



Access patch program resources using the links below.

[Submit a patch request here](#) once you have earned the patch(es). Patches available to GSMISTS Girl Scouts FREE thanks to sponsorship from *Priority Health*.



Program	Cost	Attendees	Other
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Mental Health & Wellness Patches

Life isn't always easy, but dealing with tricky emotions doesn't have to be! Get started on your self-care journey with fun, grade-appropriate activities that help you discover and tap into your inner strength.

FREE

No minimum
No maximum

Patches must be requested via jotform link above.

[Resilient. Ready. Strong.](#)

[Knowing My Emotions](#)

[Finding My Voice](#)

[Showing Up for Me and You](#)