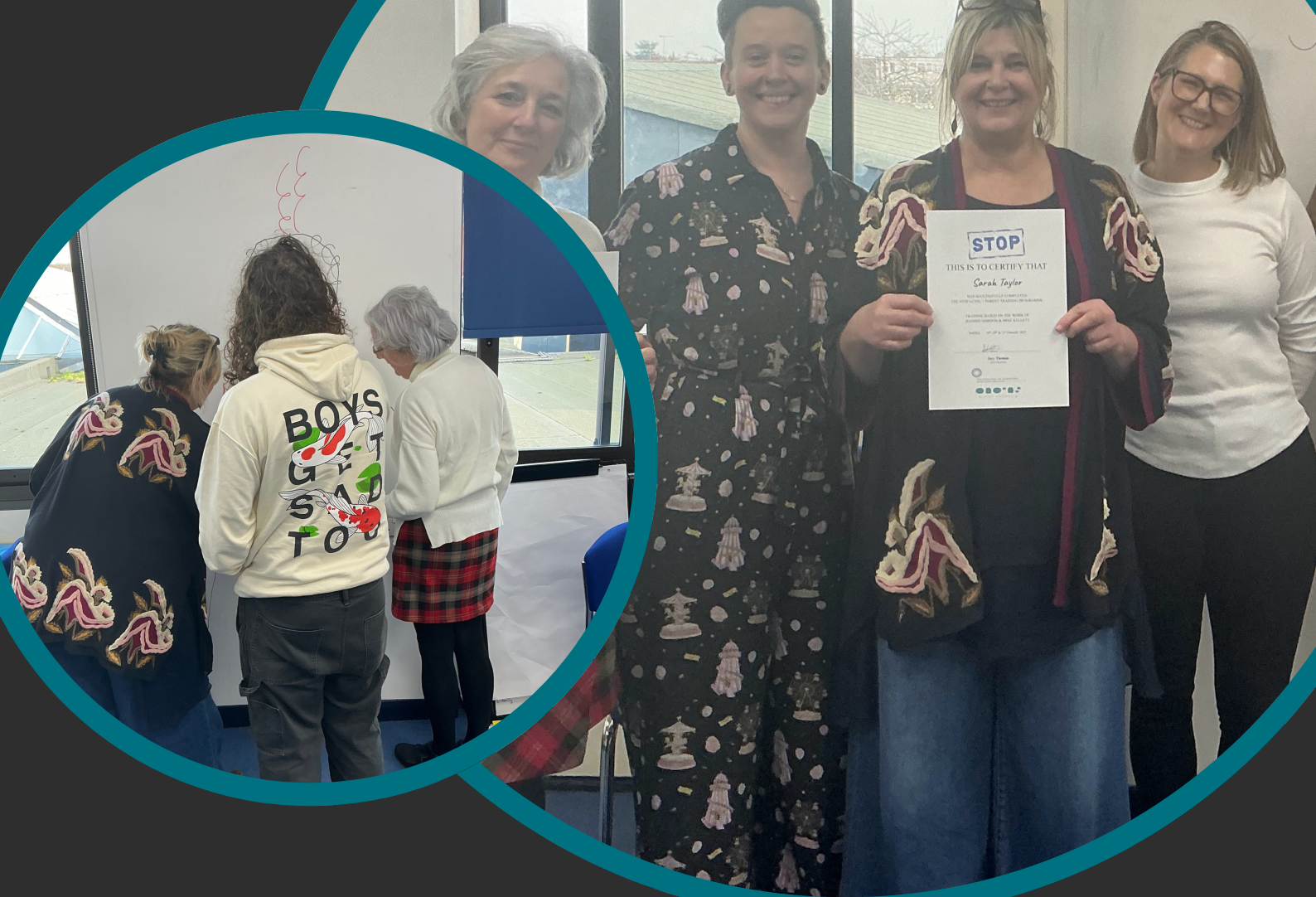




BRAINS Wellbeing CiC

STOP FACILITATOR TRAINING

**February
17th-19th
2026**

Chelmsford training includes:

- Preparation to run your own STOP Parent programme
- Qualifies you as a level 1 facilitator
- Your own copy of the STOP manual included
- Takes you through each session in order
- Builds understanding and empathy of parents
- Topics include: Communication without conflict, praise and encouragement, listening, anxiety, technology...

Contact us now

 07957 353003

 jacythomas@brainswellbeing.org

**Training
costs
£450**