

Spring Forward into Mental Wellness

Saturday, May 16 | 2 – 4 PM | UM–Flint

Welcome in a new season of mindful well-being.

Girl Scouts of all levels are invited to learn mental health coping strategies and techniques to keep their minds healthy.

Brownies to Ambassadors will learn new tools to support themselves and their peers through hands-on, age-appropriate activities, developed by the UM–Flint Psychology department.



$18.00 per Girl Scout Member
Registration deadline: May 8 (or sooner if event reaches capacity)



Brownies
Me Time



Juniors
Knowing My Emotions





Cadettes
Finding My Voice



Seniors and Ambassadors
Showing Up for Me and You

M FLINT
PSYCHOLOGY

www.gssem.org/spring

girl scouts of southeastern michigan