

Dream Big, Girl Scout!



**2024 USAGSO PROGRAM +
TRAINING GUIDE**
JANUARY - AUGUST

**2
0
2
4**



WELCOME!

In here, you'll find information about programs and training designed for girls, families, and volunteers. We are excited to offer a variety of both virtual and in-person opportunities to meet everyone's needs, no matter where in the world you might be! Download this guide and share it with parents/guardians and your Girl Scouts. Let girls take the lead! Help them find the experiences that are just right for them. Register for events at bit.ly/usagsoevents. You can see more details about all our virtual programs there, then sign up! Attend events and programs! Girls can attend events as a troop, on their own, with friends, or with their whole families. Take a training! Looking for Troop Leader or OCMT training? Want to attend a webinar? Log in to [gsLearn](#) via your MyGS account. All our trainings are found there. Share your story! Have a great time attending one of our programs or trainings? We'd love to hear all about it! Send your pictures to us here: bit.ly/sharegs21. If you need help with anything or want to share feedback, just email us at overseascustomercare@girlscouts.org or call 001-800- 467-0070 anytime.





IF YOU CAN DREAM IT, YOU CAN DO IT!

This year, we have an amazing lineup of programs and training to help you meet other Girl Scouts from around the world, stay active between troop meetings, and DREAM BIG.



TABLE OF CONTENTS

6

Girl Program

16

Summer Break
DIY Programs

19

Girl Scouts Going
Places Book Club

22

Taste the World
Program Pass

23

Cookie Rally

24

Overnight Camp

25

Cookies

30

Membership

31

For Volunteers



TABLE OF CONTENTS

32

Volunteer
Training

44

VALC

45

Mental Health
and Reliency

49

Juliette's Pearls of
Wisdom



JANUARY



JANUARY

PROGRAMS

1-31 - Early Bird Patch Design Contest

The contest is a great way for USAGSO Girl Scouts to share their artistic talents with us and help design the Early Bird Patch we will use for the upcoming 2024 - 2025 Early Bird registration period.

13 - Cookie Rally

Cookie Rally 2024 will be packed with inspirational and informational activities designed to help each girl push past boundaries, explore the unknown, and realize she can do anything—especially with her Girl Scout sisters by her side. Let the magic begin!

13 - STEMinist

Join us for this monthly, virtual program series featuring hands-on, enriching, and age-appropriate STEM activities for Girl Scouts all over the world!

20 - Taste the World: Eintopf

During this session, Ursula will teach us how to make eintopf or German stew. Perfect for these cold, winter days!

FEBRUARY



FEBRUARY

PROGRAMS

10 – STEMinist

Join us for this monthly, virtual program series featuring hands-on, enriching, and age-appropriate STEM activities for Girl Scouts all over the world!

10 – Taste the World: Fried Chicken

During this session, Jessica and Tim will teach us how to make fried chicken, a comfort food staple in the southern United States.

17 – USAGSO STEMinist: In Person Robotic Adventures at SHAPE

Girl Scouts in the Belgium region are invited to join STEMinist host Erin Twamley for a day of designing, building and programming robots...
in-person!

FEBRUARY



FEBRUARY

PROGRAMS

2 - USAGSO Cookie Program in-person and Digital **Cookie sales start**

The Girl Scout Cookie Program prepares girls with the business smarts they need to take on the world! The

Girl Scout Cookie Program is the largest girl-led entrepreneurial program in the world. Much more than a fundraiser, it's a unique, hands-on way for girls to develop five essential skills that are core to the Girl Scout Leadership Program: Goal setting, Decision-making, Money management, People skills and Business ethics. Are you ready for the 2024 Cookie Season? [Learn More!](#)

24 - World Thinking Day

Daisies - Juniors

Cadettes - Ambassadors

Join USA Girl Scouts Overseas (USAGSO) and Girl Scouts Arizona Cactus-Pine for a special World Thinking Day virtual meet up! This program is designed to introduce Girl Scouts to World Thinking Day and celebrate being part of the diverse global sisterhood that is Girl Guides and Girl Scouts.

