



## Rondebosch Boys' High School

# “Strong Mothers, Strong Sons” - April/May 2010

*A course recommended by the RBHS Counselling Department for mums of teen boys.*

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 is run by Megan de Beyer who has a Masters degree in Psychology and is trained in both clinical hypnosis and relationship therapy. She has facilitated many successful and well-subscribed Mothers and Sons courses at every Independent boy's school in South Africa. She has been invited to speak in California and UK; as well as presenting at conferences on parenting.



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:**

**Tracy Starke:** Head of Counselling RBHS  
Direct: 021 681 7924 Mobile: 082 960 4859  
Fax: 021 689 9726  
Email: [tracy@rondebosch.com](mailto:tracy@rondebosch.com)

**Megan de Beyer**  
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Mobile: 083 790 3700  
Email: [megan@altnet.co.za](mailto:megan@altnet.co.za)



## Rondebosch Boys' High School

### 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: 14<sup>th</sup>; 21<sup>st</sup>; 28<sup>th</sup> April & 5<sup>th</sup>, 12<sup>th</sup> 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

<b>Mother's name</b>	
<b>Son's name(s)</b>	
<b>Grade</b>	
<b>Email</b>	
<b>Cell</b>	

#### 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**

