



May 2026

Member News

The GSHCC Offices and gsShops will be closed on Monday, May 25, 2026.



## Supporting Girls Through Mental Wellness

Girls today are balancing school, friendships, activities, and the everyday challenges of growing up. With so many pressures around them, it's important for girls to feel supported, confident, and connected. Girl Scouts helps create safe and welcoming spaces where girls can build confidence, learn healthy ways to handle challenges, make strong friendships, and feel like they belong. Through hands-on experiences and supportive mentors, girls are encouraged to speak up, try new things, and grow into strong leaders.

To help support girls' emotional well-being, the [Mental Wellness Patch Program](#)—developed in partnership with the National Alliance on Mental Illness (NAMI)—gives girls the opportunity to explore emotions, practice self-care, build resilience, strengthen healthy relationships, and develop healthy coping skills through age-appropriate activities like *Knowing My Emotions* for Juniors, *Finding My Voice* for Cadettes, and *Showing Up for Me and You* for Seniors and Ambassadors.

In addition to girl-focused programming, Girl Scouts also provides resources and training for caregivers and volunteers focused on supporting girls' mental wellness and creating emotionally safe spaces where every girl can thrive.



On May 16, we proudly celebrated Girl Scouts who earned the Girl Scout Silver Award, GSHCC Rose Award, and Girl Scout Gold Award through their leadership, dedication, and service to their communities. Their projects and accomplishments reflect the lasting impact Girl Scouts continue to make throughout our region.

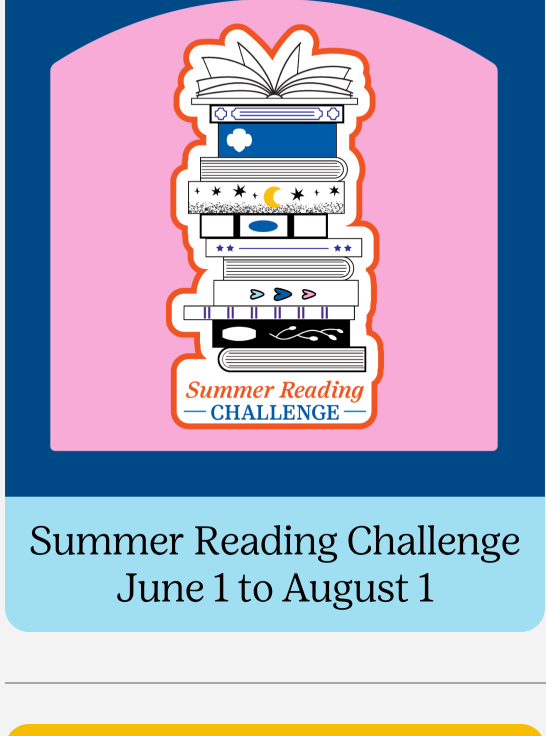
[VIEW HONOREES](#)

## Activities and Events



Join Girl Scouts as they learn to problem-solve and take care of our planet by planting, protecting, and honoring trees. The Girl Scout Tree Promise highlights how important trees are to our local and global ecosystems due to their benefits on people, animals, and the planet. Access the [FREE Tree Promise Activity and Volunteer Guide](#) to lead your family and friends to take action together!

[GET THE GUIDE](#)



Track your summer reading adventures! From June 1 through August 1, challenge yourself to read at least two books from the Girl Scout Reading List while logging 20 hours of reading along the way. Explore new stories, discover exciting adventures, and celebrate your accomplishment with a patch from the gsShop!

[EXPLORE BOOKS](#)



### Mark your calendars!

We're excited to share the dates for two upcoming Signature Events happening this fall. Additional details coming soon!

**GSHCC Annual Meeting and Big Volunteer Conference**

Saturday, September 12, 2026

San Joaquin Delta College, Stockton

**Girl Scout Expo**

Saturday, October 10, 2026

Aerospace Museum of California

### Share Your Skills. Inspire Other Volunteers!

We're looking for workshop presenters for our Volunteer Conference to help inspire and empower fellow volunteers.

[SHARE YOUR SKILLS TODAY](#)

## Calling All Girl Scouts: Join Us for the State of the Girl Report Launch & Celebration!

Join Girl Scouts from across California for the 2026 State of the Girl Report Launch & Celebration at the State Capitol! This exciting event will unveil key findings from a new statewide report highlighting the experiences, challenges, and opportunities facing girls across California. Hear from Girl Scouts, community leaders, and advocates as they discuss the issues impacting girls today and ways we can support their success.

Following the report launch, girls can participate in hands-on activities hosted by the California Commission on the Status of Women and Girls. Bring your troop and enjoy a meaningful day of leadership, advocacy, sisterhood, and fun while celebrating the voices and impact of girls across our state!

**Date:** Tuesday, June 23

**Time:** 2:00 pm

**Location:** Sacramento, West Steps and Lawn of the California State Capitol

[REGISTER TODAY](#)

## Volunteer Spotlight



### Kathy Peters

A long-time volunteer and current Service Unit Treasurer for SU132 Antelope/Highlands, Kathy has been instrumental in strengthening her service unit and advocating for more girls to have access to the Girl Scout experience in her community. She brings a real passion for reaching girls and families, especially in Rio Linda, where she leads a troop of over 30 girls.

Through her strong community connections, Kathy is constantly out there sharing Girl Scouts at local events, farmers' markets, and anywhere she can connect with families. Her leadership has helped strengthen her service unit and create more opportunities for girls to thrive.

Thank you, Kathy!

## Apply Now to Be Part of the Camp Menzies Team This Summer!

We still have a few camp positions to fill and would appreciate your help spreading the word. Are you or someone you know interested? Please share with your networks to help us fill these spots. Please find the dates associated with these positions below.

### Learn more about our open positions:

- **Lifeguards—Training Provided!**
  - June 26-28 and July 20-31
- **Camp Host/Director**
  - June 12-14, July 10-11, July 20-31, and July 31-August 1
- **Expedition Trip Leader**
  - June 15-19, July 6-9, July 13-17, July 20-23, and July 29-August 2

[APPLY TODAY](#)

## Renew Today for Another Year of Adventure!



Don't forget to [renew today](#) and unlock awesome perks to keep the adventure going for another year of Girl Scouts! Plus, girls who renew by May 31 will receive a fun patch mailed to their home.

[RENEW TODAY](#)

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Have a question or need assistance?

[Contact us](#) for more information.

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