

**jewish family
service** of western
massachusetts



Rosh Hodesh: It's a Girl Thing!

Calling all girls 7th-9th grade!

Rosh Hodesh is a place for girls to be safe, smart, strong, to try things out, mess up, eat together, laugh together, collaborate, and bat ideas around. It is a place for girls to explore their deepest concerns and challenges, while discovering the tools to bring confidence and joy into their daily lives. Through both heartfelt and light discussion, arts & crafts, creative rituals, and games, the girls and their leader draw on Jewish values and spirituality to explore the issues they care about most.

The program is designed for small groups of girls to meet monthly and build a long-term mentoring relationship with their leader that will last as the participants grow from girls to young women. No previous knowledge required.



Leader: NAOMI RUTH thrives on helping women and girls find joy in connecting to their unique spirit and their community. Naomi's career as an actor, massage therapist, yoga teacher and as a mother of two young girls, brings into well-rounded focus her intention to assist women of all ages on their exploration to find trust, balance, and confidence within themselves. Naomi is honored to facilitate these groups of young women and looks forward to building strong friendships within the group that could last a lifetime!

When: FIRST MEETING SEPTEMBER 25TH, 2016. (For all dates, go to jfswm.org/rosh-hodesh)
7th grade group 2:30-4:30 PM & 8th/9th grade group 5:00-7:00 PM

Where: Congregation B'nai Israel, Northampton. Open to the entire Pioneer Valley.

Register & more info: Visit jfswm.org or call 413.737.2601.

Cost: \$100 program fee.

Rosh Hodesh: It's a Girl Thing! is an experiential nationally acclaimed program for pre-teen and teenage girls that strengthens self-esteem and Jewish identity. A program of Moving Traditions. Major funding provided by the Harold Grinspoon Foundation.