NO APP FOR LIFE

A Companion Workbook

for the

Award Winning Documentary

Celling Your Soul

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Celling Your Soul

Academic Licensing/ Streaming /Community Screenings

Bullfrog Films and Docuseek

The
No App For Life
Challenge

2020 - 2021

No App For Life, LLC
www.noappforlife.com

I believe that before we teach our children how to talk to a *million* people in a fraction of a second, we should first teach them how to talk to just *one.*

Before we allow them to tune into the static sounds of our mediated world, we should teach them how to tune into the quiet whisper of their own reflective thoughts.

Instead of working on your *brand,* work on *yourself.*

Excerpt from *Celling Your Soul: No App For Life*
Joni Siani

Thank you for watching **Celling Your Soul**.

Since we first did a *digital cleanse* as a class assignment, we have learned a lot!
What we learned then, and what we're being reminded of during this time of social distancing – **"You can't take human interaction out of the equation**..."

There simply is **No App**, piece of technology, or advanced AI that can substitute for the powerful benefits of positive human interaction. It would have been nice if one click actually meant you had a "friend" – but, what we have confirmed is that a real friendship, romantic relationship, or family bond requires patience, time, energy, nurturing, and love.

I've had many opportunities to engage in deeper discussions with teens, young adults, and my own college students, and what I tend to hear the most is, "it's scary!"

Through the NAFL challenge, students are given the chance to build their own *human apps* – the communication skills they need in meaningful relationships to ensure that they are meeting the needs of others, and that their own needs are being met. *That's* what it feels like to be *connected.* That's the payoff.

Considered the loneliest population, teens and young adults deserve the support to reverse the negative impact of our superficial digital culture that simply did not live up to the promises of a "connection industry" that was driven by profit. I believe the way forward to heal a disconnected society requires a radically human approach. There is no app for compassion, empathy, kindness, honesty, and love.

Our tech is continually becoming more elaborate and impressive, but as we rely on its *utilitarian* functions now more than ever, it is crucial to focus on the **quality** of our relationships. Now that we know the impact of digital socialization, it's important to deepen our relationships with those closest to us in order to counteract the loneliness and depression we have been experiencing. We **can** strike a balance so that technology works in service to our needs, and not at the expense of our wellbeing.

Perhaps it will have taken a global pandemic for us to realize our digital connections are not even close to the real thing. As a group of students learned when they felt the benefits of authentically connecting for a week, "you can't take human interaction out of the equation..." Maybe the rest of us can finally learn that too.

Warmly,
Joni Siani
Director, **Celling Your Soul**

When the World Turns Upside Down…

"How Are You Feeling?"

It's the simple question I asked my students over a decade ago as digital communication was transforming the human experience as we knew it. It was their response that set me on the mission to address the impact of *digital socialization* on an entire population.

The answers I received then were the same ones I hear today – anxious, stressed, lonely, overwhelmed and depressed. A decade of studies later, with sky-rocketing stats on these same emotional concerns – their feelings are now being validated by research that has been dedicated to measuring the fallout of digital socialization.

Today – as a global pandemic threatens our physical health, we are also being challenged by the emotional impact of new socialization norms.

Worlds were turned upside down in early 2020. As quarantine orders were issued, the college that I teach at was still on spring break, and my students were scattered all over the place, facing diverse and variable circumstances. When we returned to classes, all virtual, it was heartbreaking to hear from students that were struggling to deal with a direct impact and traumatic loss, alongside the many others who were adapting to the loss of life as we know it.

With this looming threat causing so much anxiety and depression, how could I possibly even think about asking students to do **the No App For Life** challenge? Wouldn't taking a break from social media and texting be one more unwelcome disruption to their lives, since social distancing has made digital communication more important than ever?

