

My name is Traci Flome, and I'm the mom of three kids, one in college, one in high school, and one in middle school.

At any given moment, I'm living in three different chapters of adolescence. And if there's one thing I can tell you, it's this: parenting teens today is not what it used to be.

I grew up here in Atlanta's Jewish community, as did my husband. Jewish life has always been central to our family, from the JCC and Camp Barney to synagogue life and even joining a Federation mission to Israel with my parents when we were newly married.

So, Federation has always been part of our story.

But a few years ago, I discovered something new: JTeen.

And honestly? I almost missed it.

A friend mentioned an event at the last minute. I hadn't heard of JTeen before, and I almost didn't go. But I did, and I walked out feeling informed, supported, and grateful.

Because parenting teens today comes with pressures we never experienced growing up.

Technology alone has changed everything. Our kids are navigating social media, constant comparison, academic pressure, mental health challenges, and conversations about antisemitism, often all before they even reach college.

It can feel overwhelming.

What JTeen does so beautifully is meet parents exactly where we are.

They bring in experts who understand what teens are facing right now, not five years ago, not ten years ago, right now. The conversations are practical. Honest. Grounded. I've walked away with real tools that have helped me communicate better with my kids and better understand their world.

But just as important as the information is the community.

In breakout groups and smaller gatherings, I've sat with other parents who are navigating the same questions and worries. There is something incredibly powerful about realizing you are not the only one figuring this out.

One experience that meant so much to me was a small gathering for parents sending their first child to college. It was intimate and deeply meaningful. You can't fully understand that transition until you're living it, and being able to process it together made all the difference.

That's what JTeen provides: not just programming, but connection at the exact moments families need it most.

And here's why that matters.

When you strengthen parents, you strengthen teens.

When you strengthen teens, you strengthen Jewish identity.

And when you strengthen Jewish identity, you strengthen our entire community.

JTeen is responsive. It evolves. It listens. With three children at different stages, I've attended programs more than once, and each time I've gained something new because my role as a parent keeps changing.

That kind of ongoing support doesn't happen by accident.

It happens because of you.

Because donors like you believe that families shouldn't have to navigate these years alone.

Because you understand that investing in parents today shapes confident, resilient Jewish young adults tomorrow.

For me, JTeen isn't just a program.

It's support.

It's perspective.

It's community.

And it's there during the moments we need it most.

Thank you for making that possible for families like mine.