As a mother, you want to have a connected, meaningful relationship with your teenage son and yet allow him autonomy, independence and maleness. This psycho-educational course, run by registered psychologist Megan de Beyer, will equip you with tools and information to raise a son in a balanced way. The programme deepens a mother’s understanding of her son and offers advice on how to approach, communicate and deal with him in a way that allows him to become a strong and caring man. It is an ideal course for mums of grade 8-12 boys.

The course runs over 5 mornings OR 5 evenings and includes lectures, practical tips, discussions, role-plays and time for questions. Topics covered:

- Understanding what it means to be a teen… the struggle for identity.
- Mom’s role in raising a son… his demand for more freedom.
- Masculinity, gender differences and testosterone… defining a male.
- The impact of parenting… getting in touch with your past and present.
- Communicating with boys… reaching him in his silence.
- Tackling boy’s emotions… your anger and his.
- Sex, drugs, parties and his value system… looking at his social life & alcohol use.
- Good relationships… interdependent and healthy intimacy.

“I benefitted from this programme enormously. It has taken away the fear of parenting a teenager. I have learnt new skills for dealing with my two teen boys and have clarified my role as a mother. Megan’s style and approach makes it easier to understand.”

Michaelhouse Mother, 2008

To book - complete the following and fax to: 021 689 9726
1. Application form (attached).
2. Send proof of deposit (banking details on application form).
3. Provide medical aid name/number details if you intend claiming this from your medical aid.

For more information:

<table>
<thead>
<tr>
<th>Tracy Starke: Head of Counselling RBHS</th>
<th>Megan de Beyer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct: 021 681 7924     Mobile: 082 960 4859</td>
<td>Tel: 021 461 1902</td>
</tr>
<tr>
<td>Fax: 021 689 9726</td>
<td>Mobile: 083 790 3700</td>
</tr>
<tr>
<td>Email: <a href="mailto:tracy@rondebosch.com">tracy@rondebosch.com</a></td>
<td>Email: <a href="mailto:megan@alternet.co.za">megan@alternet.co.za</a></td>
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STRONG MOTHERS – STRONG SONS COURSE
APPLICATION FORM:
Please complete this form and email it with proof of payment to:
tracy@rondebosch.com or fax 021 689 9726

Dates: 14th; 21st; 28th April & 5th, 12th May 2010
Time: 09:15 - 10:45 OR 18:00 - 19:30
Venue: E1942 Centenary Pavilion, Rondebosch Boys High School
Cost: R1 000.00 incl. teas and notes.
Split payments are accepted.
Note: Programme cost can be claimed back from medical aid.

☐ I would like to attend the Strong Mothers course at Rondebosch Boys’ High School

<table>
<thead>
<tr>
<th>Mother’s name</th>
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<tbody>
<tr>
<td>Son’s name(s)</td>
</tr>
<tr>
<td>Grade</td>
</tr>
<tr>
<td>Email</td>
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<tr>
<td>Cell</td>
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</table>

Please tick your choice:

Enclosed is my proof of payment
☐ Please split my payments over two months
☐ Please provide me with a medical aid statement
☐ Morning course 09:15 - 10:45
☐ Evening course 18:00 - 19:30
☐ I acknowledge that there is a non-refundable fee of R200 should I cancel.
☐ I would be interested in a Dad’s evening if offered later.

PAYMENT BANK DETAILS:
Megan De Beyer, Standard Bank, Constantia, Cape Town Ac No. 071707727, Branch 025309

Signed  Date

www.rondebosch.com