MARCH



MARCH

PROGRAMS

9 - STEMinist

Join us for this monthly, virtual program series featuring hands-on, enriching, and age-appropriate STEM activities for Girl Scouts all over the world!

10 - Taste the World:

Pepernoten and Pannenkoeken

During this session, Cadettes from Girl Scout Troop 60114 in Amsterdam will teach us how to make two sweet, Dutch treats!

17 - USAGSO Cookie Program in-person and Digital Cookie sales end

The Girl Scout Cookie Program season ends with girls prepared with the business smarts they need to take on the world and helped them develop five essential skills that are core to the Girl Scout Leadership Program: Goal setting, Decision-making, Money management, People skills and Business ethics.

24-29 - Camp USAGSO in Taiwan

Get ready for the adventure of a lifetime at Camp USAGSO! With three exciting camp opportunities to choose from in 2024, we look forward to seeing you around the campfire.

APRIL



APRIL

PROGRAMS

6 – Month of the Military Child Career Exploration

Join USA Girl Scouts Overseas as we meet women in the military and learn more about their careers in service to our country! In this panel conversation, Girl Scouts will learn about some of the most accomplished women in the military, both the hardships and advantages of being a woman in the military, what kinds of jobs women can do in today's military, and what it's like to serve our country.

13 – Taste the World: MoMC Chow Hall Breakfast

During this special Month of the Military Child session, Staff Sargent Cabrera and friends will teach us how to make a typical chow hall breakfast.

APRIL



APRIL

PROGRAMS

13 - STEMInist - Special MoMC Edition **with Apex Clean Energy**

Join us for this monthly, virtual program series featuring hands-on, enriching, and age-appropriate STEM activities for Girl Scouts all over the world! This special Month of the Military session will feature a STEM Superhero who is also a military veteran. Girl Scouts Overseas who are affiliated with the US military will receive a free patch thanks to a generous sponsorship from Apex Clean Energy!

19-21 - Get Outside and Lead!

During this weekend, Girl Scout Cadettes will complete the Program Aide (PA) training course and Girl Scout Seniors and Ambassadors will complete the Volunteer in Training (VIT) course. All Girl Scouts will enjoy various on-site activities during the event like high ropes course, archery, rock climbing, and more!

APRIL



APRIL

PROGRAMS

20 – Month of the Military Child Program with Embry Riddle Aeronautical University (Daisy, Brownie, Junior) – Details TBA!

Details TBA! Watch the USAGSO website and social media for additional information as soon as details are confirmed.

27 – Month of the Military Child Program with Embry Riddle Aeronautical University (Daisy, Brownie, Junior) – Details TBA!

Details TBA! Watch the USAGSO website and social media for additional information as soon as details are confirmed.

MAY



MAY

PROGRAMS

11 – STEMinist

Join us for this monthly, virtual program series featuring hands-on, enriching, and age-appropriate STEM activities for Girl Scouts all over the world!

18 – Bearly Camp-In

Girl Scouts are invited to dip their toes in the water as we BEARLY go campin'. Designed to give Girl Scouts an introduction to the outdoors and camping, this program is guaranteed to be a BEARY good time for all!

25 – Taste the World: Jollof Rice

During this session, we will celebrate Africa Day with Malakia as she teaches us how to make jollof rice.



PROGRAMS

June - August

JUNE

8-14 – Camp USAGSO in Switzerland

Get ready for the adventure of a lifetime at Camp USAGSO! With three exciting camp opportunities to choose from in 2024, we look forward to seeing you around the campfire.

15 – Black Girls Matter: Celebrate Juneteenth with Simone Hufana of ColorHerStory

Join USA Girl Scouts Overseas for a very special Juneteenth celebration, hosted by Simone Hufana, Founder of ColorHerStory and Program Manager at the Young Women's Freedom Center.

