

# Rosh Hodesh



“The bonds I forged with the other girls in **Rosh Hodesh** are the strongest I’ve experienced, and I feel free to be who I am.”

## Headline

Group or event information

Contact information

### Discover Moving Traditions’ groups for teens, forming now for 2020 – 2021!

It’s not easy being a teenager. Even outside of school, the pressure is on, and issues like self-esteem, body image, competition, and relationships add to the noise. This is why real friendships and trusted mentors are important, and the values and support of Jewish community can be a positive guiding force. And this is why Moving Traditions created **Rosh Hodesh**.

Once a month, in small peer groups\* with trained adult mentors, teen girls bond and have open conversations in a safe space. **Rosh Hodesh** has a proven and lasting impact on teen girls, empowering them to become strong Jewish women.

\* Groups are designed to meet either online or in person.



**We help teens grow into confident, happy, and successful young adults!**