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Nishmah
INSPIRE. EDUCATE. ENGAGE. JEWISH WOMEN.

2 MILLSTONE CAMPUS DRIVE
ST. LOUIS, MO 63146

Jewish Federation of St. Louis
United Way
THE STAENBERG GROUP DESIGN. DEVELOP. DELIVER.
STAENBERG Family Foundation

Rosh Hodesh:
It's a Girl Thing

Empowering Jewish girls for today and tomorrow

5th – 8th grade

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Girls love *It's a Girl Thing!* because it's a fun, creative, interactive Jewish space where they can meet new friends.

"I like coming to It's a Girl Thing *every month. It has helped me to look at social issues in a different way."*

"I love meeting with my group once a month. We are from all different schools and different Jewish backgrounds but we all connect during the time together. It's the one program that I never want to miss."

Parents love *It's a Girl Thing!* because it gives their tweens and teens a safe space during this transitional time to engage in girl issues through a Jewish Lens.

"The topics discussed are valuable lessons that often lead to further discussions at home."

"I love that my daughter is making new Jewish friends in a unique setting, away from school. 'It's a Girl Thing!*' is a place where she has a lot of fun and can be herself, while at the same time, she learns about important Jewish values."*

Join us for a taste of Rosh Hodesh: It's a Girl Thing!

Jewish Community Center – Staenberg Family Complex
2 Millstone Campus Drive, 63146

Sunday, August 23 from 2:00 – 4:00pm

First session is FREE! Come see what it's all about!

Program cost: $150 (register by August 23 for $135)

Future dates include: 9/20, 10/18, 11/15, 12/20, 1/17, 2/21, 3/27, 4/17, 5/15

Program generously funded by The Lubin-Green Foundation, a supporting foundation of The Jewish Federation of St. Louis

Rosh Hodesh: It's a Girl Thing!, a program of Moving Traditions, is a fun, creative, interactive Jewish space where girls can meet new friends. *It's a Girl Thing!* gives tweens and teens a safe space during this transitional time to engage in girl issues through a Jewish lens. Girls meet with trained facilitators once a month in intimate groups of 10-12 participants. For more information, visit nishmah.org

Rosh Hodesh: It's a Girl Thing!

Please return payment and completed form to:
Nishmah, 2 Millstone Campus Drive, St. Louis, MO 63146

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Check applicable group:
☐ 5th grade ☐ 6th grade ☐ 7th grade ☐ 8th grade

Girl's Name _____ Date of Birth _____

Parent (s) Name (s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

School _____

Girl's Email _____ Parent (s) Email _____

Synagogue Affiliation _____ Referred by _____

Food Allergies _____

Emergency Contact Name and Number _____

I would like to contribute an additional $ _____ to support the participation of another girl.

Payment of $_____enclosed, or register online at nishmah.org

Please make checks payable to Nishmah
☐ Visa ☐ Mastercard ☐ Discover ☐ AmEx

Credit Card # _____ Exp Date _____

Name on Card _____

Signature _____