

CONFIDENT PARENT

Happy Child

AUTUMN TERM
SEPT - DEC
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

RAISING CHILDREN WITH LOVE: 5 SIMPLE WAYS TO HELP CHILDREN THRIVE

1 LOVE & HUGS

Show them you care with kind words and cuddles.
This helps children feel safe, valued, and emotionally connected.

2 CLEAR RULES

Set limits and explain what is okay and what is not.
Clear boundaries guide behavior and help children feel secure.

3 SAME RULES EVERY DAY

Keep routines and rules the same so they can learn them.
Consistency builds trust and helps children understand expectations.

4 SPECIAL TIME

Spend time together doing something they enjoy.
Quality time strengthens your bond and boosts your child's confidence

5 CHORES & RESPONSIBILITIES

Give them age-appropriate jobs like tidying toys or helping set the table.
Responsibility helps children feel capable and teaches important life skills.

ONLINE COURSES AND WORKSHOPS

Transitions with Confidence –

Preparing for a New Academic Chapter



CPHC, in partnership with Community CAMHS, offers this one-hour online workshop designed to support parents and carers in helping their children navigate academic transitions with confidence.

Whether your child is moving to a new school, transitioning to secondary education or simply progressing to the next year group, this session provides practical strategies to reduce anxiety and build emotional readiness.

Join us to discover how to support your child through change and help them begin their next chapter feeling calm, capable, and confident.

Online via Zoom on Wednesday 20.08.2025 from 11.00am – 12.00pm

Sleep Well, Learn Well –

Helping Children Transition to School-Time Sleep

CPHC, in partnership with Community CAMHS, offers this one-hour online workshop designed to support parents and carers in helping children adjust their sleep routines as they prepare to return to school. This session provides practical tips to ease the shift from summer sleep habits to a healthy school-time schedule.

Join us to learn how to promote restful sleep, reduce bedtime resistance and set your child up for a calm and successful start to the academic year.



Online via Zoom on Wednesday 27.08.2025 at 11.00am – 12.00pm

Fearless Triple P Programme



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.

Online via zoom every Thursday from
13.11.2025 – 18.12.2025 at 17:45 – 19:45

WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



FREEDOM PROGRAMME

- “ I am not feeling intimidated by him anymore. ”
- “ The programme helped me achieve my freedom back and become a better mum to my children. I have clear understanding of how DV have impacts on children. ”



ABOUT BOYS COURSE

- “ This course helped me to improve interaction with my son. ”
- “ I changed my expectations as I think they were too high for my sons age and developmental staget. ”



TRIPLE P

- “ I was so happy to attend this course. It helped me understand what kind of parent I want to be for my child. ”
- “ The book helped me remember what strategies I need to practice each week, my child is so much happier now. Thank you!!! ”



STEPPING STONES TRIPLE P

- “ I am more present with my son now and make sure I spend quality time with him more often. ”
- “ I reflected on how I am with my child and now I stay calm with him and that seems to work. ”

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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 05.11.2025 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 16.09.2025 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
Miles Coverdale Primary School Coverdale Road W12 8JJ	STEPPING STONES TRIPLE P No childcare available	Every Friday starting on 07.11.2025 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 24.09.2025 4.30pm – 6.30pm	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 16.09.2025 1.00 – 2.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk



MONEY COURSE

Developed by Crosslight, this 6-week programme helps families improve their financial wellbeing through a series of interactive sessions. The programme explores emotional relationships with money, creating and balancing budgets, controlling spending, setting savings goals, managing debt and using credit wisely.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	MONEY COURSE Limited crèche places available for children under 5 years of age – booking required	Every Tuesday starting 04.11.2025 1.00 – 3.00pm	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 No childcare available	Every Tuesday starting 16.09.2025 9.30 – 12.30pm No session during half term	Marina Kopanja 07740 752679 marina@upg.org.uk

