

# Bellavista Evening Talks



*NEEDING A LITTLE GUIDANCE WHEN IT COMES TO PARENTING?*

*THEN JOIN US AS WE LISTEN TO*

**DR. DERECK JACKSON**  
**Teacher and Psychologist**

Topic : GUIDELINES FOR PARENTS

Date: Wednesday, 1st February 2012

Venue: Bellavista School Hall

Time: 19h00 - 20h00



- Children like rules
- Basic rules for a family
- Time Management
- Methods of Punishment
- Habits of studying
- Staying positive

*"If you have never been hated by your child you have never been a parent."*

Bette Davis

*IS YOUR CHILD BEING BULLIED, OR IS YOUR CHILD THE BULLY?*

*COME AND JOIN*

**ILZE VAN DER MERWE**  
**PSYCHOLOGIST**

Topic: THE DANCE OF BULLYING

Date: Wednesday, 15th February 2012

Venue: Bellavista School Hall

Time: 19h00 - 20h00



- Understanding what happens in the psyche of the bully and the bullied .
- Why bullying ?
- How to change the dance and use bullying as a tool for self—growth and empowerment .

*"Bullying is learned behaviour, and anything learned can be unlearned."*

Dr. C. Sally Murphy

*DO YOU NEED HELP DEALING WITH AN ANXIOUS CHILD ?*

*THEN JOIN US AS WE LISTEN TO*

**DR. SANTIE VAN DER MERWE**

**Clinical Psychologist**

Topic: ANXIETY DISORDERS IN CHILDREN

Date: Wednesday, 7th March 2012

Venue: Bellavista School Hall

Time: 19h00 - 20h00



- How do I know if my child suffers from an anxiety disorder or a Phobia ?
- What are those contributing factors that we as parents should be aware of?
- What can I do to help my child?
- Helpful strategies.
- The role of medication and therapy.

"Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained."

**Arthur Somers Roche**

**Cost per talk: R 60.00 per person payable at the door**  
**You do not have to make a booking.**

**For any enquires please contact Imogan Beukes on:**

**011 447 4110**

**[secretarybatu@bellavistaschool.co.za](mailto:secretarybatu@bellavistaschool.co.za)**