

CONFIDENT PARENT

Happy Child

AUTUMN TERM

Sept to Dec

2024

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 PARENTING TIPS TO BUILD YOUR CHILD'S RESILIENCE

1

Foster their Independence: Encourage children to take on age-appropriate tasks and responsibilities such as choosing their own clothes, pack their school bag, or help with household chores. This will help them learn to trust their own abilities.

2

Acknowledge and Respect Emotions: Validating a child's feelings helps them feel understood and supported. Let them know it's okay to feel sad, angry, or frustrated. This helps them understand and manage their emotions better.

3

Role Model Emotional Intelligence: Children observe and learn from their parents including how they handle stress and setbacks in a healthy way. When children see parents managing emotions effectively, they are more likely to copy those behaviours.

4

Help Children Develop Their Own Coping Strategies: Parents can teach children various ways to cope with challenges, such as deep breathing, positive self-talk, or taking a break. Find out what works best for them and practice these strategies regularly.

5

Allow Children to Make Mistakes and Learn from Them: Mistakes are valuable learning opportunities. Allowing children to experience failure and guiding them through problem-solving helps them develop critical thinking and resilience.

NEW

COURSE STARTING AUTUMN TERM 2024

FEARLESS TRIPLE P PROGRAMME



– helping children
manage their anxiety

A 6-week programme for parents /carers who have a child between 6-16 years of age. The programme introduces parents to anxiety and offers positive parenting strategies that support the development and behaviour of children with anxiety.

Starting 5th November 2024

Every Tuesday from 10:00 – 12:00pm

Masbro Centre, 87 Masbro Road, W14 0LR

Topics covered:

- Understanding how anxiety works
- Becoming the best possible model of anxiety management for children
- Becoming effective emotion coaches
- Understanding and teaching the value of flexible thinking
- Managing their child's anxiety effectively.
- Using constructive coping

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.



community together!

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

Tuesday 8th October & Thursday 12th December at 10:00 – 11:30am
Masbro Centre, 87 Masbro Road, W14 0LR

WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

‘This course has helped me feel more confident to deal with my children’s challenging behaviour better.’



TRIPLE P PARENTING GROUP

‘The course helped me and my partner to work better together when it comes to our children. We now support each other’s decisions and stay consistent with them.’

‘I can see changes in me and how I respond to my child!’



ABOUT BOYS COURSE

‘This course has provided me with essential skills & techniques to help my understanding of my son. I feel more calm.’

‘Very well organised and informative course. It has provided me with strategies that I need to deal with my son’s behaviour!’



STEPPING STONES TRIPLE P

‘I am very happy that I participated in this programme as I am much calmer now with my child.’

‘Strategies that I have tried with my children have worked. Our family is much happier now. Thank you!’

AUTUMN TERM 2024



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 06.11.2024 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Thomas's Academy New King's Road SW6 4LY	No childcare available No session during half term	Every Friday starting 08.11.2024 9.15 – 11.15am	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
Family Hub Stephen Wiltshire Centre Queensmill Road Fulham SW6 6JR	STEPPING STONES TRIPLE P No crèche facilities available	Every Wednesday starting 06.11.2024 9.30 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

FREEDOM PROGRAMME

A 11-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 PROGRAMME Limited crèche places available for children under 5 years of age – booking required.	Every Tuesday starting 24.09.2024 1.00 – 3.00pm	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
Flora Gardens Children's Centre Dalling Road W6 0UD	INCREDIBLE YEARS An interactive session for parent and baby together	Every Monday starting 07.10.2024 1.00 – 3.00pm No session during half term	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 Limited crèche places available for children under 5 years of age – booking required.	Every Thursday starting 19.09.2024 9.30 – 12.30pm No session during half term	Marina Kopanja 07740 752679 marina@upg.org.uk

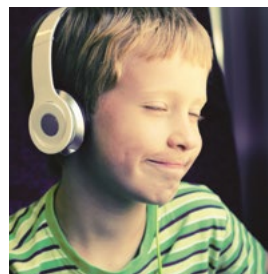
ABOUT BOYS COURSE [ABC]

