

## Community Based Research (CBR) Workshops

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| <p>CBR101 – An Introduction to Community-Based Research</p>        | <p>An overview of the principles, barriers and advantages of CBR as an approach to research. Facilitating factors and strategies required for partnership development are also discussed. This interactive workshop provides answers to questions and provides a comprehensive overview of the essential concepts of community-based research (CBR).</p>   |
| <p>CBR102 – Ethical Issues in Community-Based Research</p>         | <p>The ethical principle '<i>do no harm</i>' should be the foundation for all the work we do as community practitioners and researchers. However, sometimes in our quest for getting 'good data', we forget to put all the safeguards in place to protect the confidentiality, privacy and the vulnerability of community members engaged in research. This workshop will focus on ethical dilemmas commonly presented in community-based research. Case studies of real life examples will be used.</p>   |
| <p>CBR104 – How to Run A Focus Group</p>                           | <p>Focus groups are a great way to gather information from a group. They can be used for program planning, needs assessments, evaluations, preliminary research, defining research questions, learning more about a topic, community development, etc. To ensure that useful insights emerge, care needs to be taken during the planning and data collection process. Participants will learn when and how to use focus groups, strategies and facilitation techniques, how to set up an interview guide, and the basics of how to interpret and report results.</p> |
| <p>CBR105 – How to Do an Interview for Research</p>                | <p>This workshop is designed for those interested in doing quantitative or qualitative interviews for research in a wide variety of research settings. In a fast, complex and changing urban socio-economic environment such as Toronto, there is a growing need among stakeholders, researchers, community members and health professionals to attain information via interviews. We will explore how to design different types of questions, probing techniques and data management.</p>   |
| <p>CBR106 – How to Develop Effective Client Satisfaction Tools</p> | <p>We are increasingly being called upon to develop, describe, and document the impacts/results of our programs and services. Learn the steps required to create a comprehensive client satisfaction survey to gather both quantitative and qualitative data. There is a skill required in writing good questions. Learn how to formulate and evaluate survey questions. Bring your own survey to the class and identify ways in which it can be improved!</p>   |
| <p>CBR107– How to do a 'literature review'</p>                     | <p>Literature reviews can be an important place to start when developing new programs, services, research projects and/or proposals. They give us a sense of "what is already out there" and "best practices" in the field. Conducting thorough literature reviews can be a daunting task. You will learn tips and techniques for beginning your search, collecting relevant literature and synthesizing your findings. This workshop is for both new and experienced researchers. The learning that takes place is enriched</p>                                     |

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|  | by the sharing of best practices amongst participants.  |
| CBR202– Theories in Health Promotion                               | An overview of health promotion theory, its history, application, and the links between theory and practice.  |
| CBR206– Writing Effective Letters of Intent                        | The Letter of Intent (LOI) is a crucial step in applying for research funding. This workshop is designed to provide advice and assistance in preparing a LOI.   |
| CBR207– Writing Effective Community-Based Research Proposals       | Writing full research proposals can be a stressful and difficult endeavour if you are ill-prepared. However, the right tools and approaches can assist your research team in tackling the various components required to prepare an effective research proposal. Upfront planning and preparation will make the task easier as you address some of the tough questions up front. This interactive workshop is designed to provide advice and assistance in preparing community-based research proposals. Overall, participants will learn the essential concepts of community-based research (CBR) and how to develop an effective CBR proposal, including a letter of intent.  |
| CBR209– Community-Based Research in Ethno-racial Communities       | Learn strategies for partnering effectively with diverse ethno-racial communities on CBR.   |
| CBR210– Conducting CBR with Homeless Communities                   | Learn strategies for partnering effectively with homeless communities on community-based research. Homeless and under-housed communities represent a particularly vulnerable group; special accommodations need to be made to ensure meaningful participation. This workshop will explore how to facilitate participation, minimize barriers and work effectively with this group. There will be a special focus on working through real case studies   |
| CBR220– An Introduction to N6 Qualitative Data Management Software | <p><i>Qualitative research is contingent on exploring the meanings of unstructured data. N6 software provides tools for managing documents and categories while questioning, building, and testing theories about data.</i></p> <p>To find answers to their questions, qualitative researchers explore <i>unstructured data</i> for their <i>meanings</i>.</p> <p><u>Unstructured data</u> examples include:</p> <ul style="list-style-type: none"> <li>○ Verbatim transcripts, narrative accounts, interviews, focus groups, reports, emails, field notes, researcher reflections</li> <li>○ Visual and audio multimedia files as in photographs, audio recordings, videos</li> <li>○ Materials distinct from structured data which emphasize numerical qualifiers e.g., census</li> </ul> <p><u>Meanings</u> refer to data interpretation, synthesis, summary, import, significance</p> |
| CBR221– Introduction to Survey Data Analysis                       | You will learn how to use Excel to help you work with variables, organize, statistically describe and compare data, and how to graphically display your analysis.   |

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| <p>CBR301– Delivering on the Promise: Using Community-Based Research to Affect Public Policy</p>          | <p>A fundamental principle of CBR is ensuring that action outcomes emerge as a result of research. Learn strategies and tactics for the use of research as a tool for advocacy impacting public sector decision makers</p>  |
| <p>CBR302– A Hands-on Approach to Qualitative Methods &amp; Analysis</p>                                  | <p>This workshop is an advanced ‘how to’ designed for those interested in doing qualitative research from a community-based perspective (focus groups, interviews, participant observation, etc.). Develop the skills and strategies needed to gather and manage ‘quality’ data. Learn the tips and techniques needed to design well formulated questions, gather and manage qualitative data, perform collaborative data analysis, and effectively present your findings from qualitative data.</p>  |
| <p>CBR303– A Hands-on Approach to Developing Survey Tools in Community-Based Research</p>                 | <p>Data collected from survey research can be invaluable for program planning, evaluation and advocacy. The challenge with survey research is that the data we collect are only as good as the questions we ask. This workshop is an advanced “how to” session designed for those interested in developing survey tools. We will explore how to avoid common pitfalls in survey research, how to design appropriate questions and tips for dealing with sensitive topics.</p>   |
| <p>CBR304– A Participatory Approach to Program Evaluation</p>   | <p>This workshop focuses on using “the programme logic model” tool to help develop effective health programs or interventions, and appropriate evaluation strategies.</p>   |
| <p>CBR306– Does your Message Fit the Medium?</p>  | <p>Participants will gain an understanding on how to work effectively with the media, including practical techniques for dealing with reporters and creating effective media releases.</p>  |
| <p>CBR308– Developing Real Solutions to Real Problems: Policy Analysis from a Community Perspective</p>   | <p>This workshop focuses on understanding how and why public policy decisions are made by policymakers and political decision makers. Learn how to craft practical, workable policy solutions and recommendations. The workshop teaches how to write effective policy options that analyze the policy impact and implications of issues identified through research, needs assessments, consultations, front-line networks and other community forums, and take research into action.</p>   |
| <p>CBR310– Presenting Real Solutions to Real Problems: How to Write and Deliver a Policy Presentation</p> | <p>The first step in preparing a policy presentation is to take into consideration the influencers of public policy. The second step is considering how to deliver the presentation itself. This hands-on workshop focuses on how to craft and deliver a clear, concise policy presentation that supports your position as a policy analyst or advocate. Through lecture, group discussion, case studies and practice, you will acquire the knowledge and skills to prepare and present a policy position in slide deck format, for a variety of possible audiences, in a highly peer-supported and facilitated learning environment.</p> |