



## Take Care of Your Mental Health!



Cookie season can be stressful. During this time, we want to encourage everyone to take care of **you** — you got this! Tap in to the new Girl Scouts [\*\*Mental Wellness patch program\*\*](#) for self-care tips that include fun, age-appropriate activities that will help you discover your strength.

[\*\*DISCOVER MORE\*\*](#)

## Cookie Season is Here:

Whether you experience Girl Scouts as a Juliette or in a troop, girls can earn and learn while participating in the world's largest girl-led business, the Girl Scout Cookie Program. To get an early start on your cookie business, you should have received your publication, *MyCookies, Inc.* and an email invitation from Digital Cookie to create your online cookie business. This email will come from *Girl Scout Cookies* <[email@email.girlscouts.org](mailto:email@email.girlscouts.org)> and say "*It's Time to Register Your Girl Scout for Digital Cookie.*" Be sure and check your **spam/junk folder** if you have not seen it.

### Important Dates:

- January 14: Initial Order Due to council (optional).
- Direct Sale Begins: As soon as you have cookies in hand!
- February 7 – 10: Initial Order pickup.
  - **Submit an order** to pickup (dates and times will vary depending on pickup location): [click here](#) to submit.
  - **Participation Permission Form** must be on file for participation: [click here](#) to submit.
  - **Remember** to always receive a signed receipt for product and money interactions.
- March 17: Last day of Cookie Program.
- March 18 - 22: All remaining money due to council.

On your first pickup, you will receive:

- Money Envelopes
- Care & Share Receipts
- Girl Inventory Worksheets
- Juliette Cupboard hours for your specific cupboard

## Juliette Caregiver Q&A Sessions



Mark your calendar for February 8 and join your Juliette support staff live to answer any questions and share ideas to help you support your Girl Scout. We encourage all to participate in the Juliette Q&A Sessions available the second month of each quarter on the second Thursday at two different times: 12:30 p.m. and 6:30 p.m.

[JOIN THE MEETING](#)

### Tis the Season for Entrepreneurship:

Select "[badge work](#)" on the "[For Juliettes](#)" section on the website. In the "[Explore Your Interests](#)" section, click "[learn more](#)" and discover the many badges and pins available to expand your entrepreneurship knowledge!

[Discover more >>](#)

## Meet the Team!



Do you know who your Juliette Support Specialist is? Locate which service unit you are in by [looking at this map](#) and then find your staff contact information here:

### **Jaclyn Vargas**

(316) 684-6531 ext. 3504

[jvargas@gskh.org](mailto:jvargas@gskh.org)

- SU70
- SU71
- SU72
- SU73
- SU74
- SU75
- SU76
- SU77
- SU80

### **Leslie Ring**

(316) 684-6531 ext. 5502

[lring@gskh.org](mailto:lring@gskh.org)

- SU78
- SU79
- SU81
- SU83
- SU84
- SU85
- SU86

### **Nicole Cline**

(316) 684-6531 ext. 1511

[ncline@gskh.org](mailto:ncline@gskh.org)

- SU82
- SU87
- SU88
- SU89
- SU90
- SU91
- SU92

You can also email any of the Juliette Support Specialists at [info@gskh.org](mailto:info@gskh.org) or call at (316) 684-6531.

## Additional Resource:

Although the Juliette's Journal newsletter is only each quarter, we do have another resource available to you! The Blazing Trails newsletter goes out to everyone each month on the third Thursday.

The next Juliette's Journal will be April 11. If you have any questions or need help, please contact us at [info@gskh.org](mailto:info@gskh.org) or (888) 686-6468.



## Social Connection

Stay up-to-date on the latest programming news, event opportunities, and more with the GSKH Sisterhood: Program Connections group on Facebook.

[Join Program Connections »](#)



Have a question? Don't be shy!  
[Contact us](#) for more information.