

CONFIDENT PARENT
Happy Child



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES SFSC

Free 13-Week Parent Group for Families in Hammersmith & Fulham

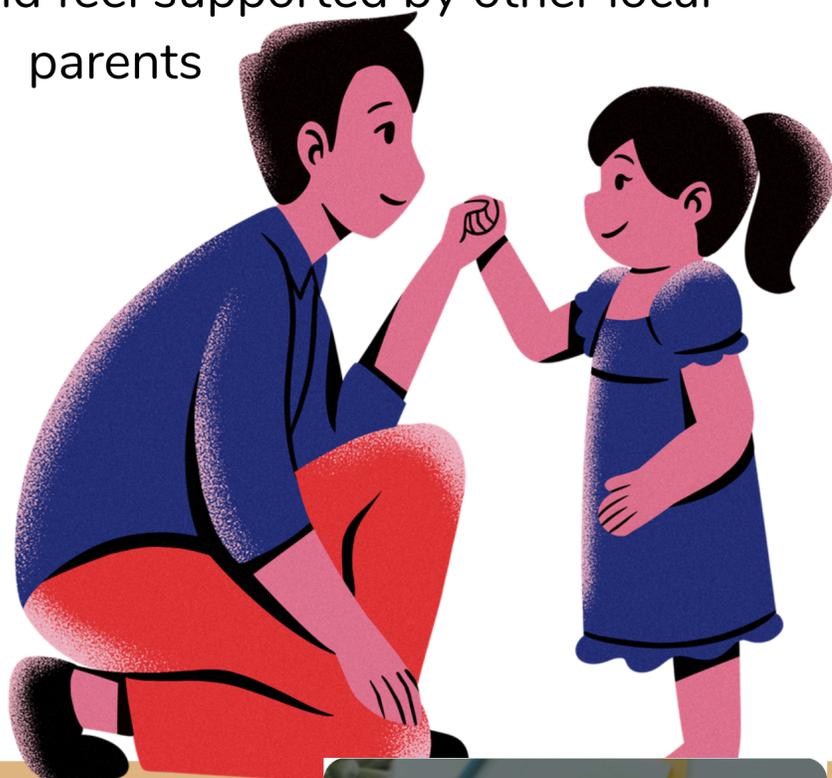
Are you raising a child or teen (up to 18 years old) and looking for support, ideas, or just a space to connect with other parents?

This free, community-based programme offers practical tools and friendly guidance to help you:

- Build a stronger, more positive relationship with your child
- Support their self-esteem, life skills and self-discipline
- Learn simple strategies for everyday parenting challenges
- Share experiences and feel supported by other local parents



Starting week of
13th April 2026



TO BOOK A PLACE USE QR CODE
OR CONTACT MARINA ON 07740752679
OR EMAIL MARINA@UPG.ORG.UK

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Registration Form 2026