During our hour together, we will celebrate Juneteenth and explore the connection between this important holiday and Girl Scouts, learn more about Simone and her amazing ColorHerStory project, and ultimately walk away inspired to take action to make our world a better place!



PROGRAMS

June - August

JUNE

16 - Taste the World - Special Juneteenth Edition

During this special Juneteenth session, Eve will teach us how to make southern banana pudding as we learn more about this special holiday.

AUGUST

10-16 - Camp USAGSO in Germany

Get ready for the adventure of a lifetime at Camp USAGSO! With three exciting camp opportunities to choose from in 2024, we look forward to seeing you around the campfire.

SUMMER BREAK DIY PROGRAMS

Summer hiatus! Keep the Girl Scout fun going all summer long with these programs that can be completed individually, with your family, or as a Troop/Overseas Committee.

1

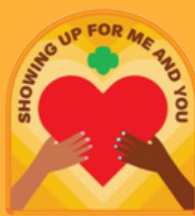
Resilient. Ready. Strong.



Life isn't always easy, but dealing with tricky emotions doesn't have to be so hard. Try activities from the Girl Scouts: Resilient. Ready. Strong. program to unlock a patch and strengthen your mental wellness. Nobody can snap their fingers and make the world all sunshine and lollipops, but you can take steps to be ready when things get tough. Go get 'em, Girl Scout!

2

Mental Wellness Patches



Studies show that girls are disproportionately affected by the increasing mental health crisis in America and new National Alliance on Mental Illness (NAMI) data shows nearly 90% of parents are now prioritizing their child's mental health over academic achievement, yet teachers are tapped, and therapists have patient waitlists up to a yearlong. The Girl Scouts Mental Wellness Initiative aims to equip our youth and their caregivers with the tools needed to support their own mental wellness and proactively practice self-care.

These mental wellness patches are designed for girls from grades 4 through 12 [Juniors to Ambassadors] and include adult facilitator guides, meeting aids, parent/caregiver resources, teaser activities, and marketing tools to equip Girl Scout volunteers to support youth mental wellness.



SUMMER BREAK DIY PROGRAMS

3

Maker Badges



Girl Scouts' new Makers badges teach girls how to dream big, innovate, and use their imaginations to move the community forward. Whether they're making a work of art, or using their inventions to help others—Daisies, Brownies, and Juniors all have the opportunity to unlock nine new badges and show off their self-expression.

The Maker Badges include: Art and Design, Craft and Tinker, and Create and Innovate. Detailed choice activities, meeting tools, and additional resources and materials can be found within the Volunteer Toolkit (VTK) on my.girlscouts.org.

4

Girl Scouts and SciStarter

scistarter
Science we can do together.

Girl Scouts has teamed up with SciStarter to curate projects for girls, volunteers, and others to deepen their engagement in citizen science and explore outdoor STEM.



SUMMER BREAK DIY PROGRAMS

5

Girl Scouts Love the Outdoors Challenge



You don't need access to a national park or the woods to enjoy the outdoors! So put yourself out there with us and participate in our Girl Scouts Love the Outdoors Challenge. Spending at least 120 minutes a week in nature is associated with good health and wellbeing, even if you spend that time becoming a rockstar at rock climbing or making a splash in the puddles around your neighborhood. Download the free [activity sheet](#) to see what's possible right outside your own front door today!





GIRL SCOUTS GOING PLACES BOOK CLUB

No matter where in the world you're spending your summer, our Girl Scouts Going Places Book Club reading list is sure to help you expand your horizons!

Between 1 June - 31 August 2024

Girl Scouts Overseas who read a book or two off our reading list will earn a fun patch to show the world you had an epic summer of discovery!

READING LIST

Please submit [this form](#) to claim your patch!





