



GATHERINGS by Hey Girl Hey

Women have always and will always long to gather. We are hard-wired for the natural order of interdependence. Carl Jung and later feminists identified this longing as the “feminine principle”—an archetype tied to nurturance, intuition, collaboration, and cyclical wisdom. Women’s circles represent sacred spaces where the feminine voice—often silenced in patriarchal systems— can express, witness, and heal itself.

Women’s circles are an ancient practice. Historically, women were the backbone of early societies. While men hunted or went to war, women gathered food, tended children, and managed the social and emotional fabric of the tribe. These circles became the first spaces for exchanging knowledge, mutual aid, and emotional care.

In community, they taught one another how to birth babies, heal the sick, cook, weave, and sustain life. Anthropologists often refer to this as “alloparenting” — a system in which child-rearing and survival were communal rather than individual. This cooperation became a form of social glue that increased the resilience of the whole group.

There have been countless iterations of these gatherings over centuries. From secluded menstrual huts, to sewing circles to Tupperware parties to modern-day book clubs, women instinctively find and create ways to gather.

What is a “Gathering”?

A small group meet-up where women come together for support, social connection, shared experience, and relational learning. Hey Girl Hey’s GATHERINGS are hosted, facilitated and curated by founder, Becky Kessler-Sykes.

What will a “Gathering” provide?

- Belonging and witnessing (“I see you, and you’re not alone.”)
- Shared wisdom across generations and experiences.
- Collective healing and empowerment.
- Facilitation (gatherings may be themed around a specific topic or be emergent.)
- Light snacks and drink options will be included.

What size is the group?

Space is limited. No more than 8 spots are available for each Gathering.

What’s the price?

\$65 per reservation.

Due when you reserve. Non-refundable, but one rescheduling allowance is given (with at least 48 hours notice of cancellation).