



## Participants Needed

We are piloting a free guided storytelling group for Asian Canadians designed to foster connection through witnessing and sharing personal stories related to your racial identity.

If you:

- Are of Asian heritage (including multiracial and all regions of Asia)
- Are 19 years or older
- Have basic proficiency in written and spoken English
- Interested in sharing your experiences of your racial identity through personal storytelling
- Are willing to fully participate and support others in the group
- Are located in British Columbia

**WE NEED YOUR HELP!**

*We need  
your help!*

### **RESEARCH STUDY CONDUCTED BY:**

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# (Re)Claim & Connect

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A GUIDED  
STORYTELLING GROUP  
FOR ASIAN  
CANADIANS

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## *Research Involvement*

We are looking to pilot a counselling group focused on sharing personal stories as Asian Canadians. The online groups will consist of 4-5 participants and run for six 2-hour sessions plus a 1.5 hour pre-group meeting.

Taking part in this study will involve completing a pre- and post-measure, as well as an evaluation survey. Your evaluation of the program is essential for its development. You will be provided with a \$10 e-gift card to acknowledge the time taken to be part of this study.

*Thank you for  
your  
consideration!*

## *Benefits*

- The specific benefits are not yet known as this is a newly developed intervention.
- Participating in the group may increase overall mental health and reduce feelings of distress, isolation.
- You may gain a greater awareness of your story and how race has affected it.
- You may also gain a sense of satisfaction knowing that your experience can help professionals and the community at large better support Asian people in Canada.
- You will receive a booklet to guide you through the group and some resources for further engagement with the topics.

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

The goal of the group is to foster belonging and combat anti-Asian racism through intentional and guided storytelling. The group provides a safe space and structure to share your story in a manner that feels validated and supported by others with shared experiences.

The purpose of the evaluation is to learn from your experience of the program in order to enhance future programming. We want to understand what was helpful, what was unhelpful, and what you hope that future programs might include.

