

A large sunburst graphic in shades of yellow and orange, with a bright yellow sun in the upper left corner. The rays extend across the top and right sides of the page.

LifeChats

LifeAct has teamed up with our partners at Highland Springs Changes to offer a weekly chat where students will reflect on their mental health in a safe space.

Here's how it works:

- Every Wednesday at 3 pm, we will explore a new topic for 30-40 minutes through the Zoom platform, during which our certified therapist will provide an educational lesson about the topic for ~10 minutes, and then spend the remaining time engaging with the group to ask questions, give ideas and tips, and share how everyone is coping.
- To ensure privacy, when students enter the meeting, microphones will be muted and video turned off, and the chat function will be limited, so that only the moderators (a therapist, and a LifeAct staff member) will be able to see the questions and comments being shared, and we will not use names when reflecting the questions to the group.

For the Zoom link or if you have any questions or concerns, please reach out to Amanda Horner, Program Coordinator at ahorner@lifeact.org or 216-464-3471

Weekly Topics

April 22	Fear and Anxiety
April 29	Depression
May 6	High Risk Behavior
May 13	Communication and Boundaries



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