GIRL SCOUTS GOING PLACES BOOK CLUB

READING LIST

Delightful Books for Daisies

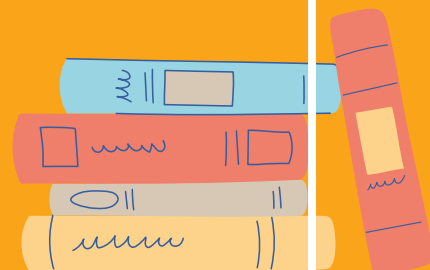
- I Dream of Popo, by Livia Blackburn
- G My Name is Girl, by Dawn Masi
- Parker Looks Up: An Extraordinary Moment, by Parker Curry
- Stella's Stellar Hair, by Yesena Moises
- Peanut Goes For the Gold, by Jonathan Van Ness
- Evelyn Del Rey is Moving Away, by Meg Medina
- I Will Dance, by Nancy Bo Flood
- Here Come the Girl Scouts! The Amazing All-True Story of Juliette "Daisy" Gordon Low and Her Great Adventures, by Shana Corey

Jamming Books for Juniors

- The Bridge Home, by Padma Venkatraman
- Swim Team, by Johnnie Christmas
- The Last Cuentista, by Donna Barba Higuera
- A Place at the Table, by Saadia Faruqi & Laura Shovan
- Path to the Stars: My Journey from Girl Scout to Rocket Scientist, by Sylvia Acevedo
- The Serpent's Secret, by Sayantani Dasgupta
- Maya and the Dark Rising, by Rena Barron
- Smile, by Raina Telgemeier

Brilliant Books for Brownies

- Adventures to School: Real-Life Journeys of Students from Around the World, by Baptiste Paul
- Raise Your Hand, by Alice Paul Tapper
- Who Was Juliette Gordon Low? by Dana Meachen Rau
- Girls Who Code series, by Stacia Deutsch
- Power to the Princess, by Vita Murrow
- She Can STEM: 50 Trailblazing Women in Science from Ancient History to Today, by Liz Lee Heinecke
- Jill Biden: Making a Difference as First Lady, by Katie Kawa
- The Van Buren Sisters vs. The Pants Police, by Jennifer Fox





GIRL SCOUTS GOING PLACES BOOK CLUB

READING LIST CONT'D

Cool Books for Cadettes

- A Bit of Earth, by Karuna Riazi
- The Not-So-Uniform Life of Holly-Mei, by Christina Matula
- The Year of the Buttered Cat, by Susan Haas
- Snapdragon, by Kat Leyh
- Troop 6000: How a Group of Homeless Girls Scouts Inspired the World, by Nikita Stewart
- The Marvellers, by Dhonielle Clayton
- Brazen: Rebel Ladies Who Rocked the World, by Pénélope Bagiu
- Lola Benko, Treasure Hunter, by Beth McMullen

Adventurous Books for Ambassadors

- Have You Seen My Sister? by Kirsty McKay
- This Place is Still Beautiful, by XiXi Tian
- My Father, the Panda Killer, by Jamie Hoang
- A Study in Drowning, by Ava Reid
- The Silence That Binds Us, by Joanna Ho
- If You, Then Me, by Yvonne Wu
- Private Label, by Kelly Yang
- There's No Way I'd Die First, by Lisa Springer

Sensational Books for Seniors

- An Arrow to the Moon, by Emily X. R. Pan
- How We Can Win: Race, History, and Changing the Money Game That's Rigged, by Kimberly Jones
- Almost American Girl, by Robin Ha
- The Inheritance Games, by Jennifer Lynn Barnes
- We Are the Wildcats, by Siobhan Vivian
- Don't Ask Me Where I'm From, by Jennifer De Leon
- 10 Things I Hate About Pinky, by Sandhya Menon
- Girls With Sharp Sticks, by Suzanne Young



Special thank you to Overseas Volunteer Partner and Middle School Librarian, Carol Youssif, for curating this amazing reading list!