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
Masbro Centre 87 Masbro Road W14 0LR	ABC – Limited crèche places available for children under 5 years of age – booking required	Every Thursday starting 07.11.2024 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

AUTUMN TERM 2024



AUTISM & PARENTING IN CONVERSATION

Informal, entertaining and positive sessions with Autistic specialist with a life-long experience living in a world designed for neurotypicals. Groups are 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 creche places available for children under 5 years old on Thursday 21.11.2024	Tuesday 24.09.2024 Thursday 21.11.2024 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

PARENT GYM

A 6-week programme for parents/carers who have a child 2-11 years of age. The programme helps parents increase parents' skills and confidence to help improve the behaviour and wellbeing of their child. Topics include communication, balancing warmth and discipline, setting boundaries and encouraging learning.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Brook Green Family Centre 49 Brook Green W6 7BJ	PARENT GYM No crèche facilities available	Every Tuesday starting 01.10.2023 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 No crèche facilities available	13.11.2024 9.30-11.00am 20.11.2024 9.30-11.00am 27.11.2024 9.30-11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk

PROGRAMME OF PARENTING COURSES

WORKSHOPS

One off topic specific workshops for parents/carers.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Family Hub Tudor Rose Community Centre Tudor Rose Building Fulham Court SW6 5PG	Parenting Tips – Helping children with change	Monday 16.09.2024 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	How to manage fussy eating	Monday 21.10.2024 10.00 – 11.30am	
	How to get children to cooperate	Monday 18.11.2024 10.00 – 11.30am	
Open crèche for children under 5	Positive boundaries	Monday 16.12.2024 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Developing healthy sleep routine for children	Tuesday 17.09.2024 11.00 – 12.00pm	
	Managing children's tantrums	Tuesday 15.10.2024 11.00 -12.00am	
Baby Zone @ West Youth Zone 4 Eddcity Concourse W12 7TF	Fussy eaters	Tuesday 19.11.2024 11.00 -12.00	Marina Kopanja 07740 752679 marina@upg.org.uk
	Parenting tips for language and communication	Tuesday 17.12.2024 11.00 -12.00	
	Sleep Workshop for parents with babies (babies under 12months welcome)	Monday 25.11.2024 1.00 – 3.00pm	
Flora Gardens Children's Centre Dalling Road W6 0UD			Marina Kopanja 07740 752679 marina@upg.org.uk
Family Hub Old Oak Community Centre 76 Braybrook Street W12 0AP Open crèche for children under 5	Monthly parenting workshop	Dates TBC please speak to member of staff or contact Marina Kopanja	Marina Kopanja 07740 752679 marina@upg.org.uk
Thomas's Academy New King's Road SW6 4LY	How to develop a positive bedtime routine	Friday 20.09.2024 9.15 – 10.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	How to develop positive routine for school mornings	Friday 04.10.2024 9.15 – 10.30am	
Community CAMHS Online via Zoom	Getting children ready for the start of the school year	Thursday 22.08.2024 1.00 – 2.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
	How to develop a positive sleep routine	Thursday 29.08.2024 1.00 – 2.00pm	

AUTUMN TERM 2024

BRIDGING THE GAP

A six-week programme designed for parents and their children in secondary school years 7-9. The programme leads the open dialogues about the social, emotional, and financial aspects of growing up. Parents and children will explore strategies to navigate the complexities of adolescence and beyond.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	For year 7-9 pupils to attend with their parent/carer.	Every Wednesday starting 6.11.2024 5.45 – 7.50pm	Elise 07736 302 494 elise@funpackt.org

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 creche facilities available	Every Wednesday starting 18.09.2024 9.30 – 11.00am	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	Runs fortnightly on Tuesdays 10.00 – 12.00pm	Nandini Ganesh 020 8748 5168 nandini.ganesh@hfmencap.org



BUTTERFLY PROJECT

A community based women's group run by survivors for survivors. It provides support for women who have experienced or are currently experiencing domestic abuse. Activities include meditation, relaxation, confidence building and art therapy.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	BUTTERFLY PROJECT Booking required	Runs fortnightly on Tuesdays 10.00 – 12.00pm	Monika Suzlak 0207 605 0800 monika@upg.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@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

VOLUNTEERING OPPORTUNITIES AT UPG

Are you looking to give something back to your local community?
Do you want to offer your time and skills? Are you thinking about returning to work?

