



**A SUPPORTIVE PROGRAMME
FOR PARENTS OF TEENAGERS**

***FULLY FUNDED
TRAINING FOR ESSEX
PRACTITIONERS**

With grateful thanks to funding
provided through the Diana
Marks Fund and Michael &
Gillian Foulkes Fund via
the Essex Community
Foundation



Facilitator Training

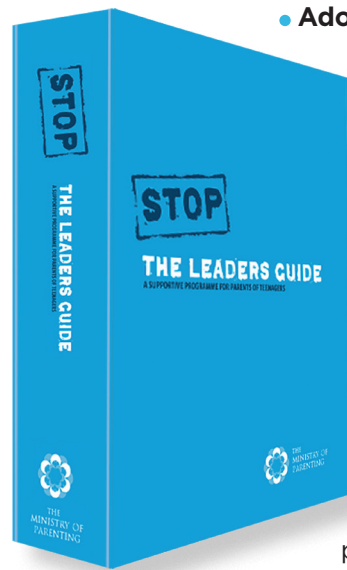
Training for multi-disciplinary practitioners supporting parents and carers of young people aged 10-16 as they navigate the opportunities and challenges of adolescence.

STOP is a structured, evidence-informed parenting programme designed for group delivery. The programme helps parents develop a deeper understanding of adolescent development, behaviour, communication, and relationships, while strengthening confidence in responding to the changing needs of their teenager.

The training equips participants to deliver the **STOP** parenting programme within their own service, organisation, or local area.

Sessions explore a wide range of relevant topics, including:

- Adolescent development
- Communication and relationships
- Conflict and aggression
- Alcohol awareness
- Sex and relationships
- Praise and encouragement
- Boundaries and limit setting
- Building resilience and self-esteem
- And much more.



As part of the training, participants receive the full **STOP Group Leader Delivery Manual** at no additional cost. This includes established protocols and guidance, enabling programmes to be delivered flexibly in both face-to-face and virtual settings.

Training Dates: 13th, 14th, & 15th October 2026

Venue: The Oaktree Community Hall, Colchester, CO4 3DH, Essex

Time: 9.00 coffee, 09.15 start - 16:30 finish

Cost: £450*

In line with our commitment to supporting the voluntary sector, a 10% discount is available for registered charities and Community Interest Companies (CICs).

We are also happy to discuss flexible pricing options for organisations booking multiple places or programmes.

To apply for a place, please complete our training application form using this QR code.



For more information
visit: **www.theministryofparenting.com**
or call: **01206 562626**



**THE MINISTRY
OF PARENTING**

A COMMUNITY INTEREST COMPANY



As a Community Interest Company, income generated through our commissioned and fee-paying services is reinvested into our community work. This enables us to widen access and provide support to children, young people, and families who may otherwise face barriers to receiving help.