

Moving Traditions parent webinars are Feb. 11, Mar. 18

The Jewish Review staff

The Jewish Federation of Greater Portland knows that the mental health and wellbeing of the Jewish youth in our community are of utmost importance. We are therefore excited to expand our work in this area in collaboration with Jewish Family & Child Service, and together partner with Moving Traditions, as part of the BeWell Initiative of the Jewish Federations of North America.

Since its founding in January 2005, Moving Traditions has championed impact-focused youth-serving programs at the intersection of gender, wellbeing, and Judaism. Along the way, they've partnered with 650+ synagogues, JCCs, camps, day schools, and emerging organizations and trained almost 3,000 educators and clergy to meet the needs of 40,000 Jewish preteens and teens. Today, 20 years of research and careful program evaluation shows just how well Moving Traditions strengthens Jewish educators, emboldens preteens and teens, and engages families.

"Our teens today are struggling with anxiety, social isolation, and hopelessness at unprecedented rates. But they also have so much untapped potential," says Shuli Karkowsky, Moving Traditions' CEO. "Moving Traditions is uniquely equipped to support teens, their parents, teachers, mentors, and clergy to engage with the challenges of our era and to help teens find resources and supports in the Jewish community that will help them thrive."

Staff of the Jewish Federation of Greater Portland, JFCS, and Moving Traditions have already planned the first events of the year. On Feb. 11 and Mar. 18, they are hosting two parent webinars where Moving Traditions VP of Education, Rabbi Daniel Brenner and Chief Growth Officer, Pam Barkley, LCSW will facilitate conversations on "Helping Teens Thrive in 2025" and "Promoting Well Being in the Digital Lives of Jewish Teens." Here is a

link to learn more and register: [Oregon Partner Webinars](#). The three organizations will be working together all year to create multiple learning opportunities for the Jewish community.

"With teen mental health being a major follow-up area to the Community Study, the Jewish Federation is proud to partner with Moving Traditions and JFCS. Together, their expertise will enable our community to better support our teens" explained Marc Blattner, Federation President and CEO.

Moving Traditions also hopes to expand the number of Jewish institutions in the region that partner with them on their suite of programs, including their B-Mitzvah Family Education Program for preteens and parents; Kulam, a plug-and-play curriculum for Hebrew High Schools; and Teen Groups: Rosh Hodesh for girls, Shevet for boys, and Tzelem for LGBTQ+ teens. These programs can be a powerful way for teens to build Jewish identity and to experience some of the important protective factors that mental health experts recommend for supporting youth wellbeing, while having fun and making meaning together through the journey of adolescence.

"We are so excited to partner with the Jewish Federation of Greater Portland to bring Moving Traditions to Portland, said Douglass Ruth, Clinical Director at Jewish Family & Child Service. Engaging our parents and educators and community to help build an ecosystem of support to embolden Jewish youth is needed more now than ever."

If you have any questions or would like more information, please email Rachel Nelson, JFGP Director of Educational Initiatives & Associate Director of Community Relations at rachel@jewishportland.org or Chaviva Greenberg, JFCS Mental Health Clinician, at cgreenberg@jfcs-portland.org.







TAKE SURVEY!
<https://qrco.de/grandparentsurvey>

You're Invited to Participate in the Jewish Federation of Greater Portland and Jewish Grandparents Network **Grandparent Engagement Survey**.

Your responses will help shape future programs and resources for grandparents in our community.