

This session is offered to students that will meet twice monthly via Zoom individually. Each session will last up to 30 minutes (maximum).

The individual session will be comprised of the following format:

1. **The story behind The Lisa Project** (only at first meeting)
2. **Check-In**
 - How are you feeling RIGHT NOW?
 - “High’s-Lows” of the week
3. **Sharing of Strategies and Tips**
 - Music
 - Movies/Show
 - Writing/
 - Staying active
4. **Closing Goals**
 - What are we going to achieve or further over the next two weeks

Together we will grow and triumph over tragedy.

To sign up for a session or to learn more visit www.thelisaproject.net or email Alec Dorf at alec@thelisaproject.net.

This session is offered to students that will meet twice monthly via Zoom in a group setting. Each session will last up to 30 minutes (maximum).

The group session will be comprised of the following format:

1. **Initial ice-breaker**
2. **The story behind The Lisa Project** (only at first meeting)
3. **Check-In**
 - How are you feeling RIGHT NOW?
 - “High’s-Lows” of the week
4. **Strategy Discussions for coping and healing:**
 - Talk about Health (Sound Body, Mind and Spirit)
 - Maintaining healthy habits
 - Importance of physical activity
 - Mental health preservation
5. **Closing Goals**
 - What are we going to achieve or further over the next two weeks

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