Participatory Action Research (PAR), also known as Community-Based Research (CBR) is progressively emerging as a social justice approach dedicated to making changes to social development and the process of research itself. At its core, PAR is concerned with the idea of praxis; when theory and action come together for direct social action and social change. This research methodology relies heavily on the dialogical relationship between the researchers and the participating communities. Dialogue is the central catalyst which provides a path where praxis can be realized. PAR acknowledges all participants as co-researchers and aims to unsettle differential power relations and the hierarchical nature of research. All parties work together to create knowledge and social change that directly benefits the community. Through this collaboration with a local community group, we were able to access vulnerable populations through the medium of dialogue.

By using a PAR framework, we were able to respectfully collaborate with a local grassroots organization to create a right-based campaign for undocumented folks or people with precarious immigration status living in Vancouver. The project included a poster/flow chart, informational wallet card, and safety plan. These were built upon true knowledge, experiences, and stories of migrant workers to develop conscientization grounded in real needs and learning of the community. Such methods included filed interviews and regular meetings with the local grassroots organization to receive feedback and resources on an ongoing basis. [This combination of participation, action, and research effectively and inclusively support vulnerable individuals™ empowerment.]

Themes:
Check (highlight) the most applicable theme according to the abstract.

| Innovation and Technology | Health and Wellness | Individual and Society | Sustainability and Conservation |

Comments:

Commented [WS3]: What is the overall impact of this study? What are the future implications as a result of support individual empowerment?