

girl scouts
of california's
central coast

Mental Health Matters!



Women of Distinction 2024: EmpowerHER



Gold Award Girl Scouts



Kaleidoscope 2024: Fantastical Faire



Brownlympics 2024: Simi Valley

Register Now to Volunteer!

Upcoming Summer 2024 Day Camps:

- | | |
|--------------------------------|-----------------------------|
| Natividad Creek - June 17 - 21 | Moorpark - June 24 - 28 |
| San Benito - June 17 - 21 | Camp Arnaz - July 8 - 9 |
| Simi Valley - June 17 - 21 | Camp Arnaz - July 10 - 12 |
| Henry Cowell - June 24 - 28 | Costa de Oro - July 15 - 19 |
| Rancho Oaks - June 24 - 28 | Sandpiper - July 22 - 26 |

Thank You to All of Our Amazing Day Camp Volunteers!

These wonderful, enriching experiences would not be possible without the dedication and support of these incredible individuals. We appreciate you!

Celebrating Our Girls'

Gold Award Achievements



We are thrilled to share the inspiring progress of our Gold Award Girl Scouts. This year, 112 dedicated girls are navigating the Gold Award pipeline, with 24 already having their proposals approved and actively working on their final project reports. Here are some highlights from the 2023-2024 Gold Award Recipients:



- **Shayna Dearman-So** (SU 650, Graduation Year 2024) - Reducing Food Waste Together-The Worm Way
- **Leah Cawley** (SU 155, Graduation Year 2025) - Human Trafficking Awareness Patch
- **Mia Kish** (SU 650, Graduation Year 2024) - Ventura Elementary School Music Van Curriculum
- **Ashlynn Chavez** (SU 453, Graduation Year 2024) - Turtle Turnover
- **Samantha Warner** (SU 155, Graduation Year 2024) - Calming Minds One Tool at a Time
- **Ashlynn Bean** (SU 450, Graduation Year 2023) - Remediying Communication-Informative Board
- **Juliette Nasarenko** (SU 650, Graduation Year 2024) - Bridging Memory & Strength to Seniors Citizens
- **Ananya Jonnalagadda** (SU 656, Graduation Year 2024) - Anybody Can Dance!
- **Jaia Beall** (SU 555, Graduation Year 2024) - The Shelter Connection

These projects reflect the dedication and innovative spirit of our Girl Scouts, and we are immensely proud of their accomplishments.

Sign up to become a Gold Award Mentor: Inspire the Next Generation of Leaders!

Are you passionate about empowering young women to reach their highest potential? Join us as a Gold Award Mentor and play a pivotal role in guiding Girl Scouts through their journey to achieve the prestigious Gold Award. Must be a registered adult with background check (Ab506 compliant). **Sign up today and make a lasting impact!**



Empowering Young Minds: Mental Health Initiatives

Last year, we launched our Mental Health Toolkit initiative with the Affirmation Program Kit. This innovative resource helped over 5,600 Girl Scouts counteract negative thoughts and build self-confidence through positive affirmations. It was a powerful first step in teaching our girls that they can achieve their goals with the right mindset.

Building on our previous efforts, this year we've expanded our toolkit with the Early Bird Coping Skills Set. This new kit introduces essential coping skills that help manage stress and navigate challenging situations. Our partnership with Ventura County Behavioral Health enhances the quality and impact of these resources, equipping our Girl Scouts to thrive under pressure.

Acknowledging the Crisis

Recent studies, including one by Dr. Jennifer Hoffmann, highlight a unique vulnerability for girls during the pandemic, emphasizing that "girls' mental health requires more attention." As the U.S. Surgeon General describes the pandemic's impact on youth as "devastating," we are stepping up to meet this urgent need with dedicated resources and programs.

A National Call to Action

In response to the national emergency declared for youth mental health, we at Girl Scouts of California's Central Coast are intensifying our efforts. Our programs address the mental health crises by providing practical tools and community support to help our girls cope with today's challenges.



Be A Better Who? Be A Better You! 2024 Coping Skills Program



Building Resilience in a Challenging World

Understanding that "girls are not okay in the state of California," we've committed to a proactive approach in mental health education. By equipping our Girl Scouts with skills to manage adversity and promote self-care, we're preparing them for a healthier, more resilient future.

