



**An ITREB UK programme developed by parents for parents**



**Cultivate a happy and compassionate family environment**

**Ease the stress of parenting**

On the Parenting Journey (OPJ) gives you the opportunity to come together with other parents to be guided through the daily challenges of parenting. Led by Rahman Rener, an Educational Psychologist and Mindfulness trainer, you will explore questions in a confidential, supportive environment and gain the tools to create more joyful, peaceful communication and cooperation in your family.

Programme dates: Every Tuesday 21<sup>st</sup> Sept – 7<sup>th</sup> Dec 2021  
(No sessions: 26<sup>th</sup> Oct and 16<sup>th</sup> Nov)

Duration: 8.00pm - 10.00pm every Tuesday  
The programme is limited to 16 participants and there are only a few remaining places left.

For further information and to apply please email  
[opj@iiuk.org](mailto:opj@iiuk.org)