

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--whether in the physical world or in one of today's virtual gathering spaces like Zoom--you leave ordinary life 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! Girls (and moms/guardians, if they want) are welcome to try it for free. We will meet online via Zoom on Sunday, April 11, 2021 from 1:30-3:00 p.m. Central time. Our theme is beauty. We'll talk about who sets the standards of beauty and how we can appreciate our own true inner and outer beauty.

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



christinaedreamingskycircles.com | 612-208-8462 | @DreamingSkyCircles

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