

Please make the following information available to your classes with girls of age 11/12

Dads & Daughters Retreat at HeronBridge from 30 July - 2 August 2010

Programme: Caters exclusively for 11 - 12 year old girls and their Dads who must arrive at HeronBridge retreat on Friday 30 July 2010 in time for dinner at 19:00.

After a fun evening of getting to know each other, the girls retire to their cabins for girl talk with their dorm leaders.

The fathers complete a profile on their fathering style, and on Saturday after breakfast they share in small groups before the whole group enjoys a hike at Northern Farm which is a short car trip away.

After lunch, a confidence course enhances father/daughter communication and trust, followed by a time of input and relationship building. The girls prepare table centre -

pieces for the candle - light dinner during which each Dad shares his early life experiences with his daughter. A teaching session follows in which Brian introduces the topic of adolescence, understanding our bodies and the meaning of sex, creating a platform for fathers to build upon in preparing their daughters for adolescence.

Sunday will be spent partly outdoors, learning more about parenting, communication and expectations in the home, until a terrific Sunday lunch brings a great weekend to an end.

Leadership Team

Brian Cheyne, Erik Harkema and Rosie Madiba have run these camps around the country.

Over 900 fathers have benefitted since their inception in 1984.

What to bring:

- < Sleeping bags and pillows, warm casual clothing including good walking shoes, hat and sunscreen and toiletries.
- < A willingness to share with each other the excitement and trepidation of entering into the adolescent experience.
- < Your own crockery and cutlery.
- < There is a tuck shop.
- < Money for books on parenting and adolescence that will be on sale.

Costs: R495 each (R990 for both)

- < Registration includes **'Discovering your Fathering Pattern'** and **one year'** subscription to **'Dos and Don'ts for Dads'**.
- < Accommodation is in rooms with Rosie and colleagues as leaders. Dads share with one other dad. Only the first 20 applications will be accommodated.

Payment: An electronic funds transfer / direct deposit should be made into Standard Bank cheque account 022560785 in the name of B S Cheyne

Branch code 018 305 (Bedford Gardens)

- < Please fax the application form and deposit slip to 086 503 5619
- < Should you withdraw in good time, your funds will be returned less bank charges. Should you withdraw after 26 July 2010, an amount of R450 is non - refundable.
- < For more information please contact Brian Cheyne at 072 570 7898 or (011) 953 5992 or email: briancheyne@iburst.co.za (Lads and Dads also available)

Application:
Please email or fax, with your deposit slip, to
dadsdaughters@iburst.co.za / 086 5035619

Dad's name.....
Phone.....Cell.....
E mail address.....
Wife's name.....
Daughter's name.....
Date of Birth.....
Postal Address.....
.....
.....Code.....

Indemnity: I will not hold Dads & Daughters Retreat, HeronBridge Retreat or its appointed leaders liable for any accident or injury.
Enclosed is payment to B S Cheyne

Full fee of R990.00

Signed