



## Barnhill Memorial School

Dear Parent/Guardian,

Barnhill School is pleased to offer the **Rainbows** program. The Rainbows curriculum is designed to assist children and youth who are grieving a death, divorce or any other painful transition in their family within a safe, supportive environment with a unique peer assisted program.

When something significant happens in a family, the entire family is affected. Even though death, divorce or loss appears to be only grown-up problems, they have a profound effect on the children touched by these experiences. If a parent dies or a divorce occurs, not only do the parents grieve, the children do also. Because of their age and short life experience, children find it extremely difficult to verbalize their feelings of grief.

The Rainbows program helps these children put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

If your child is part of a single parent family, a step-family, has experienced the death of a loved family member, friend or sibling, or is struggling with a painful experience, this will be an opportunity for him/her to share with someone on the outside what is happening to them on the inside.

Through the Rainbows support group, we hope to assist children in expressing and understanding his/her feelings, to feel acceptance for what has happened, and to feel a sense of belonging and love. Because we are unable to answer their questions or solve their problems, we will accomplish this through the channels of peer support with nurturing adults to guide them along with a safe and secure place to share their feelings.

The Rainbows program will be offered in 8-10 weekly sessions beginning in February.

If you feel your child would benefit from the Rainbows peer support program, please call Mrs. Settle at 643-7010 or have your child pick up a Rainbows registration form from their homeroom teacher or the Guidance Office.

Sincerely,

Mrs. J. Settle  
643-7010  
Guidance Counselor  
jennifer.settle@nbed.nb.ca