

# PARENTING TALK

to help you go through the lockdown

With Rabbinical Couple of Richmond Synagogue

## Believing in Myself, Believing in my Child



TUE, 16 MARCH, 8 PM

Please, register here:  
<http://bit.ly/mosaicrjch>

### Rabbi and Rebbetzen Shindler



As parents of four young children of their own, Rabbi Meir and Rina Shindler know a lot about the challenges of raising healthy, resilient and independent children in today's modern world. Rina has a Masters in Family Counselling and is working towards additional qualifications in Child and Adolescent Psychotherapy. She is also a Clinical Manager for adolescent girls working for the charity Noa Girls. As part of couple's parenting journey they became close to Rabbi Malcolm Herman, a known expert in parenting within the Orthodox Jewish world who has done much research and produced a clear methodology based on Jewish wisdom. Rabbi Meir was part of an initial select group that was trusted to teach his material to deliver to others.

Now is your opportunity to discover this unique methodology! Join us for the series of talks and gain practical tools alongside age-old principles to guide you on the wonderful journey called parenthood.