



# G.I.R.L.S. - Mental Health Magic

(Growing, Inspiring, Resilient, Loving, Strong)



**Join us at the D'Arrigo Program Center for a weekend of GIRLS Mental Health Magic!**

This program invites girls to explore their understanding of emotions and emotional health status. We will identify how to express emotions through discussion and what we can do to improve our emotional health. We will be creating a healthy safe space in which to grow ourselves towards happy healthier individuals.

**Location:** D'Arrigo Program Center Castroville

This event is available for two days, November 18 and 19. You can choose one session on either day for the applicable grade level during registration.

*Please note the sessions are the same for each day. Select one date per grade level.*

**Each day will have the following sessions catered specifically to each grade level of Girl Scouts:**

- Juniors (4th-5th) 10 am – 11:30 a.m.
- Cadettes (6th-8th) 12 pm – 1:30 p.m.
- Senior/Ambassador (9th-12th) 2 p.m. – 4 p.m.



**November 18**



**November 19**



**Questions?** Contact us at:  
[info@girlscoutscoc.org](mailto:info@girlscoutscoc.org)  
(800) 822-2427

**girl scouts**  
of california's  
central coast