



NORTHSTAR

WOMEN'S CIRCLE

NorthStar Women's Circle is a cultural support group for women to share, explore, build skills, and encourage one another to live authentically in mind, body, heart, and spirit.

A program for women in... colleges, careers, recovery programs, institutions, job training, military or volunteer service, faith-based settings, homemakers and caregivers.



Through discussions and creative arts activities, women address and build skills in the areas of relationships, self-care, clarifying purpose, goal setting, money, conflicts, skills in home, work and professional life, and more...

HOW IT ALL WORKS?

Group circles are led by Mama Ngina, the CEO/Founder of North Star Women's Circle

**MAMA NGINA
GUIDES 5-10
PARTICIPANTS
THROUGH 1.5 -
2 HOUR
WEEKLY
SESSIONS
DURING AN 8-
12 WEEK
PERIOD*.
GROUPS ARE
AGE-
APPROPRIATE
WITH GENDER-
RELEVANT
THEMES AND
EMPLOY
STRENGTHS-
BASED
FACILITATION
STRATEGIES.**



My Culture

is my compass!

**SPONSORED
BY**



HOW IT ALL WORKS?

Group circles are led by JC Wheeler
Community Engagement Officer of
North Star Women's Circle



**JC GUIDES 5-10
PARTICIPANTS
THROUGH 1.5 -
2 HOUR
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NorthStar Women's Circle offers a female adult development program model to strengthen women's competencies and capacities in relationships, health, and identity.

Two ways to participate

#1 Join us at our. bi-monthly gatherings held on Wednesdays, Virtual 7pm-8pm

or

**#2 Let us create circle gatherings for your group!
Our circle curricula offers a unique level of programming sustainability, adaptable to meet the needs of varied populations with the appropriate level of care and relevant content.
well.**

Public and private organizations and programs can benefit from the clarity of structure and the African-centered approach of the curricula . We provide units on various topics based on the needs and interests of your group(s). The groups can be short term or ongoing, and are usually "closed" groups but in high-transition settings, "open" groups are successful as well.

Contact: OYAO Outreach@gmail.com for registration details.