



ROSH HODESH:

it's a girl thing!

- Values-based
- Experiential
- Strengthening self-esteem
- Building Jewish identity
- Trans-denominational Jewish program
- For pre-teen and teenage girls

ROSH HODESH: it's a Girl Thing! is a multi-year, monthly celebration based on the ancient Jewish tradition of honoring the new moon. The program fosters girls' self-esteem, leadership skills, and Jewish identity by drawing on Jewish teachings and traditions and creating an environment for girls to feel safe, articulate their questions and concerns, have fun, and be 'real' with their peers. This program helps keep girls healthy and whole—despite the many aspects of popular culture that often encourage less-than-healthy behavior. In the past ten years, almost 10,000 girls have participated in *Rosh Hodesh* groups operated by more than 300 Jewish institutions of all affiliations, across North America. These girls testify that **ROSH HODESH: It's a Girl Thing!** helps them find new sources of strength, self-knowledge, and identity.

And now...

**Temple Beth Israel is proud to offer the
ROSH HODESH: It's a Girl Thing! program to
all Jewish girls entering 6th, 7th, or 8th grade in the fall of 2011.**

This group of girls will meet one Sunday a month (usually close to the new moon, see calendar on back). Through discussion, arts & crafts, and drama, the girls integrate core Jewish values as they focus on the things they care about most, such as body image, friendship, relationships, competition, stress, and family. The monthly meeting agenda follows an excellent research-based curriculum designed by Moving Traditions. Gretchen Lieberman will be the girls' group leader, and she had the opportunity to attend a special training for this program last year. Joan Bayliss will be serving as support person and supervisor for the program.

To participate in this program, please fill out the registration form on the back of this sheet and submit it with payment to Temple Beth Israel. Tuition is \$100 for the year. Limited, need-based scholarship assistance is available. Those able to pay more to support scholarships for others are encouraged to do so. Consistent attendance helps foster a strong group, and consequently after the October meeting a firm commitment is expected.

To read more about this program online, visit www.movingtraditions.org

Registration form for
ROSH HODESH: It's a Girl Thing!

Name of Student: _____
Birthday: _____
Mailing Address: _____
Phone #: _____
Email: _____
Any food allergies or other issues? _____

Parent Contact: _____
Mailing Address: _____
Phone #: _____
Email: _____

Meeting Dates:

Sep 25th, 2011
Oct 30th, 2011
Nov 27th, 2011*
Dec 18th, 2011
Jan 22nd, 2012
Feb 26th, 2012
Mar 18th, 2012
April 22nd, 2012
May 20th, 2011
June 17th, 2011

All meetings are on Sunday evenings from 6:30-8:30. They will begin promptly, and it's important that girls are able to participate for the whole program.

* = date to be confirmed

Tuition Amount Enclosed: (please circle one) \$100 Other \$ _____

I'd like to apply for a scholarship of \$ _____

I'm enclosing extra for scholarships \$ _____

Please make checks payable to Temple Beth Israel and write "Rosh Hodesh" on the memo line. Send this form with payment to

Rosh Hodesh: It's A Girl Thing
Temple Beth Israel
1175 E 29th Ave.,
Eugene, OR 97403