

Understanding the Collective Culture: Best Practices and Trauma-informed Tools for Supporting Immigrant and Newcomer Survivors

Vancouver and Lower Mainland Multicultural Family Support Services Society
Dr. Harjit Kaur, Lead Investigator, Executive Director

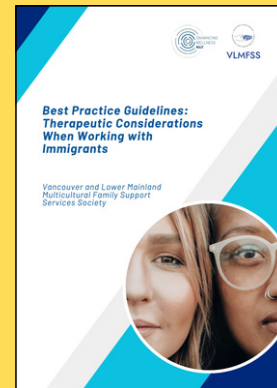
EMAIL: ed@vlmfss.ca
PHONE: 604-436-1025 ext 127
CELL: 604-367-5708



ENHANCING WELLNESS M4Y

5-Year Research Project

- **Research Objectives:** Identify impacts and highlight coping strategies of immigrant women and youth at the intersection of the COVID-19 pandemic and relationship violence
- **Intersectional Mixed-Methods:** Online surveys and focus groups with six cultural communities
- **Research Output:** Findings support development of a free, interactive app to support women and youth
- **Significance of Study:**
 - Centering the perspectives of immigrant women and youth
 - Building individual and organizational resilience with diverse immigrant communities
 - Providing a tool to enhance wellness and safety



- Trauma-informed framework for working with immigrant survivors
- Useful for frontline support workers and counsellors

CRIME
PREVENTION

Resilience

MENTAL
WELLNESS

Download Research and
Resources at <https://ewm4y.ca>

This project is funded by Public Safety Canada



Public Safety
Canada

Sécurité publique
Canada

Canada



Abstract:

The poster will share best practices for supportive trauma-informed tools to work with immigrant populations centered around the collective culture.

It includes information about the innovative Enhancing Wellness-M4Y project research preliminary results and app development.

The tools will support mental wellness and crime prevention efforts. The poster will provide infographics based on the online survey results, preliminary focus group data analysis, literature review and the Best Practices manual for working with survivors from a culturally and linguistically trauma-informed framework.