



**Tuesday April 18, 2023**

**10:30 - 11:30 am**


**FREE On-site Childminding Available**

# The Sandwich Method:

**a workshop to help you parent more effectively**

**Sometimes finding middle ground between offering feedback or discipline to your child while being sensitive to their feelings can be challenging. Being specific and firm about unwanted behavior while presenting it with kindness can enable both parties to leave the discussion with better outcomes and positive feelings. This workshop will discuss the Sandwich Method, also known as constructive criticism in order to offer an effective parenting strategy that can strengthen your relationship with your child.**

 **northoutreach@burnabynh.ca**

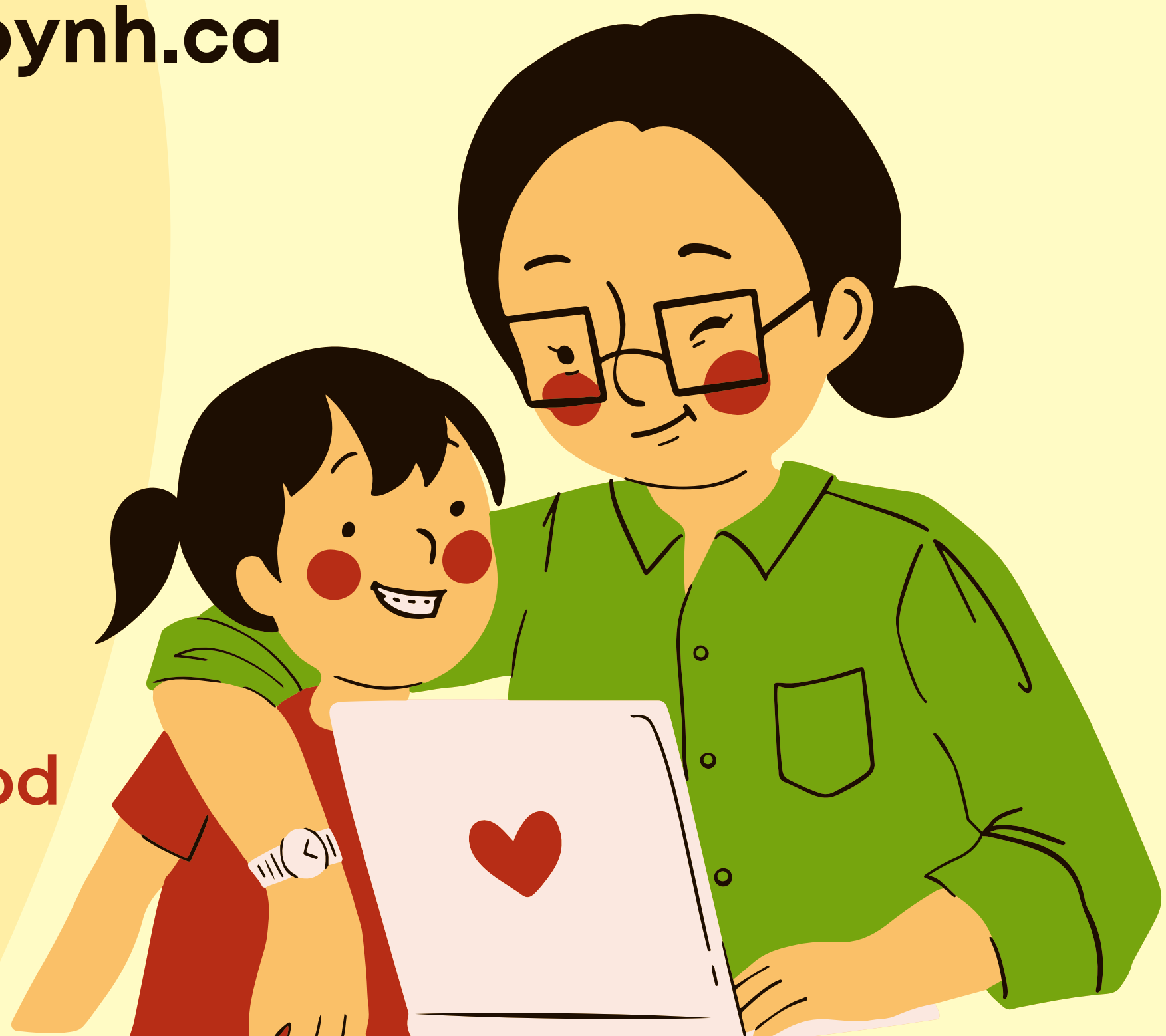
 **604-294-5444**

**Register with:** Name,  
Child's Name and Age,  
Phone Number, Email,  
Childminding Yes or No?

## **Location:**

**North Burnaby Neighborhood  
House**

**4908 Hastings Street**



Brought to you by BNH North House in partnership with Cameray Child and Family Services

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwxwúymesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

