

CONFIDENT PARENT

Happy Child

SUMMER TERM

April to July

2025



Delivering
parenting
programmes in
Hammersmith
& Fulham



CONFIDENT PARENT *Happy Child*

is for parents and carers of children
0-18 years of age living in Hammersmith and Fulham.
The project offers a range of evidence based parenting
programmes, information, advice and support for parents
and carers to build positive parenting skills.

TOP
5

PARENTING TIPS FOR A POSITIVE & NURTURING ENVIRONMENT FOR YOUR CHILD

1 BE PRESENT & ENGAGED

Spend quality time with your child. Listen and join in their activities. This builds a strong bond and makes them feel valued.

2 SET CLEAR BOUNDARIES

Children do well when they know what to expect and understand consequences.

3 ENCOURAGE INDEPENDENCE

Let your child make choices and take on age-appropriate responsibilities.
This builds confidence and decision-making skills.

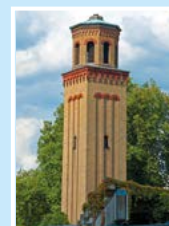
4 MODEL POSITIVE BEHAVIOUR

Show the values you want your child to learn, like kindness, respect, and patience

5 POSITIVE COMMUNICATION

Keep talking. Encourage your child to share their thoughts and feelings.
Listen without judging.

FREE TICKET TO KEW GARDENS



Parents who are already registered with Confident Parent Happy Child programme (either by having completed a course or who are currently attending one of the positive parenting programmes) are offered a **FREE TICKET to Kew Gardens!**

Tickets are available on Friday 16th, Saturday 17th and Sunday 18th May.

Tickets are available on 'first come, first serve' basis.

Please contact Marina marina@upg.org.uk or
07740 752 679 to register your place

NEW!

REGISTER FOR CONFIDENT PARENT HAPPY CHILD PROGRAMMES ONLINE



You can now use the QR code below to register for the programmes/workshops online. Simply scan the QR code with your mobile phone and fill in the form!



Scan me!



WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



FEARLESS TRIPLE P

- “I have learned so many new skills, which I have implemented and I can slowly see a change in my child's mindset.”
- “This course has helped me a lot in recognising my child's anxiety which has helped me balance home life better.”



ABOUT BOYS COURSE

- “My son is very active, and ABC taught me techniques to allow him to safely explore without constantly correcting him. It also helped me establish rules and routines that support his development.”



TRIPLE P

- “Doing this course gave me time to reflect on how I parent and teach my child. I am so much more positive and use techniques such as praising for encouragements and logical consequences for misbehaviour. Our house is much calmer now!”



STEPPING STONES TRIPLE P

- “I learned about role modelling and realised that I can change my children's behaviour by changing how I am around them. This is making a difference as I now think before I act and stay calm when dealing with their behaviour.”

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TRIPLE P

A 6-week programme for parents/carers who have a child between 0-12 years of age. The programme helps parents raise happy and confident children. Parents are introduced to a range of strategies to enhance parent child relationship, encourage positive behaviour and manage misbehaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	TRIPLE P (with Arabic support) Limited crèche places available for children under 5 years of age – booking required	Every Wednesday starting 11.06.2025 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Baby Zone @ West Youth Zone 4 Edcity Concourse W12 7TF	No childcare available For parents with children under 5	Every Tuesday starting 06.05.2025 9.30 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk

STEPPING STONES TRIPLE P

A 6-week programme for parents/carers who have a child with additional needs and disabilities between the age of 0-12 years. Parents are introduced to a range of strategies to help develop positive parent child relationship and encourage desirable behaviour. The programme teaches parents a range of techniques to teach children with disabilities skills in a range of areas, such as communication, problem-solving, self-care, and self-regulation as well as manage challenging behaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Family Hub Stephen Wiltshire Centre Queensmill Road SW6 6JR	STEPPING STONES TRIPLE P No childcare available	Every Wenesday starting 04.06.2025 9.30 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

TEEN TRIPLE P

A 5-week programme for parents with children 11+. These sessions allow parents to explore ways they can build a stronger relationship with their teenager, promote new skills and help emotional self-regulation and in return reduce conflict, manage problem behaviours and help their teen stay safe.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	TEEN TRIPLE P No childcare available	Every Wednesday starting on 04.06.2025 4.15 – 6.15pm	Marina Kopanja 07740 752679 marina@upg.org.uk

PROGRAMME OF PARENTING COURSES

INCREDIBLE YEARS

An interactive 6-week group for parents with babies 0-12 months old. The programme supports parents to build strong loving relationships with their babies. Key themes include parents as communicators and babies as intelligent learners, providing physical, tactile & visual stimulation for your baby, learning to read your baby's mind and gaining support for you.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	INCREDIBLE YEARS An interactive session for parent and baby together	Every Tuesday starting 06.05.2025 1.00 – 2.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk



FEARLESS TRIPLE P

A 6-week programme for parents/carers of children (6-16 years old) with anxiety. The programme supports parents in learning and applying positive parenting and anxiety management skills.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	FEARLESS TRIPLE P No childcare available	Every Friday starting 06.06.2025 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

[SFSC] A 13-week programme for parents/carers who have a child between 3-18 years of age. Parents are introduced to a range of strategies to develop a close relationship with their child and encourage positive behaviour. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	SFSC Limited crèche places available for children under 5 years of age – booking required	Every Thursday starting 24.04.2025 9.30 – 12.30pm No session during half term	Marina Kopanja 07740 752679 marina@upg.org.uk

SPRING TERM 2025

ABOUT BOYS COURSE [ABC]

A 4-week group for parents/carers who have boys between 0-5 years of age. The programme supports parents/carers to have a better understanding of boys and their development. The programme offers practical techniques to support with boundaries and discipline.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	ABC – Limited crèche places available for children under 5 years of age – booking required	Every Thursday starting 05.06.2025 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

AUTISM & PARENTING IN CONVERSATION

Informal, entertaining and positive session with Autistic specialist with a life-long experience living in a world designed for neurotypicals. The group is designed to educate and to give opportunity to ask any questions about the Autistic neurotype. Co-delivered with a mother that knows first-hand how to raise happy Autistic children.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	AUTISM & PARENTING IN CONVERSATION No childcare available	Thursday 15.05.2025 10.30 – 12.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk



STRENGTHENING RELATIONSHIPS WITHIN FAMILIES PROGRAMME

A 3- week group course that looks at conflict as a normal part of any relationship. How parents interact, regardless of whether they are together or separated, has a big impact on their children. The programme supports parents to think about “constructive” ways to deal with disagreement as opposed to “destructive”.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	STRENGTHENING RELATIONSHIPS WITHIN FAMILIES Limited crèche places available for children under 5 years of age – booking required.	Every Thursday starting 19.06.2025 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

PROGRAMME OF PARENTING COURSES

WORKSHOPS

One off topic specific workshops for parents/carers.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Tudor Rose Family Hub Shottendane Rd SW6 5PG	Managing Fussy Eating in Children	Monday 19.05.2025 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
Open crèche for children under 5	Encouraging Positive Behaviour and Independence	Monday 16.06.2025 10.00 – 11.30am	
	How to Manage Children's Tantrums	Monday 14.07.2025 10.00 – 11.30am	
Baby Zone @ West Youth Zone 4 Eddcity Concourse W12 7TF	Managing Children's Tantrums	Tuesday 29.04.2025 1.00 – 2.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk
	Parenting Tips for Language and Communication	Tuesday 24.06.2025 1.00 – 2.30pm	
	Encouraging Independent Play	Tuesday 08.07.2025 1.00 – 2.30pm	
Masbro Centre 87 Masbro Road W14 0LR	Sleep Workshop for parents with babies (babies under 12months welcome)	Tuesday 17.06.2025 1.00pm – 2.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Old Oak Family Hub 76 Braybrook Street W12 0AP Open crèche for children under 5	Course to be confirmed	Dates to be confirmed	Marina Kopanja 07740 752679 marina@upg.org.uk

PARENTS ACTIVE

Parentsactive is the forum for parent/carer of a child/young person with disabilities or special educational needs living in Hammersmith & Fulham. Parentsactive offers informative coffee mornings and training.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	PARENTS ACTIVE Session for parents who have a child with additional needs	Runs fortnightly on Tuesdays 10.00 – 12.00pm	For up to date programme email: info@parentsactive.org.uk

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WEST LONDON ACTION FOR CHILDREN: PARENTING GROUPS

West London Action for Children offers a range of counselling and therapy services for families in Hammersmith and Fulham. Please call to discuss your needs or for more information.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
West London Action for Children 15 Gertrude Street SW10 0JN	BREATHING SPACE – A mindfulness based stress reduction group supporting parents to experience more choice when responding to situations	Call centre for dates	0207 352 1155 team@wlac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	PARENTALK – A forward looking, solution focused group for parents & carers of children up to 12 years of age	Call centre for dates	0207 352 1155 team@wlac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	DADS MATTER – A forward looking solution focused group for dads, step dads and male carers of children 12 years and younger	Call centre for dates	0207 352 1155 team@wlac.org.uk

VOLUNTEERING OPPORTUNITIES AT UPG

Are you looking to give something back to your local community?
Do you want to offer your time and skills? Are you thinking about returning to work?