Just like the students in **Celling Your Soul** struggled to figure out what it means to be a person in the early days of the digital revolution, we are once again trying to navigate life without any model for how we are **supposed** to communicate so that we **feel** connected. For teens and young adults, this is now the *second* social science experiment for one generation. From elbow bumps to mask wearing, we're changing the behavior of our interactions, and we can't begin to know how this will impact us in years to come!
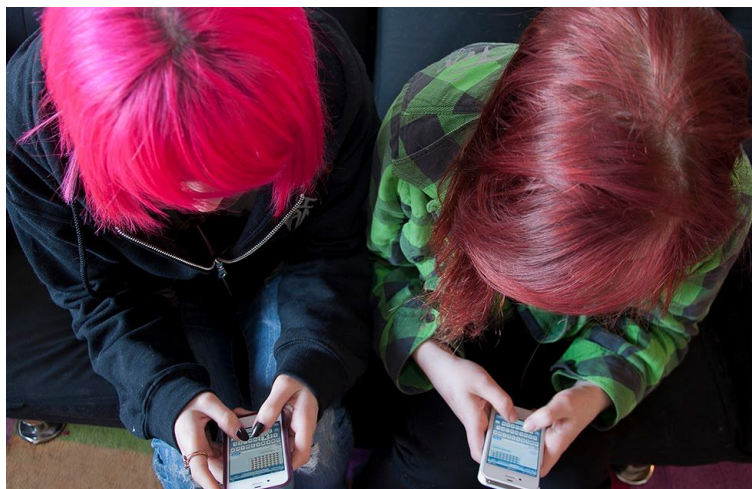
As humans, we are social by nature. In times of crisis, it is an automatic function to reach out to one another and join together. When we are sad, we find a shoulder to cry on. When someone else is hurting, we feel compelled to embrace that person. To go against our natural communication instincts is, well...unnatural.

Some of us are extremely isolated while others have trouble finding time or space for privacy. Many of us are thrilled to be around the people we love, but just as many of us are challenged and uncomfortable being suddenly forced to navigate strained relationships. How do we endure days, weeks and even months under these circumstances?

WHEN YOU LISTEN, YOU *LEARN*

In 2006, a student came into my classroom, threw his Verizon flip phone across the room, and looked me in the eye to say, "I'm telling you, when we start communicating with our thumbs, we're in trouble!" (He could not keep up with his girlfriend's proficient texting demands!)

Colleges had Facebook a year before it went public. My classes were turning into group therapy sessions as students freaked out over their horrifying social media mistakes and looked to their professor for answers. . Remember – parents were still just trying to figure out MySpace!

By 2012, I had been observing my students becoming more and more anxious, overwhelmed and depressed for several years in a row. Snap Chat was *then* a new "safe sexting" app, relationships were confusing, and digital drama was never ending. They seemed miserable.

I thought, *what if* we challenged the students in this class to **build** their own interpersonal communication **skills,** provided them with strategies – and **then**, asked them to compare and contrast how it *felt* using their *human apps* instead of the *digital apps* they were used to*?* As you saw, these students acknowledged that they felt better, learned to value authentic connections, and are continuing to benefit from the lessons they learned to this day. We even got two marriages out of this original project!

Celling Your Soul was the result of asking students, "what if…?"
In 2020, I feel obliged to pose the same questions to a new college class.

HERE WE GO AGAIN!

***Fast forward*…Spring 2020**

What if we take ***this time*** to focus on our relationships and develop the communication skills necessary to meet our needs and the needs of those we love. We can practice things like better coping skills, patience, and active listening, all in order to empower ourselves and build deeper and more trusting relationships. Especially during this pandemic, how we talk to and listen to one another influences our ability to build intimacy and our capacity to **feel** closer even when we can't **be** close.

What if we take this time to learn and grow, controlling only what we can, accepting what we can't, and focusing on little goals rather than expectations? And what if we resolve to do these things together?

In a time of social isolation, tempting Tik Tok viral videos, and relentless boredom, is this even possible?

