



Give your daughter the opportunity to grow into a stronger, more confident and connected Jewish woman

## *Rosh Hodesh: It's a Girl Thing!*

6<sup>th</sup> and 7<sup>th</sup> grade girls meet every month!

The teen years are an exciting but turbulent time when girls are dealing with self-esteem, body image, competition, relationships, and other issues. It's when friendship and mentorship are most needed, and the values and support of Jewish community can be a positive guiding force. This is why *Rosh Hodesh* exists.

In small peer groups with trained adult mentors, *Rosh Hodesh* creates experiences where girls can bond and

have open conversations about real teen issues once a month. Research shows *Rosh Hodesh* has a positive and lasting impact, empowering Jewish girls to become strong, confident young women.

*Rosh Hodesh*, and its brother program *Shevet Achim*, are signature programs of Moving Traditions—a national nonprofit committed to creating meaningful teen experiences that encourage self-discovery, promote self-confidence, and strengthen connections with the Jewish community.

#### DATE

One Sunday a Month

#### TIME

11:00 -1:00

#### PLACE

CBS

#### CONTACT

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