

Reflect, enjoy and
meet other
parents/carers like
you!

Helping you be a
CONFIDENT PARENT
to a
Happy Child
Find the perfect course for you and your family!

MASBRO
CHILDREN'S CENTRE



Autistics in Conversation series:

Happy Parent, Happy Child

A warm, welcoming space for parents and carers to share, learn, and celebrate the unique rhythms of neurodivergent and Autistic children. Led by Actually Autistic voices, these sessions offer practical tips, lived experience, and a safe place to connect.

Friday

30.01.2026

6.00-8.00pm

**Online via
Zoom**

**January - February
2026**

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.

**Every Wednesday
starting on
25.02.2026
5.30 -7.30 pm**

ONLINE

'Triple P'

A 5-week programme aimed at parents/ carers with children up to 12 years old. Offering strategies to build strong, healthy relationships and positively manage childrens' behaviour.

**Every Wednesday
starting on
14.01.2026
4.00-6.00 pm**

ONLINE

**'Strengthening Families
Strengthening Communities'**

A 12-week programme for parents/carers who have a child between 3-18 years old. Exploring parent-child relationships, behaviour, safety and cultural and community influences on family life.

**Every Thursdays
starting on
08.01.2026
9.30 -12.30pm**

**Masbro
Centre
87 Masbro
Road
W14 0LR**

Limited crèche
places available for
children under 5
years of age.

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**Contact Marina:
07740752679**

Marina@upg.org.uk
for more information or
sign up using the below
QR code

'Incredible years'

A 6-week interactive group for parents with babies up to 12 months. Reflecting and focusing on building strong parent-child relationships, baby development, communication, stimulation and more.

**Every Tuesday
starting on
10.02.2026
1.00 -3.00pm**

**Masbro Centre
87 Masbro Road
W14 0LR**

'Triple P'

A 5-week programme aimed at parents/ carers with children up to 12 years old. Offering strategies to build strong, healthy relationships and positively manage childrens' behaviour.

**Every Wednesday
starting 25.02.2026.
1.00-3.00pm**

**Flora Gardens
Children's
Centre
Dalling Road
W6 0UD**

Confident Parent happy Child
Registration Form 2025