When the world was busy posting in the early days of "social distancing," 25 students at Manhattanville College chose to prioritize "quality over quantity" and said goodbye to social media, texting and non-stop Netflix for a week. Their usual digital habits were replaced by phone calls, letters, reading, and conversations that deepened their bonds with the people that really matters.

While every student's experience was unique, the evidence showed clearly that thriving authentic connections between people not only feed the soul, but are directly related to health and happiness. This is true in a pandemic shutdown as much as any other time.

In their final presentations to the class, students revealed:

"I found this challenge was exactly what I needed, and this was the time exactly when I needed it. I learned about myself and about other humans and that is all that matters." Errica

"Some of the relationships I thought I had been in were only existing within my phone. I realized I don't even talk to the people I have relationships with though SnapChat." Hailley

"Oh my God – this felt like I was in rehab – I know I needed this. I actually listened to my mother without my phone in my hand and gave her my full attention, and it really did change our relationships." Kirsten

"Originally, I'm not gonna lie – I thought it was so stupid. But – I had an assignment to do – so, forced me to do it…and, I'm glad I did. Surprisingly I learned that I am a good cook – I cooked for my family – it was a really weird, sitting down, and the whole family eating my food – but, I thought that was really cool." Justin

"I didn't feel as anxious as much as I thought I would…" Stephen

"The challenge – helped me build a new schedule – instead of waking up and spending an hour in bed going through social media first thing – now, I wake up, have a cup of coffee and work out every day – just now part of a daily routine – I don't think I would have probably done that if I didn't start this challenge." Corey

"Wanna know what I learned? Nobody cares about what you have to say on social media! I was gone a week, and nobody even noticed! I thought about how much time and energy I put into every post – how I'm gonna say something, how anxious I get, what pictures I'm gonna put up, and really – nobody cares!" Errica

I believe if we can build a culture that values the power of authentically connecting to one another, we can reverse the unintended consequences of digital socialization, and take a step towards understanding one another To be heard and understood is amazingly therapeutic and healing. And, it just seems like we could all use a little healing.

We want to provide you with all the help we can. Contact us directly at NoAppForLife@gmail.com for information on the FREE curriculum and resources.   Academic streaming is with Bullfrog Films. Join us for The No App For Life Podcast for the latest discussions on love, life, and challenges in our digital world.

**NAFL Challenge
2020/2021**

LET'S DO IT!

The **No App For Life** challenge has ***always*** been focused on ***going within, not going without***. As the world stops to assess its values and contemplate what it means to be fulfilled, we have a personal opportunity for self-reflection, self-discovery, and an examination of our values and priorities. We also have the chance to consider how we understand our interpersonal relationships and how we must communicate to have our needs met.

Although we may have to keep our physical distance, our real need is ***emotional connection.*** Our technology can act as a conduit for the flow and digital exchange of *image, voice, and written words.* But on its own, it isn't sufficient for establishing the deep connections that we need to feel secure, loved, understood, protected, reassured, and comforted. That all must come through our human **behavior** and the **way** we communicate with one another.

It's important to make the **digital distinction** between "technology" and "digital socialization." That longing feeling we have to *be with people* in a social setting confirms that "digital socialization" is just not an adequate substitute for "the real thing."

While technology is undoubtedly useful for exchanging information and serving as a discussion platform, it's the *power of our humanity* that provides the substance we need for a healthy sense of well-being. It's in *what we say* and *how clearly we express our emotions*, down to the nuance of word choice. It's also in *how we listen*. We do so with empathy, and because we love and care about someone who needs to be heard.

This is what *connecting* is really all about.

