



# 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 artsbased 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!**



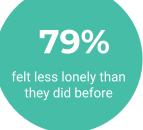
"I didn't realize how in touch with my emotions I would be through this activity — thank you!"

- Harvard Student

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







# **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