



FILIPINO FAMILY HEALTH INITIATIVE STUDY

Are you a parent of a Filipino child ages 8-12 and interested in potentially learning ways to help youth tackle life's toughest challenges?

◆ DID YOU KNOW?

The majority of today's youth are not prepared to deal with disappointment, anxiety, and loneliness.



The **Filipino Family Health Initiative** is now enrolling Filipino families for a **6 month research study** that will involve online workshops that may promote the social and academic success of your child.

For taking part in this research, you and your child will be compensated up to a total of \$325.

Please visit our website and social media for more information and parent testimonials:



www.filipinofamilyhealth.com



@filipinofamilyhealth



@filipinofamilyhealthLA

For inquiries please contact us at:

Email: kpsom-incrediblefamilies@kp.org

To Enroll:

Call/text: +1 (626) 760-6119 or
+1 (626) 653-8600

Your participation matters!
ENROLL TODAY!

KAISER PERMANENTE
BERNARD J. TYSON
SCHOOL OF MEDICINE



Children's
Hospital
LOS ANGELES

Keck Medicine
of USC



WHO CAN PARTICIPATE?

To be eligible for the **Filipino Family Health Initiative** study, you must:

- Have a child that identifies as **Filipino, half-Filipino, or quarter-Filipino** that is **between the ages 8-12 years**
- Be **18 years old or older**
- Reside in **California**
- Read and speak **English fluently**



OUR PURPOSE

The **Filipino Family Health Initiative** is a research study evaluating an online workshop for parents called the Incredible Years. *By meeting the needs of both generations, accessible, and online programs may empower Filipino youth, reducing issues like anxiety & depression.*

THE INCREDIBLE YEARS® SESSIONS & TOPICS

- 1 WELCOME, PARENT GOALS SPECIAL TIMES
- 2 SOCIAL, EMOTIONAL, AND PERSISTENCE COACHING (PART 1)
- 3 SOCIAL, EMOTIONAL, AND PERSISTENCE COACHING (PART 2)
- 4 EFFECTIVE PRAISE & ENCOURAGEMENT
- 5 MOTIVATING CHILDREN THROUGH INCENTIVES AND REWARDS
- 6 RULES AND RESPONSIBILITIES, CLEAR & RESPECTFUL LIMIT SETTING

THE INCREDIBLE YEARS® SESSIONS & TOPICS

- 7 LISTENING ATTENTIVELY
- 8 ACTIVE LISTENING AND SPEAKING UP (PART 1)
- 9 ACTIVE LISTENING AND SPEAKING UP (PART 2)
- 10 COMMUNICATING MORE POSITIVELY TO ONESELF AND OTHERS (PART 1)
- 11 COMMUNICATING MORE POSITIVELY TO ONESELF AND OTHERS (PART 2)
- 12 GIVING AND GETTING SUPPORT GRADUATION