TASTE THE WORLD PROGRAM PASS

Join USA Girl Scouts Overseas for another series of delicious cooking classes in Taste the World! Once a month, we feature a Chef or Home Cook, teaching us how to create a dish from their country. The host will share stories about their country and their culture as they guide you through how to prepare the dish du jour.

JANUARY 20

Taste the World: Eintopf

February 10

Taste the World: Fried Chicken

March 10

Taste the World: Pepernoten and Pannenkoeken

April 13

Taste the World: MoMC Chow Hall Breakfast

May 25

Taste the World: Jollof Rice

June 15

Taste the World - Special Juneteenth Edition

Grab your Taste the World Program Pass today to secure your spot at all six Taste the World sessions!





COOKIE RALLY

Through hands-on activities, special guest presenters, and even an exclusive concert from our host, pop singer/songwriter and Girl Scout Lifetime Member, Kristina Lachaga, girls will not only have a blast, but will also leave ready to rock the Cookie Season!



Open to all program grade levels (Girl Scout Daisies through Ambassadors) and adult volunteers.

13 January

3am - 6am EST / 9am -
12pm CET / 5pm - 8pm JST

Register [HERE!](#)



OVERNIGHT CAMP

In 2024, camp is open to Brownies through Ambassador Girl Scouts. Campers must be actively registered (MY24) members of USAGSO. Girl Scouts from Councils in the US and Girl Guides may register for an additional \$100 out-of-council fee.

USA Girl Scouts Overseas is excited to offer three amazing camp opportunities for Girl Scouts in 2024!!

24-29 March in Taiwan

8-14 June in Switzerland

10-16 August in Germany

Register [HERE!](#)





COOKIES

USAGSO's 2024 Girl Scout Cookie Program Sale Dates:

February 2 to March 17: - In-person Cookie Sales &
Digital Cookie Sales

USAGSO 2023-2024 Cookie Calendar

September 2023

- 15 - Cookie trainings available in gsLearn
Cookie Merchandise Online Store opens
- 21 - OCMT exclusive Cookie Bite Workshop

October 2023

- 1 - eBudde access available
- 12 - OCMT exclusive Cookie Bite Workshop
- 23: Cookie orders due to USAGSO**
- 31 - Last day OCMT bulk registration for Virtual
Rally & Cookie Rally Kits
Last day OCMT can order from the Cookie
Patches Online Store
Last day OCMT Cookie Printed Material Opt-out
Update your OC mailing address HERE



COOKIES

November 2023

2 - Cookie Bite Workshop – What’s New in 2024!

10 - USVI cookie pre-orders start

December 2023

7 - Cookie Bite Workshop – Cookie Rally & Badges

4 - USVI pre-orders end

8 - USVI Cookie orders due to USAGSO

January 2024

4 - Cookie Bite Workshop – Digital Cookie &
Developing a Cookie Sales Strategy

13 - Virtual Cookie Rally

16 - Volunteer access Digital Cookie Strategy

24 - Parent/Girl access Digital Cookie

31 - OC Girl Rewards Optout

February 2024

1 - Cookie Bite Workshop – Q&A Session

2 - In-person Cookie Sales & Digital Cookie Sales

BEGIN

16-18 - National Girl Scout Cookie Weekend



COOKIES

March 2024

7 - Cookie Bite Workshop – Q&A Session

17: All cookie sales END

Volunteers Feedback

Families Feedback

Don't miss this opportunity to let USAGSO know what worked and what needs to improve in the Cookie Program. Your input is very valuable to us and it helps us plan for the next cookie season

24 - Digital Cookie Donations to Donate Locally Form
due to USAGSO

Final Cookie Inventory Report form due to USAGSO
Submit girl rewards in eBudde

April 2024

4 - Cookie Bite Workshop – Celebrate, Relax, and Rejuvenate

5 - Cookie final invoices due to communities

Volunteers Submit Cookie Program Evaluation

15 - Cookie payments due

Only applies to in-person cookie selling communities.



