

Reduce loneliness on your campus!

Our arts-based workshops can help you foster social wellness and connection on campus.



The Problem

Colleges today are facing a crisis of loneliness and disconnection. This poses risks to student health, wellbeing, and academic success.



Mental Health

Loneliness increases the risk for depression, addiction, and suicidality.



Physical Health

Loneliness increases the risk for stress-related physical disorders, including hypertension and sleep disturbances.



Social Health

Loneliness impairs social engagement, limiting collaboration and flourishing.

Our Solution

Campus UnLonely is a portfolio of arts-based programs that combine creative making and conversations to improve students' sense of connection, wellbeing, and belonging.

Our 60-minute workshops are based on brain research demonstrating that creative making and conversations reduce stress and boost feel-good hormones, making it easier to connect with others!

Trusted by leading colleges and universities

Campus UnLonely Works!



"I didn't realize how in touch with my emotions I would be through this activity – thank you!"

- Harvard Student

Over **3,000** students across **50+** campuses have benefited from our program.
Check out these results from our post-workshop survey:

96%

would recommend
the workshop

84%

felt more connected
to their peers

79%

felt less lonely than
they did before

Program Pricing

Bring the health benefits of art-making and conversations to your campus.
Choose the plan that's right for you.

Starter

\$500/year

Try out Campus Colors & Connection, our signature creative making and conversation workshop. To get started, email our team at programs@artandhealing.org

Pro

Starts at \$1,500/year

In addition to Starter, pilot another creative workshop that combines writing or movement and conversation. To get started, email our team at programs@artandhealing.org

Premium

Starts at \$9,500/year

Get a custom consultation and develop a program aligned to your unique needs and goals. To get started, email our team at programs@artandhealing.org