

How Can We Help
Each Other...

**Positive
Affirmations**

**Tell them
you care!**

**Spend quality
time with
friends**

Don't judge

**Understand that
depression is
real**

**Remind them
of their
strengths**

**Show them
they are not
alone**

**Be open-
minded and
willing to listen**



Thank You...

To the many volunteers who made
this project possible:

Project Advisor:

Cheryl Vermette

GSSGC Gold Award Advisors:

Anne Rice

Lisa Cromwell

Construction Team:

Greg Heldreth

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Cheryl Vermette

Sign at the Park:

Darren Hinrichs – PrintMart

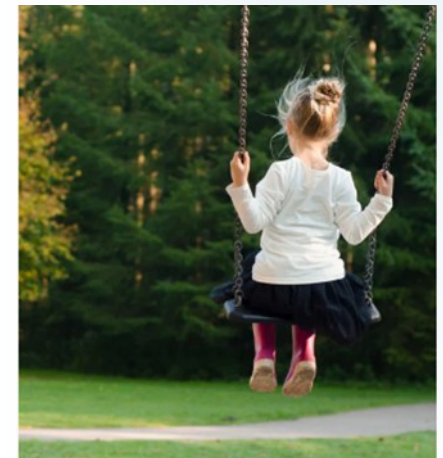
Girl Scouts of San Geronio



Bri has been a girl scout since the first grade. It has been her goal to complete her Gold Award Project (Girl Scouts highest award), as a promise she made to her grandfather who passed away in 2023. Bri has "bridged" to adult and is currently attending college with the goal of becoming a psychologist.

Bri's Gold Project

*"It's okay to be a
kid again."*



*Always remember that you
are enough. You are strong,
brave, smart, loved, resilient,
worthy and
wonderfully unique.*



Swing Set at the Park Project

A memory from my childhood inspired this project. When I was little and things in the house got to be too much, my mom would take us to the park and we'd sit down and swing until our worries withered away. The idea behind this swing set is to give kids and young adult a safe space to remember that its okay to sit down, kick your feet and let the worries fade as you soar away from all the hardships and negative moments in life.

If you haven't visited Helendale Community Park, please take time to enjoy this little oasis in the middle of the desert and "be a kid again" as you swing on the swing set in the park.

There is always someone you can talk to when life get rough...



F R I E N D S



School
COUNSELOR

**NO ONE HAS THE
RIGHT TO HURT YOU**

1-800-4-A-CHILD

(1-800-422-4453)

ChildhelpHotline.org



Text



Call



Chat

What to look for...

Signs of Depression in Teens

Anxiety or Sense of Doom

Low Self-Esteem

Negative About Everything

Eating More or Less

Irritable Mood & Isolation

Fatigue/Loss of Motivation

**Life is beautiful
and so are you!
Sit down,
kick your feet
and soar away
from
today's worries**