

We remain committed to delivering high-quality, accessible training that genuinely supports practitioners, families, and young people. Like many organisations, rising delivery and operational costs mean we need to make a small adjustment to our training prices to ensure this work remains sustainable.



THE MINISTRY
OF PARENTING

PROMOTING CREATIVITY IN PARENTING
A COMMUNITY INTEREST COMPANY

FLASH & Teen FLASH trainings

To apply please complete our training application form Training Application Form – Ministry of Parenting	PRICING effective 1 April 2026
FLASH (Families Learning About Self-Harm) Target Audience: Practitioners working with parents/carers of adolescents aged 11–17 Duration: 3 Days Dates: 13, 14 & 15 July 2026 Time: 09:00 – 16:30 Location: Colchester, Essex FLASH is a ten-week group programme for parents and carers of young people who self-harm. This 3-day training prepares professionals to coordinate and facilitate FLASH within their local context. Participants will learn to: • Deliver FLASH in a way that supports relational repair, communication and confidence. • Empower parents/carers with tools for understanding and managing self-harm. • Support improved family functioning and reduced emotional distress. Note: All attendees must be currently working with, or anticipate working with, families affected by self-harm. Parent Testimonial: <i>“I thought I had failed as a parent. FLASH helped me understand what was happening and how I could help. I left each week feeling stronger.”</i> — Parent of a 14year-old	£450
Teen FLASH (Teenagers and Families Learning About Self-Harm) Target Audience: Multi-agency professionals working with 11–17-year-olds actively engaging in self-harming behaviours. Duration: 3 Days Dates: 28, 29 & 30 September 2026 Time: 09:00 – 16:30 Location: Colchester, Essex Teen FLASH was developed in response to young people whose parents/carers attended FLASH and asked, “Where’s our group?” Over six years of co-production, Teen FLASH emerged as a structured, 24-hour programme delivered over 5 alternate Saturdays (by choice of the young people). The training enables professionals to: • Facilitate safe, structured peer groups for young people aged 11–17 who self-harm. • Support communication skills, emotional regulation and healthy coping strategies. • Explore risk, relational repair and self-advocacy with young people. Prerequisite: Professionals must have experience working with young people who self-harm. Group facilitation experience is strongly recommended. Young Person Feedback: <i>“Teen FLASH helped me realise I wasn’t alone. I found new ways to cope and felt heard for the first time.”</i> — Teen FLASH Participant, aged 15	£450

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[Training Application Form – Ministry of Parenting](#)

Our usual 10% discount given to charities/CIC and/or if 3 or more professionals from the same service book onto this training continues to apply alongside this offer.

For further information, including our other trainings please go to www.theministryofparenting.com

If you would like to discuss workforce commissioning options, please contact us.