

ONE HOUR - FREE - INTRODUCTION



BEING A PARENT IN A RAPIDLY CHANGING WORLD

ON THE PARENTING JOURNEY PROGRAMME

Join me to discover how the 6 step OPJ model can help you and your children find ways to navigate and embrace the ups and down of life, while connecting with the best of yourselves and attending to tantrums, strong emotions, boundaries, moments of magic and moments of joy with care and mindfulness.

A moment of pause, of connection with yourself and other parents who like you yearn for harmony and peace.

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Michel Rahman Rener truly is a master. I'm sure that if you join the OPJ programme, you also feel the benefits of the years of training, experience and wisdom that he shares with his students, together with his unique compassionate, gentle and nurturing approach.

- Sh. UK

Either:

Saturday 9th Sept: 10 am BST

Saturday 9th Sept: 5:30 pm EDT

Tuesday 12th Sept: 12 pm BST

Tuesday 12th Sept: 9 pm BST

Replay available after [registration](#)

Zoom link to be sent when registered

Registration: <https://bit.ly/3rFpUjj>

MICHEL R. RENER

EDUCATIONAL PSYCHOLOGIST



40 years experience. Parenting Programme Facilitator. Certified Mindfulness Trainer. Mediator Trainer.

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