



The Jewish Federation's Los Angeles Jewish Teen Initiative
Guided Meditation and Reflections

Parents of teens, you are invited to join our community to nourish your soul all year long. Sessions are online and free of charge.

Mark your calendars with these upcoming dates:

Thursday mornings at 8:00 AM via Zoom:

October 14, 2021
November 4, 2021
December 9, 2021
January 13, 2022

February 3, 2022
March 10, 2022
April 7, 2022
May 12, 2022

Friday afternoons at 12:00 PM via Zoom:

October 22, 2021
November 12, 2021
December 10, 2021
January 21, 2022

February 11, 2022
March 25, 2022
April 29, 2022
May 6, 2022

If you would like to register or have any questions, please email
MGoldshine@JewishLA.org.