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Manlius Girl Scout Hosts Virtual Mental Health and Art Therapy Classes as Part of Gold Award Project

Cicero, N.Y. (April 14, 2022) — Ana Dentler, 16, of Girl Scout Troop 10168 of the [Girl Scouts of NYPENN Pathways](#) (GSNYPENN) Council has created an 8-week “Crafts & Care” virtual class focused on mental health and art therapy as part of earning her Girl Scout Gold Award. The Gold Award is the highest award a Girl Scout Ambassador (grades 11-12) can earn. Girls who pursue their Gold Award are looking to develop and carry out lasting solutions to issues in their neighborhoods and beyond.



Ana’s Gold Award project is focused on mental health. Any youth aged 13-18 is invited to join her weekly virtual class. It will be held every Monday at 4:30 p.m. beginning April 25 through June 13. Participants will discuss stress, anxiety, feelings of sadness, and ways to cope. They will also practice art therapy through fun, easy art activities offered each session. All art activities can be completed with basic household supplies.

Ana, a resident of Manlius, is currently an 11th grader at Fayetteville-Manlius High School. She is not a mental health professional; however, she hopes to spread awareness about mental health and offer a chance for adolescents to participate in art therapy activities.

“Mental health is just as important as physical health. To the best of my ability, I want to spread awareness about what others might be going through and how to help youth in my community,” she says.

To get in touch with Ana with any questions about her Gold Award project or to sign up for her classes, email craftsandcare00@gmail.com. Please include the class participant’s name, age and email address. Class links and updates will be communicated via email.

GSNYPENN serves girls in K-12 across 26 counties: Allegany, Broome, Cayuga, Chemung, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Ontario, Oswego, Otsego, St. Lawrence, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne and Yates in New York and Bradford and Tioga in Pennsylvania.

Annual membership is just \$25 and financial assistance is available. To start her adventure, visit gsnypenn.org/join. To become a volunteer, learn more at gsnypenn.org/volunteer. To help make Girl Scouting possible for girls in your community, visit gsnypenn.org/donate.

(All photos used with permission, courtesy of Girl Scouts of NYPENN Pathways)

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About Girl Scouts of NYPENN Pathways, Inc.

Girl Scouts is the preeminent leadership development organization for girls in grades K-12. Our extraordinary journey began in 1912 when our Movement was founded by Juliette Gordon “Daisy” Low. Today, we continue the Girl Scout mission of building girls of courage, confidence, and character, who make the world a better place. We offer every girl the chance to practice a lifetime of leadership, adventure and success. GSNYPENN is chartered by Girl Scouts of the USA to administer the Girl Scout program in 24 counties of New York and two in Pennsylvania.