Come Together, right now…
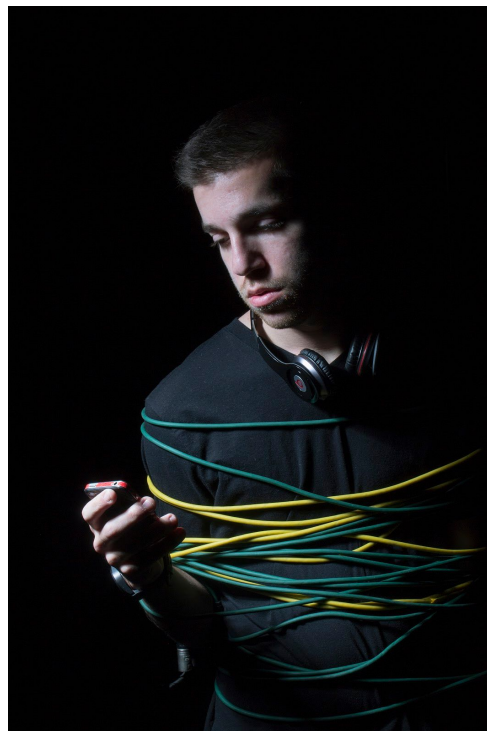
As businesses go virtual, tech giants like Google are now training their employees to use very human [emotional intelligence skills,](#) such as *incorporating empathy and better listening, using validating words in virtual meetings,* and *making sure to read people's body language and facial*

expressions while working remotely. This new trend ironically validates the idea that there is just No App For Life.The same holds true for love, mutual understanding, compassion, or any of the strictly human attributes we're finding are pretty important after all.

Technology changes, people don't.

However, over the past couple of decades, the shift to digital communication has had some pretty damaging effects on us as individuals and as a society. Teens and young adults, those who make up the first digitally socialized generation, have been the most negatively impacted.

Another irony: as the "connection industry" has become more and more powerful in our world, why then have we been seeing an epidemic of loneliness? Studies report that 61% of adults feel lonely, but up to 71% percent of Millennials and 79% of Gen Z report they are lonely.

I believe in team human! *This* human has had the benefit of witnessing powerful transformation when people, both young and old, are empowered with the skills, confidence, and courage to open their hearts and make their personal connections more honest and loving.

Getting Started

The *challenge* for student who participated in the "digital cleanse" assignment featured in *Celling Your Soul* was actually a journey of self-discovery for young people who were struggling to cultivate their individualism with a false idea of what it means to be "social." Having learned from the original "cleanse" and developed that exercise into the **No App For Life Challenge,** we found these to be the questions that we must ask:

- Do you have the courage to learn about yourself and relationships?
- Are you brave enough to examine the shaping effects of the digital impact on you?
- Are you willing to move out of your comfort zone and rely on your personal skills?

I understand making the conscious effort to grow as a person is not always easy. However, in listening to students who have made this leap over the years, I've found that even the ones who thought they "might cheat their way through" found themselves curious. Those students ended up committing to the exercise, and were happy they did. I believe the way forward to heal a disconnected society requires a radically human approach. There is *no app* for compassion, empathy, listening skills, honesty, and love.

We found that it was the act of building the skills first that was commonly the most powerful motivator. Once you learn something new, it's always exciting to actually try it out. Even though we started out with a digital cleanse, what we discovered was that it was the 8 – 10 weeks of course work on learning non-judgmental listening, active listening, conflict resolution, intimacy-building communication, and self-talk for anxiety that prepared students to focus on their human apps. For more in-depth explanations and interpersonal communication strategies, read *__Celling Your Soul: No App For Life __* .

Remember – this is just about **your own personal growth.** If at any time you feel too anxious, there's no need to torture yourself. However, I'd encourage you to think about *why* you're having this reaction.

Watch *__Celling Your Soul __* with friends, family or as part of a __ school project __ or organization. Use the discussion questions provided on the resources page of this document to get the conversation started.

You can download this "challenge" and write from your computer or, for a more personal experience, we highly suggest you print out this workbook and start journaling in your own handwriting. Research shows a deeper connection to your thoughts.