COOKIES

Cookie Bite Workshops

This year USAGSO is excited to host a series of live Cookie Bite Workshops designed to provide volunteers with bites of Cookie Program news and information. Volunteers can register to attend these live workshops in gsLearn and each workshop is offered twice—6 p.m. in JST & again at 6 p.m. in CET/CEST. Recordings will be available in gsLearn following each workshop. Below are the workshop dates and topics.

OCMT exclusive Cookie Bite Workshop
(OCMT only): September 21 & October 12

Cookie Bite Workshops (all volunteers)-

First Thursday of every month

November 2 - What's New in 2024!

December 7 - Cookie Rally & Badges

January 4 - Digital Cookie & Developing a Cookie
Sales Strategy

February 1 - Q&A Session

March 7 - Q&A Session

April 4 - Celebrate, Relax, and Rejuvenate



COOKIES

Important Resources

[Volunteer Cookie Resources including Cookie Program Manuals](#)

[USAGSO Cookies FAQ's](#)

[USAGSO Digital Cookie](#)



MEMBERSHIP

January 1-31 - Early Bird Patch Contest

Calling all artists and designers! Enter for a chance to have your patch design featured on the 2024 - 2025 USAGSO Early Bird patch!

Save the Dates for this Spring!

1 April - Early Bird and Extended Year Membership Starts

22 April - Troop Leader Appreciation Day!

April is also Month of the Military Child and Volunteer Appreciation month.

Follow our social media to learn more.

EOY Financials

End of Year Financials are due June 30, 2024
(Everything that is required is linked [here on the website](#))

**Follow our social media
and join our FB groups
for more information.**

[USA Girl Scouts Overseas](#)

**[USA Girl Scouts Overseas
Volunteers](#)**





FOR VOLUNTEERS

Relevant, accessible training and resources are the key to success as a Girl Scout volunteer, and USAGSO is here to help equip you with everything you need to ensure a positive Girl Scout experience for every girl, everywhere.

Below, you will find USAGSO's content roadmap for all of our volunteers. All trainings are found in gsLearn, accessed through your myGS account. We recommend completing required trainings for your volunteer position(s) within one month of appointment. So, if you haven't already knocked all of these out, be sure to log into gsLearn soon!

Required for Troop Leaders:

- USAGSO 101
- Troop Leader Onboarding
- Overseas Updates

Required for Overseas Committee Management Team Members:

- OCMT 101
- OCMT Onboarding & OCMT Planning Packet
- Overseas Updates
- Position Trainings
 - o OCC Training
 - o Secretary Training
 - o Registrar Training
 - o Treasurer Training
 - o Cookie Manager Training
 - o Recruiter Training

Keep reading for additional enrichment training opportunities!

JANUARY



JANUARY

VOLUNTEER

Adult Development Calendar

9 – Overseas Updates

Our monthly Overseas Updates are wonderful opportunities to hear directly from USAGSO staff and meet other volunteers from communities around the world. You will hear important Girl Scout news and learn about new opportunities available to the members of your community. Register in [gsLearn](#).

All trainings are available on [gsLearn](#).

JANUARY



JANUARY

VOLUNTEER

Adult Development Calendar

16 - Resiliency Mindset in Times of Change

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth

Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

All trainings are available on [gsLearn](#).

JANUARY



JANUARY

VOLUNTEER

Adult Development Calendar

Juliette's Pearls of Wisdom, Adult Awards

Join us each month as we explore topics near and dear to our Girl Scout volunteers' heart! From tips on program planning to resources on recruiting, there is sure to be something for everyone in our Juliette's Pearls of Wisdom line-up. These Pearls are shared in our USAGSO Volunteer Facebook group as well as in gsLearn.

All trainings are available on gsLearn.

FEBRUARY



FEBRUARY

VOLUNTEER

Adult Development Calendar

21 & 28 - Youth Mental Health First Aid Training

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

All trainings are available on [gsLearn](#).

