

CONFIDENT PARENT

Happy Child

SUMMER TERM

April to July

2026

Delivering Parenting
Programmes for
all ages in
Hammersmith
and 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.

5 TIPS

TIPS FOR BUILDING YOUR CHILD'S RESILIENCE AND HEALTHY HABITS

1 ESTABLISH SIMPLE, CONSISTENT ROUTINES

Regular routines – bedtime, homework & chores – help children feel safe & organised.
Consistency builds strong habits and reduces stress or uncertainty.

2 PRAISE EFFORT, NOT JUST SUCCESS

Recognise the hard work behind achievements: *"I'm proud of how hard you tried!"*
This builds a growth mindset and teaches them to keep going when things feel difficult.

3 ENCOURAGE PROBLEM-SOLVING

Instead of jumping in to fix everything, guide your child to think through challenges.
Try asking: *"What do you think we could do first?"*
This helps them develop confidence and independence.

4 TEACH EMOTIONAL LITERACY

Help your child name and understand their feelings.
You can say: *"It looks like you're frustrated – let's talk about it."*
This makes big emotions more manageable and boosts emotional resilience.

5 BE A POSITIVE ROLE MODEL

Children learn by watching you. Show them how you calm down & solve problems.
Whether it's deep breathing, positive self-talk, or asking for help, your example
teaches them powerful tools.



SESSION FOR THE SUMMER TERM



Limited
creche places
available for children
under 5 – booking
required

Henry is a FREE 8 week course for children aged 0 – 5 years that supports healthy routines, wellbeing and parenting confidence.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyles habits
- Enjoying life together

This programme covers these 5 themes across the 8 weeks and provides everything you need to help get your child off to a great start!

Thursdays at 1.00 – 3.00pm 23 April – 18 June
Brook Green Family Centre | 49 Brook Green | W6 7BJ

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.

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

Let's build a supportive



COMMUNITY TOGETHER!

Thursday 23 April at 9.30 – 11.00am
Masbro Centre | 87 Masbro Road | W14 0LR

WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



INCREDIBLE YEARS

“ I am so happy that we joined this group. My baby started to socialise with other babies, and I gained a better understanding of my baby and feel more confident as a parent. ”



TEEN TRIPLE P – ONLINE

“ I am making more effort to build a better relationship with my teenager. The programme showed me ways to set rules and boundaries to help my teenager learn and grow. ”



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

“ My daughter told me I am doing a great job as her mum since joining the programme. This proved that what I am learning is working and helped me keep going. ”



TRIPLE P PROGRAMME

“ This course helped me have a better and happier relationship with my children. We now communicate in a positive way and work better together as a team. ”



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
Online via Zoom	TRIPLE P	Every Thursday starting 04.06.2026 5.30 – 7.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk
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 03.06.2026 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

STEPPING STONES TRIPLE P

A 6-week programme for parents and carers of children aged 0–12 with additional needs and disabilities, including ASD and ADHD. The programme offers practical strategies to strengthen positive parent-child relationships, encourage desirable behaviour, support communication, problem-solving, self-care, and emotional regulation, and help parents manage challenging behaviour and use strategies that work best for their child.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
The Stephen Wiltshire Centre Queensmill Road, SW6 6JR	STEPPING STONES TRIPLE P No childcare available	Every Wednesday starting 03.06.2026 9.30am – 12.00pm	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
Online	FEARLESS TRIPLE P	Every Tuesday starting 14.04.2026 5.00 – 7.00pm	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 enhance children's behaviour and build positive parent child relationships. 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 14.04.2026 9.30am – 12.30pm No session during half term	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 21.04.2026 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

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
Edward Woods Community Centre 60-70 Norland Rd W11 4TX	INCREDIBLE YEARS An interactive session for parent and baby together	Every Thursday starting 14.05.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk

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
Brook Green Family Centre 49 Brook Green W6 7BJ	ABC – Limited crèche places available for children under 5 years of age – booking required	Every Thursday starting 25.06.2026 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

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

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Online	AUTISTICS IN CONVERSATION	Friday 15.05.2026 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
TBC /Online via Zoom	STRENGTHENING RELATIONSHIPS WITHIN FAMILIES Booking essential	Every Thursday starting on 18.06.2026 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



HENRY

A free 8-week course for parents and carers of children aged 0-5. It helps families build healthy routines, strengthen wellbeing and feel more confident in their parenting. Sessions cover healthy eating, active play, emotional wellbeing and positive parenting.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Brook Green Family Centre 49 Brook Green W6 7BJ	HENRY Limited crèche places available for children under 5 years of age, booking required.	Every Thursday starting on 23.04.2026 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



FREEDOM PROGRAMME

A 12-week programme for women who want 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 on 16.04.2026 9.30 – 11.30am	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

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	Confident Potty Training – Gentle Guidance for a Smooth Toilet Training Journey	Monday 20.04.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Sleep Without Stress – A Calm & Confident Guide to Better Sleep for children	Monday 18.05.2026 10.00 – 11.30am	
	Feeding Without the Fuss – Gentle Strategies for Fussy Eaters	Monday 15.06.2026 10.00 – 11.30am	
Baby Zone @ West Youth Zone 4 Edcity Concourse W12 7TF	Confident Potty Training – Gentle Guidance for a Smooth Toilet Training Journey	Tuesday 12.05.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Gentle Strategies for Fussy Eaters – Feeding Without the Fuss	Tuesday 02.06.2026 10.00 – 11.30am	
	Creating a Positive Bedtime Routine – From Chaos to Calm	Tuesday 16.06.2026 10.00 – 11.30am	
Edward Woods Community Centre 60-70 Norland Road W11 4TX	Sleep Workshop for Parents with Babies (babies under 12 months welcome)	Thursday 25.06.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
Old Oak Family Hub 76 Braybrook Street W12 0AP	Sleep Workshop for Parents with Babies (babies under 12 months welcome)	Monday 27.04.2026 11.00am – 12.00pm	Marina Kopanja 07740 752679 marina@upg.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 28.04.2026 10.00 – 12.00pm	Ann-Marie 07732 901 488 ann-marie@hswestminster.co.uk

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



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

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 **FREE TICKETS** to **Kew Gardens** on either **Friday 26, Saturday 27 or Sunday 28 June 2026.**

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

REGISTER FOR PARENTING 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!





We deliver our services across Hammersmith and Fulham.

Our groups and workshops are available at the following locations this term:

MASBRO CENTRE

87 Masbro Road
W14 0LR

**FLORA GARDENS
CHILDREN'S CENTRE**

Dalling Road
W6 0UD

**EDWARD WOODS
COMMUNITY CENTRE**

60-70 Norland Road
W11 4TX

**BROOK GREEN
FAMILY CENTRE**

49 Brook Green
W6 7BJ

**THE STEPHEN
WILTSHIRE CENTRE**

Queensmill Road
SW6 6JR

**TUDOR ROSE
FAMILY HUB**

Shottendane Road
SW6 5PG

**BABY ZONE @ WEST
YOUTH ZONE**

4 Edcity Concourse
W12 7TF

**OLD OAK
FAMILY HUB**

6 Braybrook Street
W12 0AP

In addition, we work with schools, nurseries, and partner organisations, delivering workshops and programmes on-site to support local families across the borough.

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

