

FAMILY LIVES						
2026 Spring Term Parent/Carer Support Classes for the London Borough of Hillingdon						
SUPPORT CLASSES TITLE	TARGET GROUPS	PROGRAMME LENGTH	DELIVERY START DATE	COMPLETION DATE	DAY & TIME	LOCATION
Triple P Teen Classes	Parents/Carers who have teenagers aged between 12 and 16 years old	6 weeks x 2 hours	Wednesday 21 January 2026	Wednesday 04 March 2026	Weekly on Wednesdays 4.15pm-6.15pm	Park Academy West London Park View Road, Hillingdon, UB8 3GA
Triple P Group Classes	Parents/Carers who have children aged between 5 and 11 years old	6 weeks x 2 hours	Friday 23 January 2026	Friday 6 March 2026	Weekly on Fridays 10am-12noon	Online
Triple P Stepping Stones Classes	Parents/Carers who have children aged between 5 and 11 years old and is neurodivergent	8 weeks x2 hours	Thursday 15 January 2026	Thursday 12 March 2026	Weekly on Thursdays 1pm-3pm	Lady Bankes Primary School Dawlish Drive Ruislip Middlesex HA4 9SF
Triple P Seminar – Helping Children Develop Healthy Screen Time Habits	Parents/Carers who have children aged between 5 and 11 years old	2.5 hours	Thursday 08 January 2026	Thursday 08 January 2026	One-off event 9.30am – 11am	Glebe Primary School Sussex Road Ickenham Middlesex UB10 8PH
Triple P Seminar – Raising Responsible Teenagers	Parents/Carers who have children aged between 12 and 16 years old	2.5 hours	Tuesday 24 February 2026	Tuesday 24 February 2026	One-off event 9.30am – 11am	Oak Wood School Sutton Court Road Hillingdon Middlesex UB10 9HT
Triple P Seminar – Helping Children Develop Healthy Screen Time Habits	Parents/Carers who have children aged between 5 and 11 years old	2.5 hours	Tuesday 03 March 2026	Tuesday 03 March 2026	One-off event 9.30am – 11am	St Matthew's CE Primary School High Street Yiewsley Middlesex UB7 7QJ