

CONFIDENT PARENT

Happy Child

AUTUMN TERM 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 ★★★★★ TOP TIPS

TO PROMOTE POSITIVE EXPERIENCES FOR PARENTS AND CHILDREN

1 CHILDREN THRIVE WHEN THEY FEEL LOVED, SAFE AND VALUED

Positive attention and quality time help children feel secure and build strong relationships. For example: spending a few minutes each day playing together, sharing a meal, or telling your child what you appreciate about them.

2 STRONG RELATIONSHIPS START WITH LISTENING

When children feel listened to, they are more likely to talk about their feelings and experiences. For example: giving your child your full attention when they're talking and asking questions about their day.

3 PRAISE EFFORT AS WELL AS ACHIEVEMENT

Recognising effort helps children develop confidence, resilience, and a willingness to keep trying. For example: saying, "You worked really hard on that," rather than focusing only on the end result.

4 SET CLEAR BOUNDARIES WITH WARMTH AND CONSISTENCY

Children feel safer when expectations are clear and parents respond consistently. For example: calmly reminding children of family rules and following through with agreed consequences.

5 LOOK AFTER YOURSELF TOO

Parenting can be challenging, and taking care of your own wellbeing helps you be there for your children. For example: making time to rest, talk to a friend, or seek support when you need it.

FREE

TICKETS TO KEW GARDENS

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 a **FREE TICKET** to Kew Gardens on **19th September** and **18th October 2026**. Tickets are available on 'first come, first serve' basis.

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



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.



COMMUNITY TOGETHER!

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!

Thursday 22 Oct from 9.30 – 11.00am
Masbro Centre | 87 Masbro Road | W14 0LR

REGISTER FOR CONFIDENT PARENT HAPPY CHILD 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!



WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

“SFSC has taught me to trust my instincts and to accept that true discipline is love.”

“I’ve learned how to communicate better with my child.”



FREEDOM PROGRAMME

“I am proud of how far I’ve come and the safe space I created for myself and my child.”

“I am not alone and feel so much more empowered now and confident.”



HENRY PROGRAMME

“The course helped me feel more confident as a parent and taught me to make healthier choices for my family.”



TRIPLE P PROGRAMME

“Positive spiral and more calmness everywhere.”

“We have found better ways to set boundaries for our children.”



TRIPLE P

A 5-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 17.09.2026 5.30 – 7.30pm	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
Online	TEEN TRIPLE P	Every Thursday starting on 05.11.2026 5.00 – 7.00pm	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	TBC Registration welcome via QR code	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
Edward Woods Community Centre 60-70 Norland Road W11 4TX	SFSC No childcare available	Every Monday starting 02.11.2026 9.30am – 12.30pm No session during Christmas	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
Baby Zone @ West Youth Zone, 4 Edcity Concourse W12 7TF	STEPPING STONES TRIPLE P No childcare available	Every Tuesday starting 13.10.2026 9.30am – 12.00pm No session during half term	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
Flora Gardens Children's Centre Dalling Road W6 0UD	INCREDIBLE YEARS An interactive session for parent and baby together.	Every Wednesday starting 04.11.2026 1.00 – 2.30pm	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 01.10.2026 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

STRENGTHENING RELATIONSHIPS WITHIN FAMILIES PROGRAMME

A 4-week group programme that helps parents understand how conflict can affect children and family relationships. Participants will explore constructive ways to manage disagreements, improve communication, and reduce the impact of conflict on their children. Suitable for parents whether they are together, separated, or co-parenting.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Limited crèche places available for children under 5 years of age – booking required.	Every Thursday starting 05.11.2026 10.00 – 11.30am	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 detail 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 17.09.2026 9.30 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk



PARENT GYM

A 6-week programme for parents and carers of children aged 2 to 11 years. The programme helps parents build their skills and confidence to support their child's behaviour, learning and wellbeing. Topics include effective communication, balancing warmth and discipline, setting boundaries, and encouraging learning.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	PARENT GYM Limited crèche places available for children under 5 years of age – booking required.	Every Tuesday starting 03.11.2026 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	TBC Registration welcome via QR code	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 21.09.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Gentle Strategies for Fussy Eaters – Feeding Without the Fuss	Monday 19.10.2026 10.00 – 11.30am	
	A Calm & Confident Guide to Better Sleep for children: – Sleep Without Stress	Monday 16.11.2026 10.00 – 11.30am	
Baby Zone @ West Youth Zone 4 Edcity Concourse W12 7TF	Gentle Guidance for a Smooth Toilet Training Journey – Confident Potty Training	Tuesday 15.09.2026 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Sleep Workshop for parents with babies under 12 months	Tuesday 06.10.2026 10.00 – 11.30am	
	Feeding Without the Fuss – Gentle Strategies for Fussy Eaters	Tuesday 10.11.2026 10.00 – 11.30am	
	Creating a Positive Bedtime Routine – From Chaos to Calm	Tuesday 08.12.2026 10.00 – 11.30am	
Flora Gardens Children's Centre Dalling Road W6 0UD	Sleep Workshop for Parents with Babies (babies under 12 months welcome)	Wednesday 9.12.2026 1.00 – 2.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Brook Green Family Centre 49 Brook Green W6 7BJ	Starting Solids	Thursday TBC	Marina Kopanja 07740 752679 marina@upg.org.uk
	Fussy eating	Thursday TBC	
Old Oak Family Hub 76 Braybrook Street W12 0AP	TBC	TBC	Marina Kopanja 07740 752679 marina@upg.org.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@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.	Starting 07/10/2026 6.30 – 8:30pm	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 15.09. 2026 10.00 – 12.00pm	Ann-Marie 07732 901 488 ann-marie@ hswestminster.co.uk



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

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E-mail: marina@upg.org.uk

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

Visit our website at www.upg.org.uk