

# Participants Needed

The Stories that Shape Us is a research project is looking to recruit family pairs (parent-offspring) to develop stories of intergenerational resilience in Chinese Canadians.

If you are both adults (19 year+) of Chinese heritage (including multiracial):

- The parent experienced hardship and adversity (i.e., migration related trauma, racism, adversity in childhood);
- You can both identify how the parent adapted and coped with hardship and adversity and its influence on the offspring.

Then we need your help!

## RESEARCH STUDY CONDUCTED BY:

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# Stories that Shape Us

Intergenerational Resilience  
and Chinese Canadian  
Families

## *Research Involvement*

We are looking to interview you about your and your family's story related to intergenerational resilience. Taking part in this study will involve at least three 2-hour video-taped interviews.

We want to interview family pairs (both parent and offspring) about your story. The first two interviews will be conducted separately, while the last interview is done together. You will be provided with a \$100 gift card to acknowledge the time taken to be part of this study.



## *Benefits of Involvement*

- This study may have the benefit of preserving your story, heritage, and family story for your family and for the Chinese Canadian community.
- You may help you gain a greater awareness of your own story and of your family story.
- You may also gain a sense of satisfaction knowing that your experience may help professionals and the community at large better understand Chinese Canadian experiences and psychological well-being.
- You will receive a written copy of your story in the language that you prefer.

## *What is the Purpose of the Project?*

Resilience is the effective adaptation and coping to hardship and adversity. Intergenerational resilience is the transmission of resilience from one generation to the next.

There has been no research examining psychological resilience in Chinese Canadian families. This study can help us understand and recognize the incredible capacity of the Chinese Canadian diasporic community.

The study aims to interview parents and offspring to understand their stories related to intergenerational resilience. This involves identifying hardships and adversity and how you and your family adapted to these circumstances. The purpose is to help you tell your story in a manner that is respectful and honoring to your own story and your family's story.