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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 06.11.2025 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 Limited crèche places available for children under 5 years of age – booking required	Thursday 25.09.2025 10.00 – 12.00pm	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 20.11.2025 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

PROGRAMME OF PARENTING COURSES

FREEDOM PROGRAMME

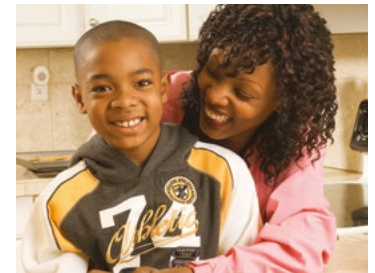
A 11-week programme for women who wants to learn more about domestic abuse, regardless of whether they left or are still in abusive relationship. The programme will examine strategies used by abusive partner and early warning signs. It will also look in details on how it affects children and how their lives are improved when the abuse is removed.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	FREEDOM Limited crèche places available for children under 5 years of age – booking required.	Every Thursday starting 18.09.2025 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

PARENT LED CHILD ANXIETY GROUP

A 6-week programme for parents/carers of a child/ren between 5 and 11 years old. The group explores the early signs of anxiety in children and practical strategies parents can use to support children to overcome their anxieties. Run by Community -CAMHS practitioner.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	PARENT LED CHILD ANXIETY GROUP No childcare available	Every Wednesday starting 24.09.2025 9.30 – 11.00am	Marina Kopanja 07740 752679 marina@upg.org.uk



BRIDGING THE GAP

This course focuses on the social, emotional, and financial aspects of growing up and how parents and their children can learn together to face these challenges.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	BRIDGING THE GAP For year 7-9 pupils to attend with their parent/carer.	Every Wednesday 05.11.2025 -10.12.2025 5.45 – 7.55pm	Elise 07736 302494 elise@funpact.org

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WORKSHOPS

One off topic specific workshops for parents/carers.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Tudor Rose Family Hub Shottendane Rd SW6 5PG Open crèche for children under 5	Potty Power: Helping Your Child Master Toilet Training	Monday 15.09.2025 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Manage Fussy Eating – Turning Fussy Eating Into Happy Eating	Monday 20.10.2025 10.00 – 11.30am	
	More Yes, Less Stress: Positive Ways to Gain Cooperation	Monday 17.11.2025 10.00 – 11.30am	
	Creating a Positive Bedtime Routine -from Chaos to Calm	Monday 15.12.2025 10.00 – 11.30am	
Baby Zone @ West Youth Zone 4 Edcity Concourse W12 7TF	Making Bedtime Easier: Develop healthy sleep routine	Tuesday 09.09.2025 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Manage Fussy Eating: Turning Fussy Eating Into Happy Eating	Tuesday 11.11.2025 10.00 – 11.30am	
	Big Feelings, Calmer Days: Understanding & Managing Tantrums	Tuesday 02.12.2025 10.00 – 11.30am	
Masbro Centre 87 Masbro Road W14 0LR	Sleep Workshop for parents with babies (babies under 12months welcome)	Tuesday 21.10.2025 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 Booking required.	Runs fortnightly on Tuesdays 10.00 – 12.00pm	For up to date programme email: info@parentsactive.org.uk

PROGRAMME OF PARENTING COURSES

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@wlaac.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@wlaac.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@wlaac.org.uk



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
Baby Zone West Youth Zone 4 Edcity Concourse W12 7TF	BIRTH & BEYOND Booking essential	Tuesdays starting 23.09.2025 10.00 – 12.00pm	Ann-Marie 07732901488 ann-marie@hswestminster.co.uk
	BIRTH & BEYOND Booking essential	Tuesdays starting 25.11.2025 10.00 – 12.00pm	

REGISTER FOR CONFIDENT PARENT HAPPY CHILD PROGRAMMES ONLINE

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





Marina Kopanja

PARENTING PROJECT MANAGER

Tel: 07740 752679

E-mail: marina@upg.org.uk

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

Visit our website at www.upg.org.uk