



GREETINGS, PARTICIPANTS!

Happy Mother's Day! Spring is in full bloom, and with it comes a special time to recognize and celebrate the incredible role that mothers, caregivers, and parental figures play in our lives. We hope this season has brought you and your family moments of connection, growth, and joy. Whether you're spending the day with loved ones or finding a quiet moment for yourself, we hope you feel appreciated and supported.

We recognize that this is a time of geopolitical uncertainty and may bring added stress for many families. We hope you find moments to connect with loved ones and care for your well-being. If you're looking for additional support, our new workbook offers simple, effective strategies to help manage stress and promote wellness.

We are excited to share the release of the Cultivating Resilience and Flourishing workbook, designed to support your overall well-being. It reminds us that the 3R's of routines, resources and relationships enable us to manage stress and promote well being. The workbook includes practical approaches and tools to help you feel better, make better decisions in difficult times, and find more time for what truly matters. This workbook is dedicated to all of you. Through years of participating in All Our Families research, you have allowed us to understand the factors that promote flourishing and resilience. Thanks to you, we have turned these insights into a meaningful, accessible resource. The workbook and accompanying worksheets are now available for [free on our website](#).

Our team has also been hard at work analyzing and sharing findings from the valuable data you've provided. This includes our new youth and women reports, based on data from the 12-14 year follow-up questionnaires. These reports offer a comprehensive look at the experiences shared by you and your youth. To make the findings even more accessible, we've also created executive summaries highlighting key insights. You can find the reports [here](#).

We're so grateful to continue this journey with you. Since 2008, All Our Families has grown alongside you through many seasons of parenting, and it remains an honour to be part of your story. Thank you for your continued involvement and trust in our work.

Warmly,
Suzanne



IN THIS NEWSLETTER

In this newsletter, you will find updates on new reports, including information on your health at this stage of life, and how our youth are faring. We include a methods paper, and an update on our upcoming time crunch report. We're also pleased to welcome our new summer students. Lastly, we are excited to highlight Dr. Zahra Clayborne and celebrate her recent achievements.

STUDY UPDATES

12-14 YEAR YOUTH REPORT

The 12-14 Year Youth Report is now available on our website! This report provides insight into the relationships, mental and physical health, health service usage, behaviour, and development of youth within the AOF cohort.

Overall, AOF youth are reported to be flourishing, doing well in school, and meeting physical activity guidelines.

Some interesting trends were also identified in this report! For example, youth who used social media more frequently were significantly more likely to experience anxiety.

[Check out the report](#)

WOMEN'S WELLNESS DESCRIPTIVE REPORT

The Women's Wellness Descriptive Report is also now available for you to read! This report highlights the relationships, family dynamics, physical and mental well-being, life satisfaction, and connectedness among women in the cohort. Overall, most women reported high life satisfaction and flourishing, indicating general well-being. Some interesting findings were also found in this report, including that time pressure was associated with increased symptoms of depression and anxiety.

[Check out the report](#)

ATTRITION WEIGHTS MANUAL

Attrition is a common occurrence in longitudinal study design; this refers to participants who originally consent to participation and leave the study over time. The objective of this report is to describe the reasoning and methods for applying attrition weights to the All Our Families study samples to minimize the risk of bias.

[Read more on our website](#)

TIME CRUNCH REPORT

Many Albertan families experience time crunch, or feeling rushed, busy or pressured based on perceptions of time. In our last survey, 79% of AOF's participants experienced time crunch at least a few times a week. We are preparing a report that will explore factors related to feelings of time crunch. We anticipate having this report publicly available on the AOF website by Fall 2025. This report will shed light on the underlying factors contributing to time crunch among families, offering insights that can inform future supports, programs, and policy decisions.



Cultivating Resilience and Flourishing: A Workbook

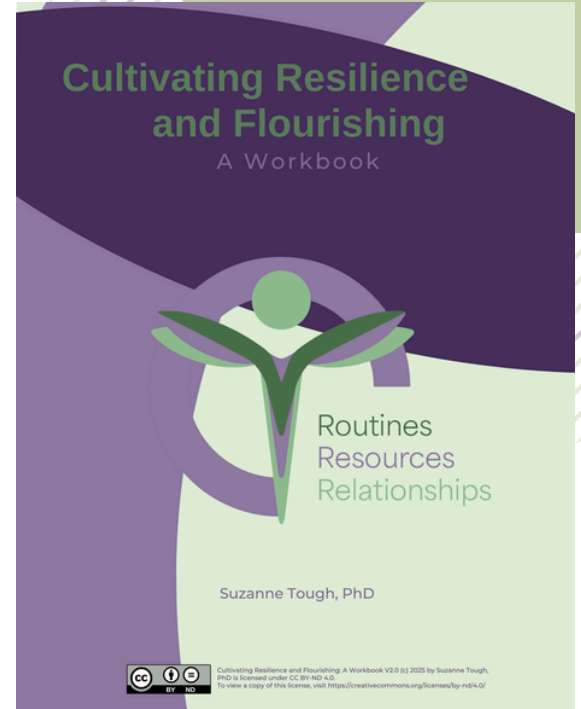
We offer some ideas on how you can make your life easier - and we are not talking about “diet and exercise”. Decades of research by Suzanne Tough, PhD, and others have been turned into practical approaches to help you feel better, make better decisions, and find more time for what truly matters. This workbook “Cultivating Resilience and Flourishing” explains these approaches and why they work. In as little as 5 minutes, you can get some ideas that may be helpful for you, your clients, and/or your family.



