# **GS EXPRESS** JULY 18, 2024



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## Cookie Program Town Hall

girl scouts

of northeastern

new york



Join us Wednesday, July 24th at 6:00 for a Cookie Program Town Hall. We will be discussing this year's wrap-up, next year's mascot and rewards, what's new for next year, and more! You don't want to miss it! Click <u>HERE</u> to register!

## **Upcoming Girl Scout Programs**

Have more fun learning, doing, and growing with these events, activities, and opportunities designed just for Girl Scouts, like you!



Wild Center Weekend 8/30 - 9/1/2024 Prepare for an unforgettable weekend experience at Lake Clear and the Wild Center in Tupper Lake, beginning with a Friday evening campfire. Saturday morning, head to the Wild Center in Tupper Lake to observe playful otters, enjoy a private animal encounter, and explore the treetops on the Wild Walk. Return to camp in the afternoon for an array of outdoor activities, including swimming and boating, outdoor skill development, <u>CLICK HERE</u> to learn more and register.

Girl Scouts love being outdoors during the summer so why not gear up for ultimate outdoor adventure with Girl Scouts Love the Outdoors Challenge! Whether it's hiking or stargazing, there's an adventure waiting for you. Start mapping out your summer plans and seize that limitededition patch. Many activities you already do while being outdoors will complete parts of the patch. To learn more, download the activity sheet and discover how to get your patch <u>CLICK HERE</u>



For a full listing of upcoming camps and programs check out the <u>Program Guide</u> or <u>Calendar of Events</u>

Did you know? You can use your Cookie Dough or S'mores Club to pay for camps and programs! Contact Customer Care to check or apply your balance, or with any other questions 518.489.8110,

customercare@girlscoutsneny.org

### Join a Committee!

#### Make a difference!

Your expertise can propel our mission forward through any of these avenues!

- Silver & Gold Award Committee
- Philanthropy Committee
- <u>Camp Affinity Group</u>
- <u>Advocacy Committee</u>
- Archives Committee
- Diversity, Equity, and Inclusion Task Force

<u>Apply Now</u>

• ...and more!

### **Media Requests**



Did your troop embark on an unforgettable adventure this year that we haven't heard about? We're all about celebrating those magical moments, so we're dedicating this summer to showcasing all your wonderful achievements. Don't be shy, we'd love for you to share your photos, videos, and stories with us <u>HERE</u>!

Just a friendly reminder, by sharing your media with us, you're granting GSNENY the permission to use your content in line with our <u>Media Release</u>.



## Resilient. Ready. Strong.

GSNENY's Commitment to Mental Health for all our members.

<u>Mental health resources from our Partner, NAMI-NYS,</u> <u>for kids, teens and young adults.</u>



GSNENY has partnered with the New York State chapter of the National Alliance for Mental Illness to ensure that families, caregivers, volunteers and Girl Scouts have access to resources to support mental health. One of NAMI's main goals is to ensure that people get help early. Since mental health conditions typically begin during childhood, adolescence or young adulthood, they have compiled essential information and resources intended to help young people get the mental health support they need.

You can find those resources here on their website: <u>NAMI-NYS</u>

#### **GSNENY's Mental Wellness Page <u>CLICK HERE</u>**

#### Upcoming Trainings for Volunteers, Caregivers and older Girl Scouts

Talk Saves Lives is a mental health education program of the American Foundation for Suicide Prevention that provides participants with a clear understanding and the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

FREE for Seniors, Ambassadors and Adults via Zoom Two Opportunities Remain: <u>August 22nd</u> or <u>October 23rd</u> 6:30pm - 7:30 pm Register Now



Please join us in thanking our Mental Wellness partners.







Contact the NAMI-NYS Helpline: (518) 245 - 9160 (M-F 8-3) or visit naminys.org

#### **GSNENY Service Center Summer Hours**

#### July 1st - September 2nd 9 am – 3 pm, Monday – Thursday

All in person meetings should be made by appointment during summer hours to ensure the person you wish to see will be available at the location you intend to see them.

Appointments are required any time outside of normal business hours.

Email <u>customercare@girlscoutsneny.org</u> to set up appointments with the staff member you need to meet with if you are not sure how to contact that person directly.

**CLICK HERE** 

to shop online!







### Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

 $@GirlScoutsNENY \mid ~518-489-8110 \mid customercare@girlscoutsneny.org$ 

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