

# 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