Your Support Matters

As we continue to develop this multi-year program, your support is crucial. Donations help us provide these vital tools to every Girl Scout, ensuring they grow into resilient and mentally strong individuals. Contributions enable us to create advanced modules and host impactful workshops, fostering a resilient future for each Girl Scout.

Your support matters. Donate here to continue to support these amazing programs.



Exciting News: Monarch Breeding & Research Institute Update!



We're thrilled to share progress on the Monarch Breeding & Research Institute at Camp Arnaz, a collaborative effort between us, the Ventura County Resource Conservation District, and U.S. Fish and Wildlife Service. This partnership underscores our commitment to educating girls on the significance of monarchs and pollinators while conserving and studying these remarkable creatures.

Recently, we achieved a significant milestone by planting over 186 pollinator and Monarch-friendly plants on 3.86 acres of land. This step forward highlights our dedication to creating a nurturing environment for these essential species.

Your continued support and dedication to preserving the beauty and biodiversity of our natural world are truly commendable. Stay tuned for future announcements regarding the Monarch Breeding & Research Institute at Camp Arnaz. Together, we are making a difference. Thank you for being a part of this journey!



Girl Scouts Four Program Pillars:

STEM, Life Skills, Outdoors, and Entrepreneurship form the foundation of the Girl Scout program and work together to build girls' curiosity, kindness, and can-do spirit. To learn more about the Four Pillars and how GSCCC is championing them in our communities, scan the QR code or visit www.girlscoutsgccc.org/pillars



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Kaleidoscope 2024: Fantastical Faire

Kaleidoscope 2024 was an exceptional event, celebrating the ingenuity and spirit of the Girl Scouts of California's Central Coast. This year's theme, Fantastical Faire, invited participants to enter a realm of imagination and creativity, where they engaged in a series of challenges designed to inspire and empower.

Hosted bi-annually, Kaleidoscope is a weekend long council-wide camporee, fostering skills such as teamwork, leadership, and problem-

solving among the Girl Scouts. The 2024 event featured a range of activities including campsite decoration contests, innovative sign-making, and competitive hat design.

Beyond these creative endeavors, girls embarked on outdoor skills challenges, a rigorous test of their abilities and knowledge. While the tradition of SWAPs trading, a favorite among attendees, facilitated the exchange of handcrafted items fostering camaraderie fun.

Kaleidoscope 2024 was not merely an event but a transformative experience, shaping future leaders and innovators. Your support as donors is crucial in sustaining these enriching programs.

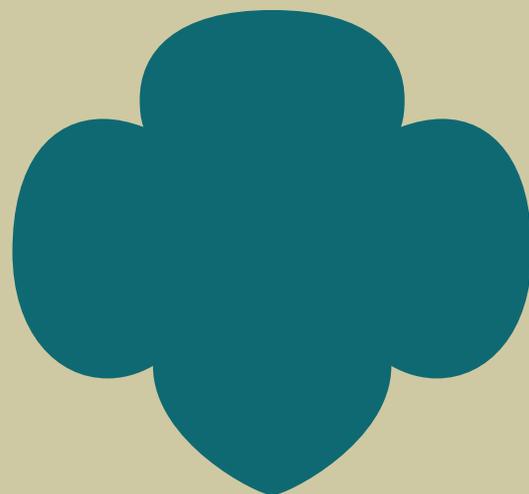
Together, we provided a platform for these young girls to explore, learn, and grow. Don't wait too long to start planning your skills training for the next Kaleidoscope. We can't wait to see you in 2026!



Thank You to All of Our Volunteers!

Thank you to all the amazing volunteers who made Kaleidoscope 2024: Fantastical Faire a resounding success! Your dedication, hard work, and enthusiasm were instrumental in creating an unforgettable experience for our Girl Scouts. From organizing activities to guiding participants through challenges, your efforts helped inspire and empower the next generation of leaders. Your hard work has made lasting memories with these girls. Your support and commitment truly made a difference. Thank you for being an integral part of the Girl Scouts of California's Central Coast community!

**Girl Scouts' mission is to build girls
of courage, confidence and character
who make the world a better place.**



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