Empower yourself! "You're human; you have all the apps you need!"
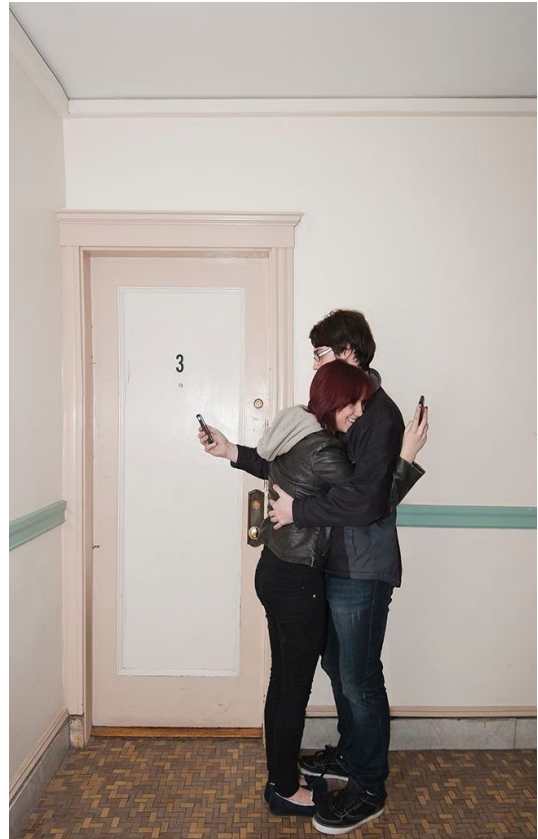
Big Picture Questions to Ponder:

Are we being misled into believing that "being social" *through* a digital realm is sufficient? Perhaps social media is more about *performing* for an audience, building an image, needing personal validation, gaining fame, and bragging rights.
How might we take this time to:

· use our interpersonal skills to develop trusting relationships
· become vulnerable and brave enough to allow love into our lives
· focus on being a loyal friend
· hone our skills as a good listener
· focus on our character
· build the patience to care about another person's problems
· improve our conflict resolution skills
· articulate our feelings and needs

Intellectually we know that this level of media consumption is not good for us, but we can't seem to help ourselves. This week-long exercise is intended to focus on the power of our *human apps*. How do we live without an "app for everything" mindset? How does it feel to be more authentic and more personal in our day-to-day connections?

When we receive focused attention from the people we're communicating with, what does that feel like for us? How do we train people to communicate with us so that we are heard and understood? How do we build our own patience so that we can effectively listen to others?

Do you feel like doing the challenge alongside others, or as a group, might be easier? Does the prospect of taking a break from social media offer a weird sense of relief?
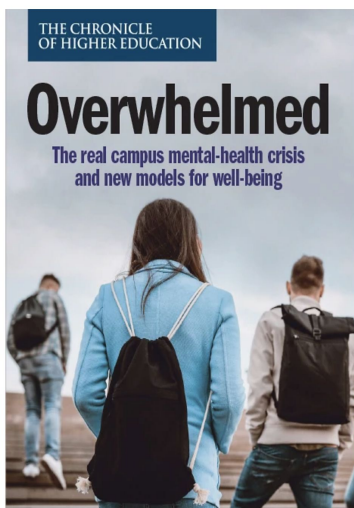
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Your Health!

We are all in need of a little extra nurturing these days. Whether it is stress, anxiety, isolation, loneliness, boredom, sadness, or the painful reality of loss and grief, it will be our relationships and support systems that will carry us through this troubling time.

For those of you who took the course, practice the skills you learned. It's time to put the theories and strategies you learned to practice as best you can, knowing that sometimes your *emotions will still outweigh your logic.*

*Did you know – it only takes **only five minutes** in nature to ramp up feelings of comfort and gratitude?*

THE CHRONICLE OF HIGHER EDUCATION

Overwhelmed

The real campus mental-health crisis and new models for well-being

Find hours throughout the day when you can take the opportunity to experience not having your phone on you at all. It is refreshing to just quiet your world and take a break from the screen.