FEBRUARY



FEBRUARY

VOLUNTEER

Adult Development Calendar

Juliette's Pearls of Wisdom, Girl Scout History & Traditions

Join us each month as we explore topics near and dear to our Girl Scout volunteers' heart! From tips on program planning to resources on recruiting, there is sure to be something for everyone in our Juliette's Pearls of Wisdom line-up. These Pearls are shared in our USAGSO Volunteer Facebook group as well as in gsLearn.

All trainings are available on gsLearn.

MARCH



MARCH

VOLUNTEER

Adult Development Calendar

11 - Resiliency Mindset in Times of Change

Research shows that resilience is a teachable mindset and skillset that few people are taught, but everyone needs, especially when dealing with times of change. It is the unlock key for success in long-term, massively-challenging endeavors. During this course, we'll explore and strengthen our mental, emotional, physical, and social skills for resilience.

12 - Overseas Updates

Our monthly Overseas Updates are wonderful opportunities to hear directly from USAGSO staff and meet other volunteers from communities around the world. You will hear important Girl Scout news and learn about new opportunities available to the members of your community. Register in [gsLearn](#).

All trainings are available on [gsLearn](#).

MARCH



MARCH

VOLUNTEER

Adult Development Calendar

Juliette's Pearls of Wisdom, Tips for Planning Overseas Committee-Wide Camporees

Join us each month as we explore topics near and dear to our Girl Scout volunteers' heart! From tips on program planning to resources on recruiting, there is sure to be something for everyone in our Juliette's Pearls of Wisdom line-up. These Pearls are shared in our USAGSO Volunteer Facebook group as well as in gsLearn.

All trainings are available on gsLearn.

APRIL



APRIL

VOLUNTEER

Adult Development Calendar

17 & 24 - Youth Mental Health First Aid Training

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

All trainings are available on [gsLearn](#).

APRIL



APRIL

VOLUNTEER

Adult Development Calendar

Juliette's Pearls of Wisdom, Lady Baden Powell Award

Join us each month as we explore topics near and dear to our Girl Scout volunteers' heart! From tips on program planning to resources on recruiting, there is sure to be something for everyone in our Juliette's Pearls of Wisdom line-up. These Pearls are shared in our USAGSO Volunteer Facebook group as well as in gsLearn.

All trainings are available on [gsLearn](#).

MAY



MAY

VOLUNTEER

Adult Development Calendar

3-5 – Virtual Adult Learning Conference (VALC)

Join us for our 3rd annual Virtual Adult Learning Conference (VALC) as we network, learn, and grow together to achieve our goals! Registration for this event gets you a front-row seat to all live plenary, networking, and breakout sessions May 3rd - 5th as well as access to recordings (via gsLearn) after the conference ends.

14 – Overseas Updates

Our monthly Overseas Updates are wonderful opportunities to hear directly from USAGSO staff and meet other volunteers from communities around the world. You will hear important Girl Scout news and learn about new opportunities available to the members of your community. Register in gsLearn.

All trainings are available on gsLearn.

MAY



MAY

VOLUNTEER

Adult Development Calendar

Juliette's Pearls of Wisdom, Service Versus Take Action Projects

Join us each month as we explore topics near and dear to our Girl Scout volunteers' heart! From tips on program planning to resources on recruiting, there is sure to be something for everyone in our Juliette's Pearls of Wisdom line-up. These Pearls are shared in our USAGSO Volunteer Facebook group as well as in gsLearn.

All trainings are available on [gsLearn](#).



VOLUNTEER

Adult Development Calendar

June - August

JUNE

**Juliette's Pearls of Wisdom,
Leading Successful Meetings for Adults**

JULY

Juliette's Pearls of Wisdom, Avoiding Burnout

AUGUST

**Juliette's Pearls of Wisdom, JGL Birthday Ideas
for Troops and Overseas Committees**

Join us each month as we explore topics near and dear to our Girl Scout volunteers' heart! From tips on program planning to resources on recruiting, there is sure to be something for everyone in our Juliette's Pearls of Wisdom line-up. These Pearls are shared in our USAGSO Volunteer Facebook group as well as in gsLearn.



