

WE INVITE YOU TO PARTICIPATE IN MAMÁ EMPODERADA

Approved
SDSU IRB
19-Jul-2024

Are you interested in your child's wellbeing and need support to better respond to their needs? Are you looking for a space for yourself, and to connect with other mothers?

The purpose of this research is to adapt an intervention that aims to improve mental health and positive parenting outcomes for migrant mothers with young children called "Mamá Empoderada".



CHARACTERISTICS TO PARTICIPATE:

- You are a mother of at least one child under age 6 years
- You migrated with your child to Tijuana (mexican or from another country)
- You are at least 18 years old
- You speak Spanish

WHAT DO I HAVE TO DO IF I PARTICIPATE?

We will have two groups:

Participation in the **GROUP 1** involves:

- a baseline and exit survey, and 3 follow-up surveys after the program is complete
- a 5-week/13-session group-based parenting program

Participation in the **GROUP 2** involves:

- a baseline and exit survey, and 3 follow-up surveys
- standard of care, referrals to migrant rights and humanitarian supports

Your participation is voluntary and confidential. You will receive compensation for your participation for completing each survey. The researchers will randomly select the group in which the participant will participate.

If you want to strengthen the bond with your child,
learn self-care and parenting skills, contact us:
mamaempoderada@colef.mx or 661 101 9264

