



# Zoe Golston

## *Healing Young Hearts*

Growing up, Zoe witnessed her loved ones struggle with their mental health issues and always made an effort to support them in any way. For her Gold Award project, Zoe wanted to give her Girl Scout Sisters the knowledge and resources they'd need to recognize and act on mental health hurdles. Zoe created mental health workshops that were made to accommodate the needs of the different Girl Scout levels – hosting various activities including yoga, breathing exercises and journaling. Additionally, she created informational pamphlets for community members and held a Jingle Gold Hike in collaboration with a fellow Gold Awardee to teach girls about mental health and environmental sustainability while taking a walk outside. Through her project, Zoe reached 250 Girl Scouts, including 14 troops, and received positive feedback on the lasting impact of her workshops. A Girl Scout of 13 years, Zoe hopes to attend college after graduating from high school where she'll major in theatre.