UPG provides volunteers with opportunities to develop skills, knowledge, and experience. Volunteers receive ongoing support and training to help them in their own personal and professional development.

Our wide range of volunteering opportunities ensures there is something for everyone. Volunteering opportunities exist within the:

**Children's Centre • Nursery • Masbro Youth Club • Elders Service
Confident Parent Happy Child Parenting Service • Reception • Admin Support**

For more information email info@upg.org.uk or call 0207 605 0800

PROGRAMME OF PARENTING COURSES



BIRTH & BEYOND

A 4-week course for expectant parents delivered by Home Start. The course covers: Your Health and Wellbeing During Pregnancy; Getting to Know Your Unborn Baby; Giving Birth and Meeting Your Baby; Feeding, Bathing, and Practical Care of Your New Baby; Your Baby's Brain Development and Community Support After Birth: People and services available to new parents. This course ensures parents are well-prepared and supported for their new journey.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Family Hub Old Oak Community Centre 76 Braybrook St W12 0AP	BIRTH & BEYOND Booking essential	Thursdays starting 30.04.25 – 21.05. 2025 10.00 – 12.00pm	Ann-Marie 07732901488 ann-marie@ hswestminster.co.uk
Baby Zone West Youth Zone 4 Edcity Concourse W12 7TF	BIRTH & BEYOND Booking essential	Thursdays starting 24.06.25 – 15.07.2025 10.00 – 12.00pm	Ann-Marie 07732901488 ann-marie@ hswestminster.co.uk

PARENT COFFEE MORNINGS

for Neurodiverse Parents *and* Parents of Neurodiverse Children

Join us for a warm and welcoming coffee morning designed especially for neurodiverse parents and parents of neurodiverse children. This is a wonderful opportunity to:

- Connect with other parents who understand your journey.
- Share experiences, tips, and support in a friendly environment.
- Relax and enjoy some well-deserved time for yourself.

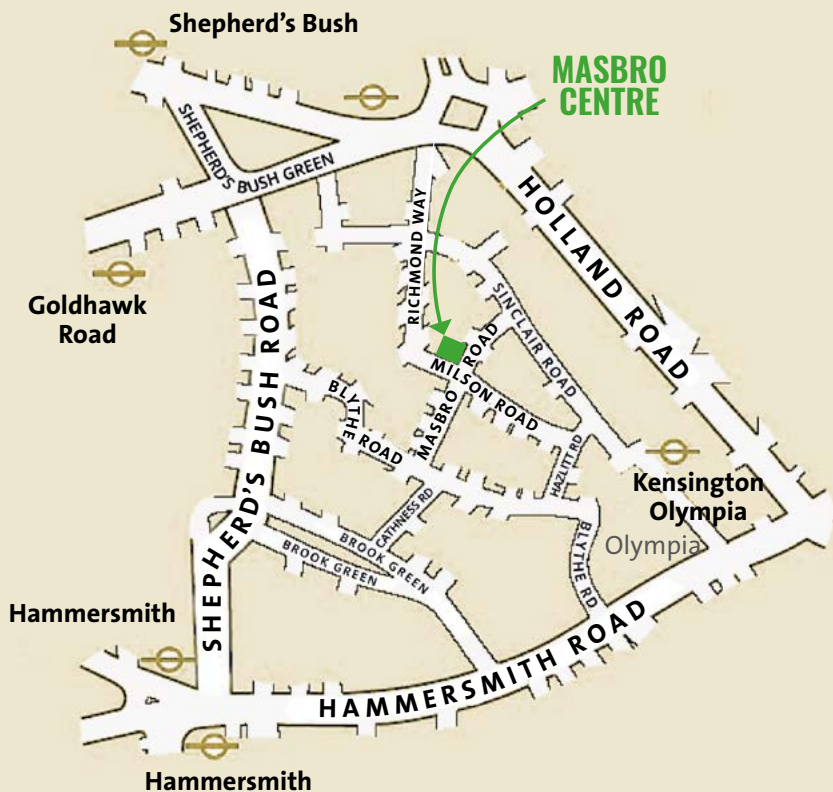


COMMUNITY TOGETHER!

Whether you're looking for advice, friendship, or just a comforting cup of coffee, we look forward to seeing you there!

**Thursday 12 June at 10:30 – 12.00pm
Masbro Centre, 87 Masbro Road, W14 0LR**

CONFIDENT PARENT *Happy Child*



Marina Kopanja

PARENTING PROJECT MANAGER

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https://www.instagram.com/confident_parent_happy_child/

Visit our website at www.upg.org.uk