It's been interesting to observe the many people going out for a walk or just sitting six feet away from someone *without* a phone in hand. Sometimes, it's not even a matter of saying anything, but of just being **present.** We pick up energy from others. That need for emotional energy is one of the reasons we're just now having a greater appreciation for the need to be with people.

REMEMBER...

The *challenge* for students who participated in the "digital cleanse" assignment featured in ***Celling Your Soul*** was actually a journey self-discovery for young people who were struggling to cultivate their individualism within a false idea of what it means to be "social." Having learned from the original "cleanse," and student feedback over the years, this new NAFL challenge addresses the deeper issues at the core of our social emotional experiences. The goal is to offer you a tangible activity as a start to remedy the problem.

I understand making the conscious effort to grow as a person is not always easy. However, in listening to students who have made this leap over the years, I've found that even the ones who thought they "might cheat their way through" found themselves curious. Those students ended up committing to the exercise, and were happy they did. I believe the way forward to

heal a disconnected society requires a radically human approach. There is *no app* for compassion, empathy,, listening skills, honesty, and love.

NAFL Challenge Guidelines

Think back to the year 2000. How did people experience interpersonal communication? Phones were used for phone calls, and people used a pen and paper for writing. If you wanted to watch a movie, you rented one. When it was over, you had to wait until you rented another movie next weekend -- a lesson in delayed gratification.You spent hours laughing and talking on the phone solely for the purpose of bonding.

Whether it's the year 2000 or the year 2020, conversations should NOT just be about exchanging information. This is the perfect time to "Jump Up A Step" and make your interactions more meaningful.

NAFL Challenge Goals

It's important to remember that goals and expectations are not the same. When you set a few specific goals, these are things you're working towards achieving. Having an expectation is a belief that something will happen.

Goal 1 - No Social Media. The goal is to take a break from social media - including Snap Chat, Tik Toc, YouTube, Instagram - anything that sends you down the rabbit hole of non-stop scrolling. If you can't delete them off your phone, you can put them in a "folder" labeled "Dopemine" as one student suggested.

Goal 2 - Talk, don't text. The goal is to not only "go personal," but, to allow for deeper, unfolding conversations. A focused phone call, where the person on the other end knows they have your full attention (meaning, you are *not* multitasking) is more intimate - and, yes, therefore more scary, but more rewarding! We have some tips for you in the additional resources.

Goal 3 - No devices in the bedroom. The goal is a good night's rest! Shut down your day. You've seen the research. Try using an actual alarm clock if you have to wake up at a certain time. If you don't, let the sunlight coming in through the window wake you up naturally.

A Few More Questions to Ponder...

Some things to think about as you're deciding whether or not you're ready to do this:

How do you think you and your friends have been "shaped" by the digital socialization process?

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Do you have concerns about these shaping effects on the next generation?

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How do you feel when you actually turn your phone off? Is this a big deal for you? Why?

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What might make you feel like checking social media?

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What interests you the most about participating in the challenge? What do you want to learn about yourself? How do you think you will feel? What causes you the most concern?

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What are one or two communication goals you want to achieve? For example, do you want to understand someone better? Do you *want* to feel more comfortable talking on the phone? Do you want to be able to handle awkward situations better?

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Development of Soft Skills

A few little tips to keep in mind -

The most interesting people are those who are *interest<u>ed</u>.* In other words, make the conscious choice to be curious about the people around you. People don't always remember what you say or the words you use, but they always remember how you make them **feel.**

> *"Positive attunement occurs through interest and caring, that is, one has to be interested. Interest and caring, like all emotional states, are conveyed primarily by facial expressions, body language, and tone of voice, not by words or communication techniques."*
> *Steven Stosny, Ph. D*

Before engaging with another person, **decide on how you want to make the other person feel.** If you do that first, you'll find the words will come easier. We cannot become adept at something unless we practice.

Small talk - Making a connection with someone regarding the current state of affairs, such as - "how are you holding up?"

