



August 30, 2019

Dear Parents,

I am happy to inform you that this coming school year I will once again be facilitating two Rosh Hodesh groups for tween and teen girls. The first will be for Sixth through Eighth Graders. The second will be for High School students.

Participants will gather for two hours on selected Saturday late afternoons or Sunday late mornings/early afternoons throughout the school year. We meet in each others' homes on a rotating basis. At each gathering, a trained facilitator/mentor (that's me!) introduces a theme—competition, gender, stress, self-esteem, body image, jealousy, family relationships, etc-. – through a blend of discussion and experiential activities like drama, crafts, movement and more. Discussions are threaded through with Jewish content (historical references, rituals, etc.), but in a subtle and social way. And, of course, there is food galore, contributed and consumed by all.

The curricula for Rosh Hodesh, developed by Moving Traditions, an award-winning educational non-profit, are both thought-provoking and fun. Facilitators like myself are given a lot of creative leeway as to how the material is presented to their group(s).

For any and all questions or concerns, please contact me at pa.sommers333@gmail.com.

All the best,

Pam Sommers