

# Rainbows Program at Islandview School

## **What is RAINBOWS?**

RAINBOWS is a support group with a curriculum designed for children who have suffered significant loss in their lives, either through death, divorce, or other life altering crisis. Children in the program are provided an opportunity to meet new friends who have shared similar experiences and to have a trained, caring adult help them sort through and understand their grief and to achieve a healthy acceptance of what has happened to their family.

## **What RAINBOWS is not.**

RAINBOWS is not counseling or therapy for children. It is strictly a peer support group guided by caring and trained adults.

The RAINBOWS curriculum consists of 12 weekly meetings and a Celebrate Me Day. The groups meet for approximately 30-40 minutes. The children meet in small groups of 3-5 participants to share an activity and discuss various topics in relation to the change in their family unit and addresses the topics of Self, Belonging, Fears, Blame, Trust, Forgiveness, Stepfamilies, Feelings, Changes, Transitions, Coping, Reaching Out, and Acceptance and Family. The goal of the support group is to assist the children in expressing and understanding their feelings, accepting what has happened, and experiencing a sense of belonging and love.

If you would like to know more about RAINBOWS, you can visit [www.rainbows.ca](http://www.rainbows.ca)

If you would like your child to participate in RAINBOWS, please send a note in to your child's teacher. For more information on registering your child, please call 658-5346.



Provided by the  
YMCA of Greater Saint John