

Building Foundations is an all-day retreat for sons, ages 10-12, and their mothers or female mentors. Both fun and educational, this retreat provides a unique opportunity for mothers and sons to:

- Develop a better understanding of **puberty and adolescence**,
- Talk about sexuality and your family's **values**,
- Appreciate the positive power of building **respectful relationships**,
- Work together to enhance positive **communication and connection**.

You will participate in a variety of activities that get you moving, thinking, sharing, and learning — in both large groups and small. No distractions, no errands, just one whole day of quality time together.



Here are some comments from sons who participated in a retreat:

“It gave us time to talk about puberty changes and how it feels being male.”

“During the moving-around activities in the afternoon I learned to trust my mom more.”

“I liked when all the sons got together to talk about relationships.”

“I think it was nice being with my mom so I could ask her about stuff.”

Mothers shared these thoughts on their experience:

“Our communication was good but this will improve it. Now he’ll know he’s not the only son whose mom talks about this.”

“I learned how easy it is to mis-communicate and how important it is to try new ways.”

“I loved discussing the scenarios with other mothers — that’s exactly what we’re dealing with.”

“I was very impressed by the pace of the day. It was a nice mix of hands-on, visual, auditory, and kinesthetic learning that you provided for us.”



Retreat information:

In the Twin Cities:

Contact us to request more information or registration materials:

- education@ppmns.org
- 612-821-6198

To schedule a group:

You may partner with Planned Parenthood to plan a retreat for your group of 7-10 mother-son pairs. We work to accommodate your schedule and location preferences. Contact us and mention your interest in scheduling a group.

Research tells us that “mothers who are more interactive with their children communicate about sexual issues more successfully.”

(Lefkowitz et al. “Helping Mothers Discuss Sexuality and AIDS with Adolescents.” *Child Development*, Volume 71 (2000) pp. 1383-1394.)

We invite you to sign up for a retreat today!



Affirming human rights to reproductive health and freedom.

For 80 years, Planned Parenthood Minnesota, North Dakota, South Dakota has been a trusted provider of high quality education, advocacy, and reproductive health care, empowering individuals, families, and communities.

Education & Outreach Department
1200 Lagoon Ave.
Minneapolis, MN 55408
612-821-6198 (voicemail only)
education@ppmns.org
www.ppmns.org

Mother & Son Retreat

Building Foundations

**A Day of Connection
for Mothers and Sons**



 **Planned Parenthood®**
Serving Minnesota • North Dakota • South Dakota