

# STARGAZERS

## Girls' Coming-of-Age Circles

### **Connection and confidence for middle school girls**

I'm Christina (Tina) Nguyen, and I lead Stargazers circles for middle school girls (grades 6-8). As a mom of a middle school girl, I wish she didn't have to live through any bullying, thorny friendship troubles, or agonizing moments of awkwardness and self-doubt. And today the stakes are much higher than when I was a girl because everything and everyone is online 24/7. That is why I guide girls through the challenging middle school years so they can know and love the women they are becoming.

### **What are circles?**

Circles are gatherings with deep roots in the traditional practices of indigenous people. When you sit in circle, you leave the ordinary world behind and enter a magical space. Everyone is equal and interconnected. You can slow down and breathe a little easier. As you practice deep listening, you have the chance to be seen and see others as their true selves.

In Stargazers circles, I offer middle school girls a safe space to explore who they are, connect with friendly peers, and learn important life skills that aren't usually taught in school. Being in a circle can boost a girl's confidence and overall well-being.

### **Stargazers helps girls to:**

- Have good friends and be a good friend
- Believe in their self-worth regardless of popularity or looks
- Claim their gifts, talents, and strengths with self-confidence
- Learn to make healthy decisions
- Understand, honor, and care for their changing bodies

### **Try a circle gathering for free**

Come experience the warmth and connection of a circle! Daughters (and mothers, if they want) are welcome to try it for free. We will meet online via Zoom on Sunday, September 20, 2020 from 1:30-3:00 p.m. Central time. Our theme is bravery. We'll talk about what courage is and what it means to be brave even when we feel afraid.

**Register here:** <http://drmsky.us/stargazerstryit>



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