

Volunteers Needed

We are looking for participants to take part in a pilot program designed to foster connection to your heritage and family through the development of your family story.

If you are:

- Of Asian heritage (including multiracial backgrounds) and Canadian citizen or permanent resident;
- Over 19 years old;
- Interested in developing your family story; and
- Can 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:

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University
of Victoria

Educational Psychology
& Leadership Studies

(Re)Cultivating Family Stories

A Self-Guided Workbook for
Asian Canadians

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Research Involvement

We are looking to test out a self-facilitated guide to support individuals in developing your family story. This program involves two parts:

Part 1: A self-facilitated guide to help you develop your family story (to be completed within 3 months with administrative support from a research assistant); and

Part 2: 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 3 or 4 other members who have completed their family story.

At the end of Part 1 or Part 2 of the program, you will take part in an evaluation survey to provide feedback on how to improve the program. After completing the survey, you will be entered into a draw for a \$50 gift card.

Benefits of Involvement

- This study may have the benefit of preserving your family story.
- You will learn about other Asian Canadian family stories and their experiences (for the storytelling group).
- It may strengthen your relationship with your culture and family.
- 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 Asian Canadian community.
- As a token of appreciation, you will be entered into a draw for a \$50 gift card for completing the evaluation survey for the self-facilitated guide and for the group.

What is the Purpose of the Project?

There are very few programs designed to support the mental health and well-being of Asian Canadians. The project aims to create a program for the Asian Canadian community. As the program is still in its development phase, your feedback going through the program will be used to further refine it. The program's goal is to support the well-being of Asian Canadians by strengthening connection to heritage and family through 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. Life Review has been found to improve psychosocial well-being and life satisfaction.