



## Tools for a Healthy Family

Audrey Calovich has been a Girl Scout for 13 years as a part of Troop 739 and as an individual Girl Scout in Service Unit 620. She is an alumna and currently a freshman at the University of Kansas. Audrey is also a member of Kappa Delta Sorority, of which Girl Scouts is the national philanthropy.

Audrey's Gold Award project addressed families, especially mothers and children, dealing with substance abuse issues. "Tools for a Healthy Family" empowered women to use exercise based activities and crafts to bond with their children and have positive outlets for stress. Audrey and her team organized events at Amethyst Place where mothers and children would learn a new activity and participate as a group. Activities ranged from yoga to sports to crafts. She found the most positive part of the program was seeing the mothers express themselves creatively as families bonded.

Audrey worked with Amethyst Place to address her audience—families struggling with substance abuse issues. The project has a lasting impact for the women as well as the children involved. The hope is that these activities will continue to provide a transformative experience on the families and help the participants break the cycle of substance abuse and keep families together.

**Audrey Calovich**

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