



# Rosh Hodesh

powered by  Moving Traditions

“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.”

## Discover Moving Traditions’ groups for teens, forming now for 2017 – 2018!

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.



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

**UJA**  **Federation**  
of New York

**JEWISH WOMEN'S**  
FOUNDATION OF NEW YORK

GENDEROSITY: it's up to us