

Volunteers Needed

We are looking for intergenerational family pairs (e.g., mother-son, uncle-niece, grandparent-grandchild) to take part in a program designed to strengthen your relationship by developing and telling your family story and to provide feedback on how to improve the program.

If you are:

- Of Chinese heritage (including multiracial backgrounds) and Canadian citizen or permanent resident;
- Over 19 years old;
- Both you and your family member are interested in taking part in the program; and
- Can both speak and understand conversational English

Then we need your help to take part in this pilot program and to provide feedback to improve it.

RESEARCH STUDY CONDUCTED BY:

Dr. Fred Chou, R.Psych.

Counselling Psychology
Educational Psychology and
Leadership Studies
University of Victoria



University
of Victoria | Educational Psychology
& Leadership Studies

說古談今: (Re)Cultivating our Family Stories

An online intergenerational Chinese
Canadian storytelling program
designed to strengthen family
relationships and mental well-being

CONTACT FOR INQUIRIES:

Fred Chou
250-721-7809
fchou@uvic.ca

Faculty of Education
MacLaurin Building A439 PO Box 1700
STN CSC Victoria BC V8W 2Y2 Canada
T 250-721-7809 | fchou@uvic.ca

Research Involvement

We are looking to test out an online program focused on supporting Chinese Canadian well-being through storytelling. The program is a counselling intervention and involves two parts:

a) The family story development involving five 1-hour long family counselling sessions where you will work together as a family pair to create your family story; and

b) an optional storytelling group involving a structured and facilitated five session group (3 hours per session, with the first and last sessions being 2 hours) with two other family pairs

At the end of Part 1 or Part 2 of the program, you and your family member will take part in an evaluation interview to provide feedback on how to improve the program. You will each be given a \$20 gift card for taking part in the evaluation.

Benefits of Involvement

- This study may have the benefit of preserving your family story.
- You will learn about other Chinese Canadian family stories and their experiences.
- It may strengthen your relationship with your family member who takes part in the program with you.
- You may gain further insight into your own family experience.
- Contribute to the development of a community-based intervention to support the well-being of the Chinese Canadian community.
- As a token of appreciation, you will each be given a \$20 gift card for taking part in the evaluation interview after you complete Part 1 and/or Part 2 of the program.

What is the Purpose of the Project?

There are very few programs designed to support the mental health of Chinese Canadians. The project aims to create a program for the Chinese Canadian community. As the program is still in its development phase, your feedback going through the program will be used further refine it. The program's goal is to support the well-being of Chinese Canadians by strengthening intergenerational family relationships through creating and sharing family stories.



The program adapts a counselling intervention known as Life Review. Life Review is a process of reflecting, writing, and telling your story in a structured way. The telling of one's story can expand your awareness and understanding of yourself and your family. Life Review has been found to improve psychosocial well-being and life satisfaction.