



“OMG: Testing Online Meaning-Centered Groups among Ontario Retirement Home Residents”

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Are you over the age of 60, live in a Retirement Home or senior living community in Ontario, and have been feeling lonely, socially-isolated, or stressed?

This research study is an opportunity for you to participate in an online peer support group that promotes social connection, emotional health and well-being, and explores meaning in life in the face of the pandemic.

As a participant in this study, you will be asked to:

- Participate in an online interview (40-75 minutes) to determine if you are eligible.
- If eligible, participate in an 8-week series of online group discussions (75-90 minutes per week) with 8-12 participants living in retirement homes across Ontario and 2-3 group facilitators.
- Complete up to 4 additional online research interviews (60-120 minutes) throughout the year to evaluate the groups.

You do not need prior knowledge or experience with technology to join a group. Participants have the option to participate by video teleconferencing or telephone. Electronic tablets or computers will be provided for those who do not have one.

For more information about this study, or to become a participant, please contact:

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