Conversation starters - Asking for opinions. Some good examples are, "what do you think about...","top three favorite desserts...go!", and "best Disney villain?" Playing **Would You Rather** - for example: "Cake or Pie?" "Marvel or DC?"

Listening - It is the *most loving thing you can do* - making the mental decision to *choose* to listen to someone for the purpose of allowing them to be heard - is a relationship builder.

Paraphrasing - Using clarifiers like, "if I understand you correctly" and "when you say___you mean___?"

Active listening - Actively giving someone your full and undivided attention.   Throwing out a few "aha's" here and there isn't really good enough! Inserting an engaging comment or question - for example "..wow - how'd you get through that? ...are you excited? ...I'm so happy for you.."

Empathetic listening - Being able to really hear and understand another's feelings from their perspective. This is crucial in a time when so many people are struggling. For example: "My heart is breaking for what you're going through and just know I'm here for you."

Intimacy building - Intimacy and trust go hand in hand. Are you able to communicate honestly and authentically? Will others feel like they can trust you? These are the building blocks to intimate relationships.

Face-to-face conversations - Becoming more confident speaking in a spontaneous manner and comfortable with awkward moments or moments of silence.

"Ten years ago, the most prominent thing kids talked about was feeling depressed. And now anxiety has overtaken that in the last couple of years."
Victor Schwartz, The Jed Foundation

Anxiety and depression have been on the rise for the past decade, having the strongest impact on teens and young adults. The health crisis and economic fallout now add to a feeling of social instability.

We are all feeling extra anxious these days. This is because we're human and anxiety is natural for us when we're faced with unforeseen threats. It is our fight or flight system kicking in,, and it is proof that we are biologically wired to react to threats.

Does changing your communication habits cause you anxiety? In your daily journal, check in with yourself, and see if you can identify exactly what you find fearful.

1 – 3 is pretty calm
4 – 5 somewhat anxious
5 – 7 very anxious
8 – 10 panicking

Remember to use your deep breathing strategies if you find yourself at high anxiety levels. Slow your breathing to a count of 4/4/4 (ie, inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds). Taking deep breaths, going for a walk, or engaging in another kind of physical shift will help to regulate your nervous system.

Of course, **do not let this challenge make you feel overly anxious.** There is no need to cause yourself unnecessary stress. You should feel free to stop any time you want. And, always seek professional help when you feel you need to.

"An ability to supply something that humans most want from other humans has high value, and those wants won't be changing anytime soon."
Geoff Colvin, Fortune Magazine

Let's Do It!

Use the prompting questions to connect with *yourself.* Listening to your own inner voice can be extremely powerful. Since many students said they "got carried away" and needed more space, we've included extra pages at the end for additional notes. **Important tip** - write down your most import phone numbers and keep them with you are phone free. Just having those numbers with you will offer a level of security.

Day One

Anxiety level: _____

Before starting your **No App For Life** challenge, check in with your thoughts and feelings. How do I feel about communicating with everyone in a different way? Can I identify exactly what is making me nervous? For example, am I afraid of missing out? What do I suppose will happen to me if I miss out on something? Am I nervous about speaking spontaneously rather than being able to text?

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What skill did I have an opportunity to practice? How did I do? What was the result? How did others react?

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Day Two

Anxiety level: _____

How did I sleep last night? How does the experience of my first day compare with that of the students in the film? Am I more "panicky," as the student "Mike" in the film reported?

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What skill did I have an opportunity to practice? How did I do? What was the reaction from the people I communicate with?

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Day Three

Anxiety level:_____

What does the world look like when I don't have my phone front and center all the time? Would I be able to make eye contact with people if I was out and about? Could I strike up a conversation with someone I've never talked to before?

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What skill did I have an opportunity to practice? How did I do? What was the reaction?

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Day Four

Anxiety level: _____

How is this experiment working for me? What am I learning about other people … what am I learning about myself?

