

# Small changes, big differences.



## Group Stepping Stones Triple P ( For parents of children (0–12 years) with additional needs, including ASD, ADHD, and disabilities )

**New positive parenting course starts soon**

**DATE:** Every Tuesday starting on 24.02.2026

**TIME:** 9:30am – 12:00pm

**ADDRESS:** Baby Zone @ West Youth Zone, 4 EdCity  
Concourse, W12 7TF

**Confident Parent Happy Child**

**BOOKINGS AND INFORMATION**

[marina@upg.org.uk](mailto:marina@upg.org.uk) or 07740752679

- A free 5-week parenting programme for parents and carers of children 0–12 years with additional needs or disabilities. This course introduces practical strategies to

- Build positive parent–child relationships
- Encourage desirable behaviour
- Teach communication, problem-solving, self-care and self-regulation skills
- Manage challenging behaviour confidently

