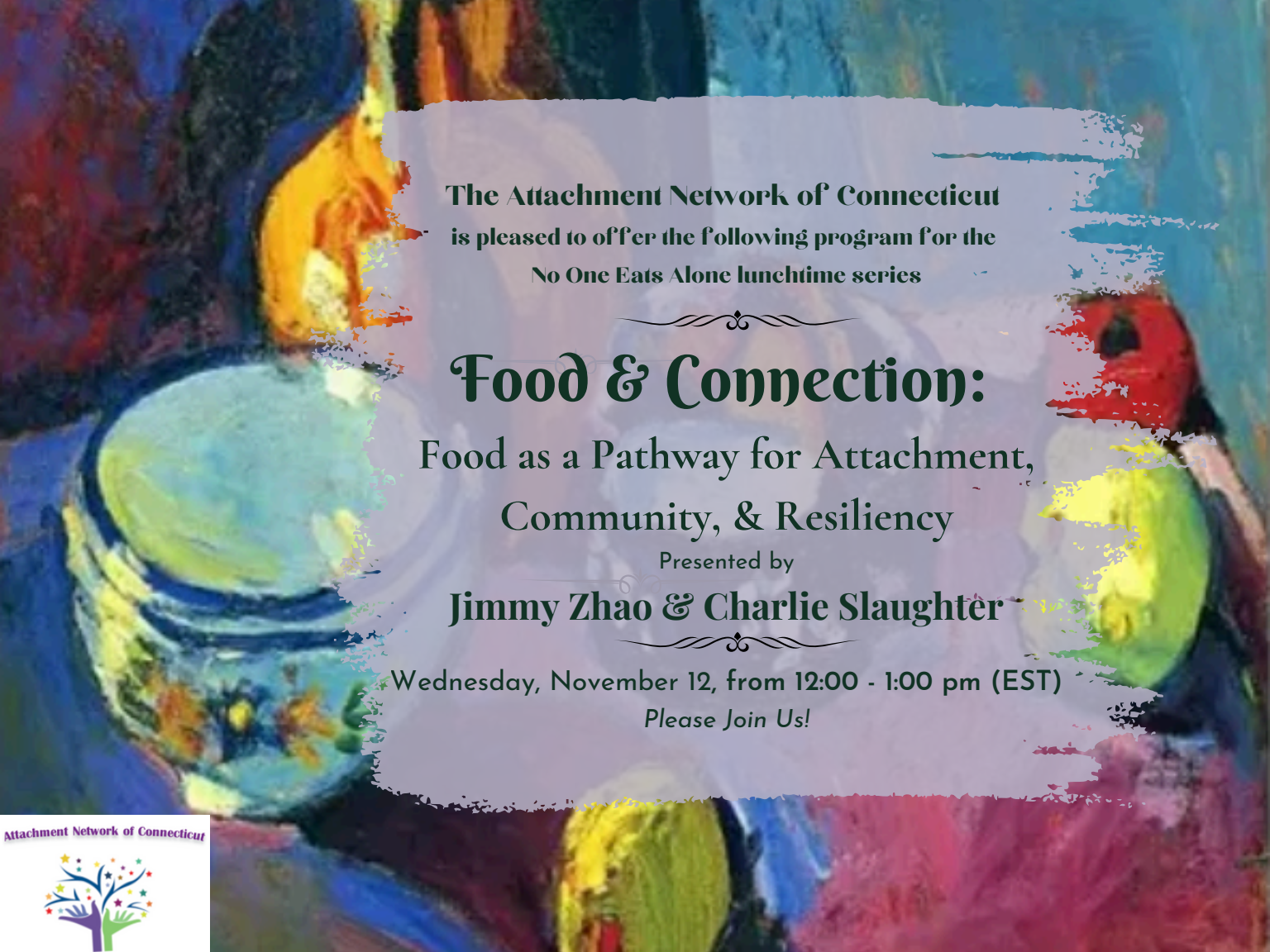




**The Attachment Network of Connecticut
is pleased to offer the following program for the
No One Eats Alone lunchtime series**

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Food & Connection:

**Food as a Pathway for Attachment,
Community, & Resiliency**

Presented by
Jimmy Zhao & Charlie Slaughter

— — — — —

Wednesday, November 12, from 12:00 - 1:00 pm (EST)

Please Join Us!



Food & Connection:

Food as a Pathway for Attachment, Community, & Resiliency

Many parents have frustrations, concerns, doubts, hopes, and even joy about their family mealtimes. Sometimes there can be strong desire to control and even prevent common struggles that come up at mealtimes. Yet, there is a way to successfully navigate these struggles and have a major positive impact on children's healthy development by creating a safe, healthy, and developmentally supportive mealtime environment. Charlie will share about creating mealtime environments that build connection, important life skills, and eating capabilities.

Jimmy will describe his evolution as artist, restaurateur, and bringing concepts of culture and cuisine for building community. Mr. Tso is a fast-casual Chinese-American restaurant dedicated to refining the genre's classics with a focus on quality-sourced ingredients, culinary techniques, and attention to flavor—proudly based in Windsor, CT. Rooted in tradition, they blend culture, comfort, and convenience to reimagine Chinese-American cuisine for the modern family.



Event Details:

Jimmy Zhao and Charlie Slaughter

Wednesday, November 12, 2025

12:00 - 1:00 PM (EST),

Zoom event



To Register for this event, please click the following button:

REGISTER

About the Presenters



Jimmy Zhao. Jimmy Zhao (b. 1999) is a New York-based artist whose practice traces the interconnection between body, belief, and labor. Working across the mediums of sculpture, installation, and cuisine, he creates habitats for interpersonal and intrapersonal dialogues, blurring the boundaries between work and rest, tradition and experimentation.

He holds a BFA from the Rhode Island School of Design and is an Ox-Bow School of Art alumnus. His work has been exhibited throughout the United States and featured at institutions such as the RISD Museum, the O'Flaherty Gallery, and Accent Sisters, among others. He was a former Artist-in-Residence at the New York Academy and the Textile Arts Center. He has been awarded, most recently, the Florence Leif Award for emerging young artists.

Charlie Slaughter. Charlie Slaughter, MPH, has a passion for equipping kids and adults to thrive in life by influencing the quality of relationships they have. He initially did this while working as public health nutritionist through his work that focused on interactions at mealtimes. He is the author of *Hungry for Love: Creating a Mealtime Environment that Builds Connection, Life Skills, and Eating Capabilities*. In the late 1990's a colleague encouraged Charlie to read Robert Karen's book, *Becoming Attached*, leading Charlie on a journey that shifted his focus to a public health approach to building and supporting secure attachment. He is particularly interested in creating community-wide efforts to incorporate attachment-based interventions that equip many more kids with the social-emotional capacities needed to thrive in life.



For more information about ANCT, please visit our website at :
<https://www.attachmentnetworkofconnecticut.com>



Artwork Credit:
Dishes and Fruit, Henri Matisse, 1901