

# Work and Family in Canada: Vanier Institute Resources

To learn more about work and family in Canada, explore the resources below, which provide information and insights on families and family life in multiple formats.

The Vanier Institute of the Family offers an extensive list of publications and resources, which are available at [www.vanierinstitute.ca/resources](http://www.vanierinstitute.ca/resources).

Sign up for our monthly e-newsletter to find out about updates, as well as other news about publications, projects and initiatives from the Vanier Institute, at [www.vanierinstitute.ca/enews-signup](http://www.vanierinstitute.ca/enews-signup).



## **Work and Family: The Impact of Mobility, Scheduling and Precariousness** (article)

Elise Thorburn, PhD, from the On the Move Partnership, discusses research on the impact of employment-related mobility and erratic schedules on families and family life, and how workers manage their multiple responsibilities in this context.



## **Circuits of Care: Mobility, Work and Managing Family Relationships** (article)

Sara Dorow, PhD, and Shingirai Mandizadza, PhDc, from the On the Move Partnership, examine some of the ways mobile workers in Fort McMurray, Alberta, maintain family relationships and manage their responsibilities at home and in their communities from a distance.



## **Employment Mobility and Family Gentrification in Montreal** (article)

Steven High, PhD, from the On the Move Partnership, highlights the diversity of family experiences with high mobility in Montreal, sharing research about families and mobility in urban settings, and the impact of mobility on family and community life.



## **Work-Family Conflict Among Single Parents in the Canadian Armed Forces** (article)

Alla Skomorovsky, PhD, examines existing research and a qualitative study on single CAF parents balancing the demands of work and family life, and discusses improving awareness and the policy, program and services implications.



## **Modern Fathers Reshaping the Work-Family Relationship** (article)

Nathan Battams discusses some of the ways modern dads are renegotiating and reshaping the relationship between fatherhood and work in Canada, as data shows a rising share moving away from the “traditional” breadwinning father figure to take on a greater role in the family home.



## **A Snapshot of Men, Work and Family Relationships in Canada** (statistical resource)

A statistical exploration of the diverse experiences of working fathers (and other working men) in Canada, with an emphasis on the growing contributions many are making to family life *outside* the workplace, such as with child care responsibilities and unpaid household work.



## **A Snapshot of Women, Work and Family in Canada** (statistical resource)

A statistical glance at the diverse experiences of working mothers (and other working women) in Canada, with a focus on their rise in the paid labour market, employment patterns and the gender gap in paid and unpaid work.



## **A Snapshot of Family Caregiving and Work in Canada** (statistical resource)

An overview of statistics, data and research on family caregiving in Canada, which explores how managing work and family caregiving responsibilities can have multiple impacts on the well-being of individuals, families, communities and the nation as a whole.

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## **A Snapshot of Workplace Mental Health in Canada** (statistical resource)

A collection of research and data on mental health and mental illness; the impact of mental illness (and related stigma) on individuals, families and the economy; and the prevalence, nature and role of family care and support in this evolving context.



## **Fathers and Work in Canada** (infographic)

An examination of fathers and work in Canada, which compiles 2016 Census data to document men's growing role in family care and unpaid household work, and looks at how parental leave and flexible work arrangements are accessed to facilitate fathers' family responsibilities.



## **Women, Caregiving and Work in Canada** (infographic)

A compilation of statistics and data on the evolving relationships between women, caregiving and work in Canada, with a focus on work-family quality, career impacts and the gender gap in caregiving rates.



## **Families in Canada Interactive Timeline** (timeline)

An online, interactive statistical resource with information on various trends over the past 50 years, including (but not limited to) motherhood and fatherhood, family relationships, living arrangements, children and seniors, work-life, health and well-being, family care and much more.



## **Fifty Years of Men, Work and Family in Canada** (timeline)

A bilingual infographic-style resource that provides statistics, data and graphics highlighting the evolving relationships between men, work and family in Canada across generations, featuring information on labour/employment, household work, diversity, marital status and more over the past half-century.



## **Fifty Years of Women, Work and Family in Canada** (timeline)

A bilingual and visually engaging resource that explores the evolving relationships between women, work and family in Canada across generations, including statistics and data on some of the social, economic, cultural and environmental trends that have shaped motherhood and other aspects of women's lives over the years.



## **A Snapshot of Military and Veteran Families in Canada** (statistical resource)

A portrait of military and Veteran families in Canada, with information on family composition, family relationships and the impact of military life on family well-being. This resource was created for those who study, serve and support families to enhance military literacy – awareness of the unique experiences of military and Veteran families and the “military life stressors” (mobility, separation and risk) that affect them.



## **Moving and Migration in Canada** (fact sheet)

A collection of statistics focused on “families on the move,” with data on geographical mobility rates, interprovincial migration, moving intentions/aspirations and the relationship between mobility and family finances.