

The Woman and the Moon: Getting to Know Rosh Hodesh and Each Other

▶ This gathering is designed for a *Rosh Hodesh* group's initial meeting. It introduces participants to the concept of *Rosh Hodesh* and rituals associated with the holiday. In this meeting, participants start working toward creating a comfortable and supportive environment for the group. While getting to know each other, they will also spend time reflecting on their own identities and how those identities change based on context (e.g. at school versus at home, at *Rosh Hodesh*, etc).

Wanna See You Be Brave: Being Our Confident, Powerful Selves

▶ This gathering focuses on one of the most significant concerns for teen girls: self-confidence. Participants will explore cultural and social messages about the connections between gender, self confidence, and beauty, as well as learning Jewish wisdom that teaches how to balance being confident with being humble. Participants will leave with a toolkit of helpful tactics for feeling confident and powerful in their everyday lives.

Better than Perfect: Real Jewish Girls

▶ This month, we will discuss the unique pressures associated with being a girl in today's world and how they affect Jewish girls. We will take a critical look at expectations of and stereotypes about girls perpetuated by the media, culture, and our own peers and families. Then, we will strategize together about how to be authentic in a culture that often pressures girls to be "perfect."

All of the Feels: Understanding and Expressing our Emotions

▶ This month, we will talk about emotions: how they affect us, the role they play in our relationships, and how to understand our emotional responses. Through an art exercise, we will explore those emotions that are easier or harder for us to identify and feel. We will also look at what Jewish teachings and culture have to say about our emotions.

Pink, Blue, Complicated You: Talking Gender, Challenging Norms

▶ This gathering, we will discuss what "gender" means and learn new gender terminology. We will also explore messages about gender norms we receive regularly from media and society. We will then cast our minds back to the first appearance of gender in the bible: Adam and Eve. Together, we will think about how to navigate gender norms in our lives.

Loving Our Bodies: #nofilter

▶ This gathering focuses on body image and self care. We will talk about the aspects of the media and culture—for example, the fixation on dieting—that exist to make women and girls feel insecure about their bodies and link success with appearance. Through Jewish text study, mindfulness, and games, we will then explore ways in which we can take good care of and feel great about our bodies.

Teen Stress? Oh Yes!: Creating Calm in our Lives

▶ Being a teenager can be stressful. This month, we will reflect on the major and minor stressors that we each face and how stress affects us. We will talk about when and how to ask for help from peers, family members, and others when dealing with major stressors. Drawing from Jewish wisdom and ritual as well as contemporary "stress-busting" techniques, participants will leave with strategies for addressing stress in their lives.

How it is, How it Could Be: Family Feuds, Empathy, and Communication

▶ This gathering, we will use the parent/primary caretaker-daughter relationship as a way to think more broadly about communication and empathy in close relationships. We will think about what it means to honor a parent or primary caretaker, as well as what makes these relationships complicated. Through role-play exercises and discussions, we will also think together about how we can contribute to a positive relationship with our parents/primary caretakers.

Closing Session & Siyum

▶ This month, in the fashion of a siyum—a Jewish celebration held upon the completion of studying a body of work—we will celebrate and reflect upon the past year of Rosh Hodesh. We will draw on the traditional siyum features of reflection, anticipation, and celebration, with an added component: appreciation! Participants will have a chance to share what they admire about one another and think about how they have changed over the course of the year.