

More than 2,100 people registered to Lift the Steuben Area Schools and FLASHP communities!

Participating in The Lift Project

84% improved my mental health & wellbeing.

93% gave me skills to support my mental health & wellbeing in challenging times.

81% will have a positive, long-term influence on my wellbeing.

It made me look at aspects of my life that I didn't regard as important and see that they are in fact VERY important for both my mental and physical wellbeing.



“ I have participated in The Lift Project quite a few times now, and I will continue to sign up every time it is offered! I love that it reminds me of things I need to be doing for my happiness. It is a wonderful reset for me. ”



I think the best part of The Lift Project are the reminders about what we do have control over and how we can be more mindful and thoughtful about taking care of ourselves.

This program has motivated me to make small yet powerful and positive changes for myself!

