

# GS Lounge - Happiness Toolbox

## Practical Tools for Fostering Happiness in Your Life



### Girl Scout Seniors & Ambassadors in Grades 9-12

GS Lounge is YOUR place online where Girl Scout teens come together for mentorship, casual conversations, meaningful discussions, and personal growth opportunities! Hang out for great GS sisterhood!



**Meet Dr. Julie Fallon, a board-certified pediatrician who has worked with teens for over 20 years and join her in meaningful conversation, to elevate your mental wellness!**

Learn the science of happiness - how your brain responds to stressors in your life.  
Practice techniques to calm your mind - manage emotions to better serve you.  
Discover quick strategies to reframe your perspective – positively.

**Monday, September 11, 2023**  
**5pm to 6pm on Zoom**

**Event & patches are offered at no cost for All Girl Scouts**  
Generously funded by BLOOMINGDALE'S. Let's all go to show our thanks!

**Learn more and register at**  
**[girlscoutsoc.org/calendar](https://girlscoutsoc.org/calendar)**



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Event is a collaboration between  
Girl Scouts of Orange County and  
the professionals at [Skills IRL](https://www.skillsirl.com)

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