

Student Communication – January 16, 2021

Dear Student,

We heard you in Fall 2020...life is tough right now, and we are certainly all managing a lot of stress and time in front of our screens. For Spring 2021, LCCC is offering a new way to stay on top of your mental health, connect with others, and take a needed break each week.

Beginning today, ALL LCCC students can pick up their FREE "[Make it Through Spring](#)" art kit, which will connect them to a semester-long program that will provide weekly access to Counselors, prompt reflection and discussion on topics of mental health and stress, and allow for some laughter and connection in between the responsibilities we are all juggling at this time.

Read more about [Make it Through Spring](#), and find other mental health resources by connecting with the [ARC](#).

Welcome to Spring 2021, LCCC students! Let's take a break from the screens, start to all feel a little better, and create!

Marisa Vernon White, M. Ed
Vice President, Enrollment Management and Student Services