Unlock the power of
well-being with the 3 Rs!



Begin your journey to
well-being today!



Where you can
find this
workbook

Get started now! Access the
full workbook or just the
worksheets, whichever suits
your needs.

Available in colour and
greyscale on our website!



[ucalgary.ca/allourfamilies
/workbook](https://ucalgary.ca/allourfamilies/workbook)

STAFF SPOTLIGHT

Congratulations are in order for Dr. Zahra Clayborne who received a VPR Catalyst Grant to continue her research with AOF. To celebrate, we conducted an interview with her!



Dr. Zahra Clayborne

Tell us a little about you!

I grew up in Calgary, and did my undergrad in psychology at UCalgary, graduating in 2015. I did my PhD in Epidemiology at the University of Ottawa, and decided to come back here for a postdoctoral fellowship in 2022. I started in the Cumming School of Medicine as an Assistant Professor in January of this year, and have transitioned from postdoc to investigator with the AOF team. When I'm not working, I enjoy spending time with my cats (Aria and Tenny), family, and friends; running; knitting; reading; and working on my condo - I renovated it all by myself last year.

What's a favourite memory you have from working with AOF so far?

One of my favourite memories is leading a workshop with Dr. Walsh and Dr. Tough to try out the workbook with AOF trainees and staff. We had a great half-day filled with icebreakers and conversation, and I feel like I learned a lot about our team members. I felt a stronger bond with the team when the session ended.

Congratulations on your grant! Tell us a little more about your research.

Thank you! This is my first grant as a "Principal Investigator" (so basically, the lead), and I'm hoping to use these funds to build into larger scale projects. We will be doing mixed-methods (quantitative and qualitative) work with youth in the cohort to better understand flourishing from their perspective. Very few studies have taken into account how children and youth perceive positive mental health and holistic well-being. We will be utilizing data from the cohort, and plan to interview some of the youth to get their opinion on how youth like them can live their best lives, and how we should study youth mental health and flourishing in the cohort. So... stay tuned for a call for participants!!

Tell us more about what the workbook means to you and why it's so important?

I spent the earliest years of my career studying depression and anxiety - while important, I realized there was a deficit in the scientific literature in terms of understanding what makes up good mental health. This is what inspired me to pursue a research career studying flourishing, well-being, and resiliency. As researchers, we can get a little lost in data analysis and publications and the pursuit of grant funding, but this workbook has shown me that this isn't always what has the biggest societal impact. The workbook is important because it demonstrates that our work can have an actual effect on the well-being of those we intend to serve with our research. Publishing papers is great and all - but there is something really special about seeing the concepts presented in the workbook click with someone, or handing them a workbook and sensing their excitement at having an accessible resource at-hand to promote their well-being and coping skills.

Can you tell us a little more about the upcoming women's survey?

We are hoping to distribute another round of AOF surveys this fall for women and youth! I am leading the team that is developing the women's survey. This is a really important and perhaps stressful time for a lot of women in the cohort - they may be reaching the peak of their careers, they have teenagers at home (sorry to my own mom for my frightful teen years), many are dealing with aging parents, and many are entering peri-menopause or menopause. Our aim is to get a detailed understanding of what AOF women are experiencing right now (physically, mentally, etc.), in order to come up with potential ways to help them (and many other women) navigate stressful life transitions, and promote the well-being of themselves and their families.

STAFF UPDATES

Welcome Lilian



We are welcoming our new summer student, Lilian. Lilian is currently a third-year Biomedical Engineering student at the University of Calgary with a minor in Digital Engineering.

Over the past few years, she has worked on research projects ranging from burn scar assessment using 3D imaging to improving access to medical technologies through design.

Lilian works with AOF on projects exploring participant median incomes over time compared to the Alberta income average and housing costs, among other factors. She also works with the Owerko Centre to help them with data-related projects.

Outside of academics, Lilian enjoys going to the gym, checking out new coffee spots around the city, or building another Spotify playlist!

Welcome Annie



We also are welcoming summer student Annie to our team! Annie completed her BSc in Biology, with a focus in Pharmacology and a minor in Art and Design, at the University of Alberta. Annie is currently a Master of Science in Public Health student at McGill University, specializing in Health Policy and Ethics. Her work focuses on the intersection of health equity, policy development, and community-based research.

Annie will complete a four-month epidemiology practicum with AOF in the upcoming Spring and Summer semesters. Annie's main project will explore the association between perimenopause and well-being in Albertan women using AOF data.

Outside of academics, she enjoys arranging music and painting!



LET'S CONNECT

If you have any questions about this newsletter or want to connect about something else, we would love to hear from you!

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Email: allourfamilies@ucalgary.ca | **Website:** <https://ucalgary.ca/allourfamilies>