



THE MINISTRY OF PARENTING

PROMOTING CREATIVITY IN PARENTING SUPPORT A COMMUNITY INTEREST COMPANY

## **Pit-STOP is a 'One- to-One' Parenting Programme based on the STOP (Supporting Parents of Teens) Programme.**

Pit-STOP is a 'one to one' parenting programme tailored to individual parents/carers and young people's needs. The objective is to enable parents to 'break the cycle' of negative communication, as they are supported towards a better understanding of the emotional and development changes in their young person.

This training day will take professionals familiar with the STOP programme through the Pit-STOP eight baseline content sessions which include subjects such as conflict management, listening skills, praise and encouragement, limit setting, family meetings and personal stress management.

The training cost includes the Pit-STOP professional guidebook which provides an overview of each one-to-one session's content. It is aimed to be both practical and useful and formulated in a specific format for ease of photocopying. Each session is listed individually with each stage incorporating interactive hand-outs to share.

**To undertake the Pit-STOP training the professional MUST have completed the three-day STOP Programme training.**

\*There is no increase in training prices throughout 2018, however, lunch will not be provided. Tea, coffee, biscuits will be available at break times. Please bring your own lunch (fridge available for use) or we can order sandwiches for you on your arrival (cash payment please, guide price £2.50-£5.00)

**DURATION:** 1 Day  
**TIME:** 09.00 coffee, 09:30 start – 16.30 finish  
**VENUE:** The Ministry of Parenting, Wellington House, CO3 3DA  
**COST:** £140.00 p/p (includes a copy of the Pit-STOP Professional Manual Guidebook).  
**DATE:** Monday 28<sup>th</sup> January 2019

The Ministry of Parenting (CIC), Suite 6, Wellington House, 90-92 Butt Road, Colchester, CO3 3DA

For more information and/or to request an Application Form please contact The Ministry of Parenting. e: [info@theministryofparenting.com](mailto:info@theministryofparenting.com); t: 01206 562626