



STARGAZERS

Girls' Coming-of-Age Circles

Remember what life was like when you were about 12? Remember your worries about cliques, crushes, and body image? Your daughter is facing the same things...plus more in a 24/7 online world. But what if it could be different?

Imagine a middle school girl who stands tall and moves with confidence because she knows and trusts who she truly is. A girl who believes in her innate value and self-worth, no matter what anyone else says.

I want that girl to be your daughter. And mine! That is why I created the Stargazers program. I bring adolescent girls together in coming-of-age circles, guiding them with the tools, knowledge, and love they need to become strong, confident young women. A circle gives them:

- **A safe space** to ask questions, share big feelings, learn new skills, and be themselves
- **Friendly peers** who learn to respect and trust each other
- **Wise and caring guides** who put the girls' well-being first

Meeting in circle helps shift our priorities back to kindness, respect, and collaboration. When we come together, we are strong. I'm here to be strong for our daughters so they can thrive during this key turning point in their lives.

I'm Christina Nguyen, founder of Dreaming Sky Coaching. I'm forming a circle of nine middle school girls (grades 6-8) and their moms/guardians for spring. **The first gathering is FREE and starts March 29, 2020** so your daughter can try it. Everyone is welcome, including LGBTQIA+ girls and families. Join us!

DREAMING SKY
COACHING

Register today: christina@dreamingskycoaching or 612-208-8462.
Follow @DreamingSkyCoaching on Facebook and Instagram.

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