

Our Families Can Talk about Anything! (OFTA)

Education Sessions for Immigrant and Refugee Parents, Couples and Youth

Background

- **Intergenerational conflicts as result of immigration and resettlement**
- **Gender-based conflicts and perspectives (e.g., changes in gender roles/position & gender identities)**
- **Youth adaptation in new culture**
- **Addressing sexuality (e.g., differing approaches across cultures)**
- **Sexual and reproductive health (e.g., different approaches across cultures, accessibility to healthcare services & information)**

Project Goal

To support the successful **integration** of newcomer families in Winnipeg by engaging them in a process of dialogue & education on **culture, adaptation, intergenerational communication, and sexuality**.

Project Model

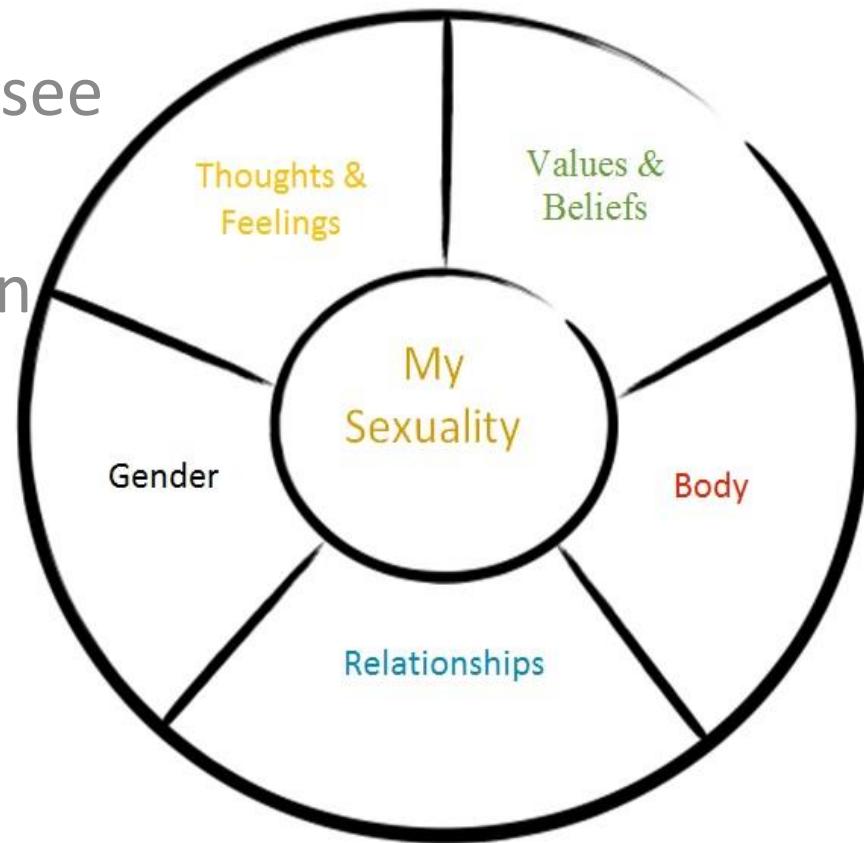
Principles

- Creating a safe environment by:
 - Listening, asking and learning about the participant's worldview and experiences
 - Discussing the similarities and differences the different perceptions of participants
- Becoming cultural brokers (finding a balance)

Project Model

Topics

- Family communication – see slides
- Consent / healthy relationships / Sexualisation
- Gender roles / intimacy
- Sexual and reproductive health



Project Model

Multiple sessions

- 6 to 10 sessions with parents/caregivers
- 6 sessions with couples/on relationships
- 10 sessions with youth (16+ y.o.)
- 4 sessions with youth (13-15 y.o.)
- 2 sessions on sexual and reproductive health

Partnership with settlement organizations

Sessions where people live or receive other services

Accessibility

Interpretation

Childcare

Transportation

Food

Impact

“I am here now, I have to understand the culture we live in now to live harmoniously.” (Parent, 2016)

“It was important to talk about cultural shock and sexuality and how we educate our kids or how we can listen to them, and how they can understand us, and we can understand them.” (Parent, 2016)

Impact

“I have started with the youngest one (9 years) and I was shocked by all the stuff she knows already. That make [sic] me realize that I really have to work hard to keep the communication open with her.”
(Parents’ Group Participant 2015)

“[It was good] to be together is really very important, reduce stress. To learn more how we can reduce confusion with our partners and our kids.” (Man, 2016).

Impact

“This program is important. [It is] about how to stay safe here. It helps us with relationships. We cannot stop relationships in this society. It helps us to stay safe in a new relationships.”
(Youth, 2016)

“Are we going to rebel against our husbands? (...) even our mother-in-law has something to say about our body. “
(Woman, 2016)

Lessons Learned

- Multiple sessions with one group
 - Increased comfort and confidence
 - Increased discussion on sensitive topics
- Dialogue-based discussions lead to ongoing learning of emerging issues, and adaptation of our curriculum.
- Partnerships help address non-sexuality related issues (referrals)

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