FILIPINO FAMILY HEALTH INITIATIVE STUDY

Filipinos helping Filipinos.

Striving for a brighter future.

One family at a time.

This is Bayanihan.



For inquiries please contact us at:

Email: kpsom-incrediblefamilies@kp.org

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

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.

ENROLL TODAY!

Sessions offered on:
Wednesdays 4-6 PM
Thursdays 5-7 PM
Fridays 4-6 PM
Saturdays 9-11 AM
Saturdays 12-2 PM

To be eligible, 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**

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

www.filipinofamilyhealth.com

@filipinofamilyhealth

@filipinofamilyhealthLA

KAISER PERMANENTE BERNARD J. TYSON SCHOOL OF MEDICINE

Children's Hospital LOS ANGELES

Keck Medicine of USC

UNIVERSITY OF CALIFORNIA SAN DIEGO

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KAISER PERMANENTE
BERNARD J. TYSON
SCHOOL OF MEDICINE

Dear Parent,

It's families like yours that help us advance research affecting the well-being of Filipino youth in the U.S. My name is Dr. Joyce Javier, a Filipina pediatrician and Associate Professor at the Kaiser Permanente Bernard J. Tyson School of Medicine. I have been working with Filipino families and community partners in Los Angeles since 2012 and to date, over 200 Filipino families have participated in our programs.

The intent of this letter is to invite you to participate in a research opportunity that involves an online workshop for parents called the Incredible Years. We are currently reaching out to families to offer parent education resources to those eligible.

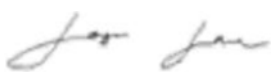
We would like to speak with parents of Filipino children ages 8-12 years old. As part of the study, parents will be invited to participate in a 12-week online parent education training program and may receive written educational materials from the American Academy of Pediatrics. You and your child will also be asked to complete questionnaires as part of the study. You will receive monetary incentives for your participation (up to $325).

Please read the attached flyer and, if interested in participating, please call (626) 862-7072 or email kpsom-incrediblefamilies@kp.org. You may leave a message stating your name and contact information.

Your participation in this study will help in our continuing efforts to promote the success and well-being of our Filipino youth. For more information and parent testimonials, visit filipinofamilyhealth.com.

Maraming salamat po! (Thank you very much!)

Sincerely,



Associate Professor, Department of Health Systems Science
Kaiser Permanente Bernard J. Tyson School of Medicine

WHO CAN PARTICIPATE?

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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; PARENTAL ATTENTION & SPECIAL TIME
2. PARENTAL ATTENTION & SPECIAL TIME; 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, & ROUTINES

THE INCREDIBLE YEARS® SESSIONS & TOPICS

7. CLEAR & RESPECTFUL LIMIT SETTING; 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

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THURSDAY WORKSHOPS 5-7PM NOW OPEN



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FRIDAY WORKSHOPS 4-6PM NOW OPEN



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