



# Shevet

“Shevet is a place where I really grew and felt comfortable being myself.”



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

Group or event information

Contact information

**Discover Moving Traditions’ groups for teens, forming now for 2022 – 2023!**

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** and **Shevet**.

Once a month, in small peer groups\* with trained adult mentors, teens bond and have open conversations in a safe space. **Rosh Hodesh** and **Shevet** both have a positive and lasting impact on teens, empowering them to become strong, confident, and happy young adults.

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



# 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.”

With support from:

