

Art et contes en famille (Art and Storytelling in the Family): An Art Therapy Project to Strengthen Family Bonds and Resilience in Immigrant Families



Project Reach

Participants

- +80 immigrant families (271 individuals: 154 children, 117 adults) in the Parc-Extension neighbourhood in Montreal
- 18 families in the research component

Implementation

- Family workshops at home and family groups in various locations: schools, parks, and community centres.
- **Methodology**
- 8-10 Art intervention workshops: storytelling, artistic creations, opening/closing rituals, sharing.
- Evaluation Tools: family drawings (KFD), GAD-7, qualitative observations.
- **Indirect Reach:** ~2000 people sensitized through dissemination and knowledge sharing.

Learnings & Evolving Practices

What we have learned in our practice:

- Cultural humility and inclusion: use of cultural and linguistic translators → improved communication and family participation.
- Creation of safe spaces, empathetic listening, and privacy: the cultural heterogeneity of the group becomes a source of security allowing authenticity.
- Adapting artistic proposals to the strengths and limitations of each family.

What we will continue to develop:

- Targeted support for parents (stress management, parenting skills, positive communication, and strengthening the parent-child bond)
- Ecosystem work: strengthening partnerships with schools, LCSCs, community organizations, cultural and social services
- Constantly transforming our art intervention approach as a lever for family resilience and preventing violence.

Sustainability

What remains after the project:

- Clinical follow-up and prevention through art therapy at CPSC (Centre de Pédiatrie Sociale PEYO)
- Make our intervention guide available to our partners to share our approach
- Strengthen intergenerational and collaborative ties through our community art workshops
- Strengthen and expand our partnerships through ongoing collaboration with community organizations, schools and local institutions.

Project impact

Direct impact on families :

- Reduced family stress and parental anxiety
- Strengthening emotional ties and positive dynamics
- Re-emergence of hope through children and the process
- Engaging personal and cultural resources to rebuild in the present
- Strengthening social ties and sense of belonging

Overall impact:

- Knowledge dissemination (conferences, scientific articles and symposiums)
- Contributing to the evidence base in family violence prevention
- Inspire similar interventions in other settings (schools, community centers)