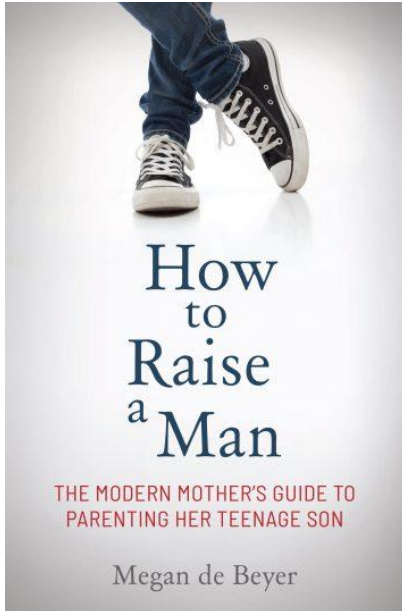


Strong Mothers – Strong Sons

the online course for mothers of teenage boys
presented by **Psychologist Megan de Beyer**



Strong Mothers, Strong Sons is an online course presented by acclaimed psychologist and parent expert Megan de Beyer. She is the author of *How to Raise a Man: A Modern Mother's Guide to parenting her teenage son*. Megan reveals important insights about the development of masculinity.

Megan says that the course aims to empower women to “move from a place of ownership and ego, to parenting with an open heart, mind and soul and understand why your teen pushes your buttons”.

Topics covered include:

Being a Conscious Parent

Parenting as a soulful practice: offering a holistic approach – grounded in presence, intention, and values. Helping parents to show up, grow up, and wake up.

Conscious & Effective Communication

Learn the 5 levels of listening and connecting. Understanding a teenager's withdrawal & connecting to his language.

Mother & Sons Relationship

Understanding the role of mum and forging a healthy & secure bond.

Masculinity

How to nourish kindness and raise good men who respect themselves & the female gender. Breaking through stereotypes and understanding sexual consent. Testosterone.

Navigating the Vices

The teen social world: substances, screen time, social media & porn.

Adolescence

Why does she trigger you? Handling difficult emotions – for both the parent and teenager. Identity formation, push for autonomy & understanding how to help him mature.

Course dates have not yet been finalized for 2027. If you are interested to find out more please email bsu@bishops.org.za