

# STRENGTHS TO GROW

RESEARCH  
STUDY

UNIVERSITY  
of GUELPH



We are studying parents' experiences with Strengths to Grow, a brief online program that caregivers can use to discover and develop their child(ren)'s unique strengths.

## What would participating in the study involve?

- You'll complete two online surveys (10 minutes each) and the online, self-directed Strengths to Grow program (30 minutes)

## You can help if:

- You're a parent/guardian of a child(ren) in kindergarten to Grade 8
- You speak and understand English

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## How do I sign up?

FOLLOW THIS LINK FOR  
**MORE INFO:**

<https://bit.ly/strength-research>

OR SCAN THE CODE