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Have I had enough?! Day 4 seems to a turning point - either students say they've learned enough - or, they're just starting to feel better and become more energized to finish. You're more than half way there!

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What skill did I have an opportunity to practice? How did I do? What was the reaction?

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Day Five

Anxiety level: _____

What are my observations about the digital world? If I were a parent today, how would I raise my own kids in regard to digital devices? How are my own parents coping with not always being able to reach me? Is this challenge bothering them more than me? Can I ask them how they're feeling? What makes them nervous?

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What skill did I have an opportunity to practice? How did I do? What was the reaction?

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Day Six

Anxiety level:_____

Am I anxiously counting down the hours until I can resume my old ways, or is there a part of me that actually enjoys the ways I've adjusted my approach to communication? Have I felt a sense of relief in some respects?

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What skill did I have an opportunity to practice? How did I do? What was the reaction?

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Day Seven

Anxiety level: _____

Did I really just do this? What did I learn about myself? PerhapsI learned that living life without the demands of 24/7 connectivity made me happier, but maybe the opposite was true. Either way, I learned about myself, and that was the goal!

On the last day of the challenge, do I feel like trying it for another week? Do I want to see how long I can go like this? What happens if I prefer to live this way, but everyone else goes back to constant social media and texting? Can I try to encourage friends to keep going with me?

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Congratulations for wanting to learn and grow!
Awesome job!

Time for Reflection –

Remember, the goal is to learn about yourself, your relationships, and the world we live in. Whether you could only get through a few days, or you conquered the full week, it is the time you take reflecting on your experience that will be the most beneficial to you.

What is the biggest lesson I learned about myself ?   What do I know now about human relations? What are the effects of social media on my life? What was the most eye-opening experience? How do I want to apply what I learned moving forward?

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Additional Resources:

Celling Your Soul Film Screening

Questions for Discussion

- After watching the film, did you wonder "could I ever do that?"

- If you had a magic wand and could change one thing about the ways we communicate with one another today, what would you do?
- What are your thoughts about the way we communicate today?
- Which student in the film do you feel you related to the most? Why?
- Do you feel that the ways we interact with one another today is healthy?
- Do you feel your generation were the proverbial guinea pigs in a social science experiment?
- Do you feel resentful or appreciative of social media?
- Are there addictive elements in how tech is designed?
- What is the one thing you wish parents and teachers understood about your digital world?
- Do you agree with the research that correlates social media use with anxiety and depression?
- Do you believe we need a societal shift in the way we connect today?
- Have you ever secretly wished that social media just didn't exit?
- Why do you think Steve Jobs and other high-tech creators strictly regulate their own children's use of the technology they design?
- Will there ever be a backlash with the use of social media?
- How do you feel about imposing regulations on social media?
- Have you ever held back from disclosing personal information about yourself because you feared someone you have a relationship might use it against you on social media?
- If so, do you feel it prevents you from forming deeper relationships?
- Do our phones work more like a "treasure chest" holding too many valuable elements of our lives?
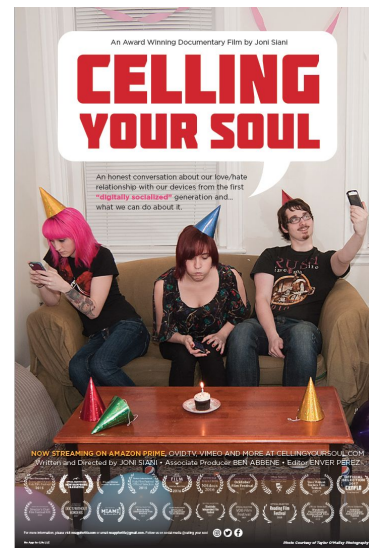
Let's elevate this conversation and empower an entire generation to communicate in ways that support happy and healthy lives. Please connect with us directly at NoAppForLife@gmail.com. Whether it's organizing a community screening, family screening or workshops for your school or organization, we can connect you to additional resources.