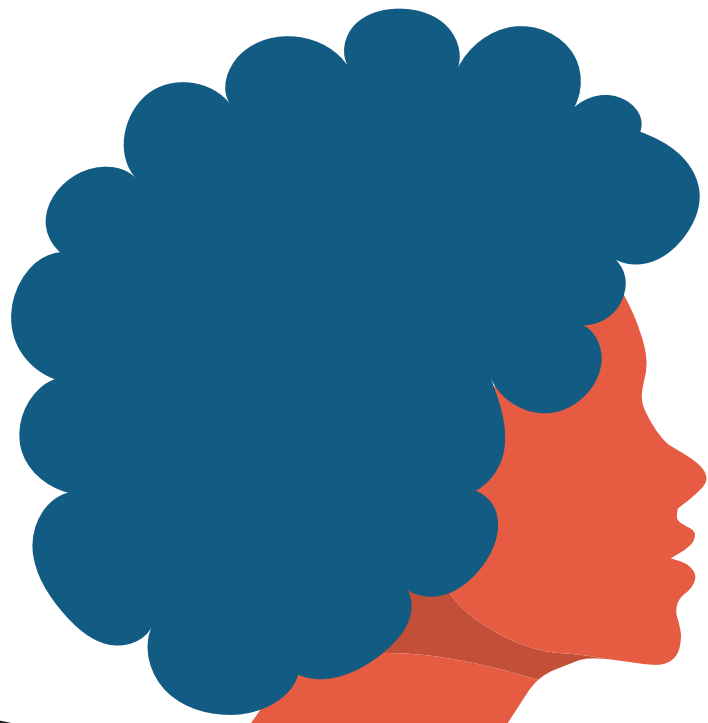




ENHANCING  
WELLNESS  
M4Y



PLEASE  
JOIN US



We are looking for immigrant women and youth impacted by violence and abuse to share their lived experience and coping strategies before and during the COVID-19 pandemic. This is a 5-year research project of Vancouver & Lower Mainland Multicultural Family Support Services.



Canada



Public Safety  
Canada

Sécurité publique  
Canada

- » Focusing on immigrant women and youth (19-25) impacted by violence and abuse (family violence, intimate partner violence, gender-based violence)
- » Developing a free, interactive app based on what people tell us they need
- » Understanding their experience of the COVID-19 pandemic
- » Highlighting their coping strategies.



## WHAT IS THIS RESEARCH ABOUT?



## CONNECT. BE SAFE. ENHANCE WELLNESS.

### WHO DO WE WANT TO HEAR FROM?

- » Immigrant women and youth of any gender identification impacted by violence and abuse before and during the COVID-19 pandemic
- » From Chinese, Eastern European, Filipino, Persian/Afghani, South Asian or Hispanic communities
- » Who live in the Fraser Valley, Okanagan, Metro Vancouver or Southern Vancouver Island regions

## WHAT DOES PARTICIPATION LOOK LIKE?

- » Joining focus group sessions that will be in person or online
- » Up to 4 sessions over 4 years, join the ones you can
- » Related transportation and childcare costs will be paid

Since 1991, Vancouver & Lower Mainland Multicultural Family Services Society has been providing safe, confidential and culturally responsive services in over 24 languages to women and their children impacted by family violence.

**LAND ACKNOWLEDGEMENT**  
VLMFSS respectfully acknowledges that we live, work and play on unceded Coast Salish territory, shared by the Musqueam, Squamish, Qayqayt, Katzie, Semiahmoo, Kwantlen and Tsleil-Waututh Nations.

As an immigrant, refugee and visible minority serving agency, we offer our solidarity and support as we strive for a more respectful collaboration and partnership with all peoples towards our collective path for Truth, Healing and National Reconciliation.



## WHAT ARE THE BENEFITS OF PARTICIPATING?

- » Connect with others
- » Find more ways to be safe
- » Learn about digital tools
- » Receive gift cards & other perks
- » Enjoy lunch
- » Help us help others

# ENHANCING WELLNESS

# M4Y



Scan for more details

**PLEASE JOIN US** For more information please email [m4y@vlmfss.ca](mailto:m4y@vlmfss.ca) or call us at 604.436.1025 ext. 140