VIRTUAL ADULT LEARNING CONFERENCE (VALC)

Join us for our 3rd annual Virtual Adult Learning Conference (VALC) as we network, learn, and grow together to achieve our goals! Registration for this event gets you a front-row seat to all live plenary, networking, and breakout sessions May 3rd - 5th as well as access to recordings (via gsLearn) after the conference ends.

[REGISTER HERE](#)

MENTAL HEALTH AND RESILIENCY



February 21 & 28 OR April 17 & 24

ABOUT THE COURSE:

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.



MENTAL HEALTH AND RESILIENCY



ABOUT YOUR FACILITATOR:

Dr. Stefanie Argus (she/her) is an Assistant Professor of Education at Landmark College. She holds a Ph.D. in Education from the University of Rhode Island/Rhode Island College, a Master of Arts in Adventure Education, and a Bachelor of Arts in Psychology & Education. She is a Lifetime member of Girl Scouts USA, having joined at age 5, and is a proud Gold Award Girl Scout. She now serves as a National Volunteer Partner with Girl Scouts USA. Stefanie currently sits on the World Board of the World Association of Girl Guides & Girl Scouts (WAGGGS) as one of seventeen Trustees. She also chairs the WAGGGS Western Hemisphere Regional Committee, which supports Girl Guiding and Girl Scouting across 35 countries in North America, Central America, South America, and the Caribbean.

COURSE SCHEDULE:

All participants will be asked to complete approximately 2-hours of online sessions on their own, prior to our live class time. The live sessions will take place on back-to-back Wednesdays and last 3 - 3.5 hours each (including breaks). Due to the interactive nature of the training, we will NOT record the live sessions. Participants must attend live. Total training time will be about 7-hours.



MENTAL HEALTH AND RESILIENCY



January 30 OR March 11

ABOUT THE COURSE:

Research shows that resilience is a teachable mindset and skillset that few people are taught, but everyone needs, especially when dealing with times of change. It is the unlock key for success in long-term, massively-challenging endeavors. During this course, we'll explore and strengthen our mental, emotional, physical, and social skills for resilience.

MENTAL HEALTH AND RESILIENCY

ABOUT YOUR FACILITATOR:

Diana Ringquist, MA, MSW, ACC is a widely sought out speaker, trainer, and coach. She is the CEO and founder of The Modern Goddess Project, ICF Accredited Coach, Certified B3 trainer, author, and creator of the unique “StoryLines”™ method and intervention tool. Diana is dedicated to helping individuals and organizations thrive using the science of positive psychology.

COURSE SCHEDULE:

This 2-hour training will be offered twice at varying times to meet as many time zone needs as possible. Please sign up for the session that best matches your availability. Due to the interactive nature of the training, we will NOT record these sessions. Participants must attend live.



Juliette's

Pearls of Wisdom.

Join us each month as we explore topics near and dear to our Girl Scout volunteers' heart! From tips on program planning to resources on recruiting, there is sure to be something for everyone in our Juliette's Pearls of Wisdom line-up. These Pearls are shared in our USAGSO Volunteer Facebook group as well as in gsLearn.

JANUARY - Adult Awards

**MAY - Service Versus
Take Action Projects**

**FEBRUARY - Girl Scout History
& Traditions**

**JUNE - Leading Successful
Meetings for Adults**

**MARCH - Tips for
Planning Overseas
Committee-Wide Camporees**

JULY - Avoiding Burnout

**APRIL - Lady Baden
Powell Award**

**AUGUST - JGL Birthday Ideas
for Troops and
Overseas Committees**

Missed a session? Find all the recordings on gsLearn!