Today’s Urgent Public Health Crisis
Loneliness is a killer. Literally. Research shows that it has the same lethal effect on the body as smoking 15 cigarettes per day. It’s no wonder many organizations, like yours, have realized it’s time short circuit this public health crisis affecting nearly 40% of us at any given time.

The UnLonely Project is on a mission to create awareness of the issue and reduce the stigma often associated with loneliness. Our wide range of programs all focus on how creative expression is a catalyst for connecting in a day when so many of us counter-intuitively feel disconnected.

A Proven and Unique Group Approach
In particular, our Spark Program empowers your organization to offer structured approaches for engaging and teaching individuals in group settings. We help you facilitate informational, educational, and supportive experiences to encourage personal and social dialog. While not therapy sessions, the curriculum and tools are based on our years of field effort and research that have given us insight into the dynamics of loneliness and how to foster a sense of connection and belonging.

Engage and Connect
At its core, our Spark Program offers a multi-session curriculum—we call it Creativity Circles.— which includes three core elements:

- **Creative expression.** Drawing, writing, collage, poetry, and physical movement.
- **Mindfulness.** Breathing and relaxation exercises.
- **Social-emotional learning.** Sharing experiences and advice along with reacting to questions about challenges and successes.

Participants are encouraged to make and reflect on their creative work within the group. This engagement lets individuals gain a better sense of themselves as they find, shape, and share their personal stories with others.

Laying a Foundation for Success
Beyond the Creativity Circles, the Spark Program offers a comprehensive “back shop” experience to empower your organization’s facilitators. Through the Spark Program’s UnLonely.Us digital delivery platform they’ll have access to:

- Orientation, training, and video tips
- Skill-building resources
- Downloadable materials
- Peer-to-peer facilitator forum
- Evaluation tools for tracking program impact
- Data repository and analysis

Now you have a comprehensive resource and partner for developing group-based solutions to creatively address loneliness within your communities.

It’s Time to Join the UnLonely Project
This is your chance to make an important difference today. Contact our team to arrange complimentary strategy session to determine the best Spark Program configuration for your organization.

contact@artandhealing.org

Tools to Shape and Share Personal Stories that Help Reduce Loneliness

Your Digital Hub for Delivering Innovative Social Connection Programs