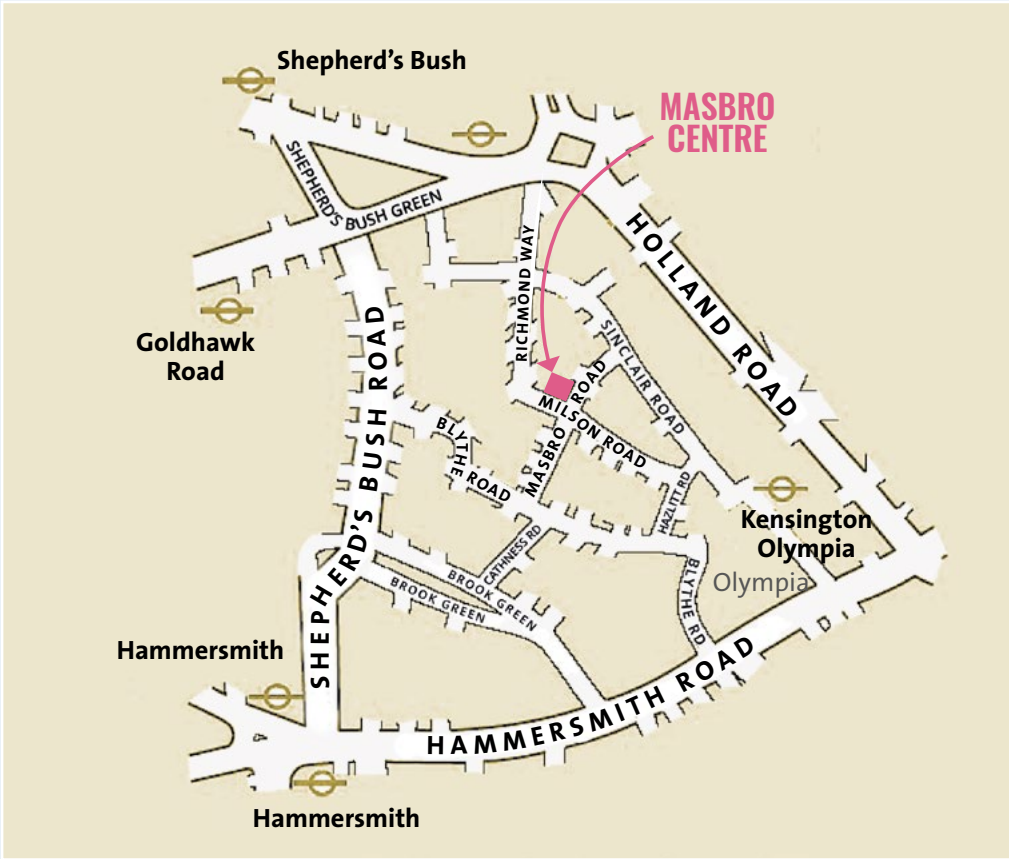


UPG provides volunteers with opportunities to develop skills, knowledge, and experience. Volunteers receive ongoing support and training to help them in their own personal and professional development.

Our wide range of volunteering opportunities ensures there is something for everyone. Volunteering opportunities exist within the:

**Children's Centre • Nursery • Masbro Youth Club • Elders Service
Confident Parent Happy Child Parenting Service • Reception • Admin Support**

For more information email info@upg.org.uk or call 0207 605 0800



----- Marina Kopanja -----

PARENTING PROJECT MANAGER

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

Visit our website at www.upg.org.uk

