



## Your Mental Wellness Matters



### Join Girl Scouts for a Mental Wellness Workshop!






***Knowing My Emotions***  
**(Juniors, Grades 4-5)**

**Sat. 5/3**  
**12-1:30pm**

***Finding My Voice***  
**(Cadettes, Grades 6-8)**

**Sat. 5/10**  
**12-1:30pm**



***Showing Up for***  
***Me and You***  
**(Seniors & Ambassadors,**  
**Grades 9-12)**

**Sat. 5/24**  
**12-1:30pm**

### Activities and Tips for Mental Well Being

- Complete fun activities!
- Learn valuable coping skills!
- Come see what Girl Scouts is like & find a Troop!

**\*Free Event Registration Required - 15 Girl Max. per Session.**

**Parkensburg Library**  
**105 West Street**  
**Parkensburg, PA 19365**

Contact: Tiffany Stockton  
GSEP Community Engagement Specialist  
[tstockton@gsep.org](mailto:tstockton@gsep.org) or 267-965-6180



Become a Girl Scout

**girl scouts**   
of eastern  
pennsylvania