

ABOUT THE RAINBOWS PROGRAM

What is Rainbows?

Rainbows is a peer support group program that provides a bridge to emotional healing for children, adolescents and adults confronting death, divorce or other painful family transitions – *because it doesn't need to hurt forever.*

Change is a part of life, but it can also be frightening – particularly for children who don't understand what is happening. Grieving children need caring, trustworthy and knowledgeable adults to help them through the pain. And in cases of family transition, many times parents are trying to cope with the loss themselves. The purpose of Rainbows support groups is to provide children with an opportunity to share their feelings in an accepting environment of their peers – supported by trained, caring, compassionate adults.

Who Can Participate?

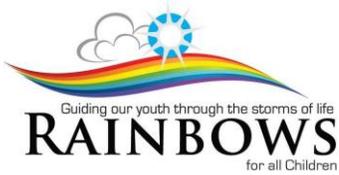
- Any child who is in kindergarten through 8th grade
- Parents of children dealing with loss of family transition can participate in a corresponding peer support group called Prism.

How does Rainbows work?

Children are grouped according to grade level in a group of, no more than, six children. A caring adult facilitator, who has been trained through the international Rainbows program, leads each support group. The Rainbows curriculum is tailored to age and loss circumstances. Rainbows provides opportunities for children to deal with their feelings, work through their grief and constructively begin their new lives.

Rainbows FACTS:

- Rainbows is not counseling or therapy.
- All participants, including facilitators, are asked to keep the sharing confidential.
- Rainbows will not solve all problems.



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- **Rainbows** focuses on helping children work through the 5 stages of grief that accompany significant loss or change:
 1. DENIAL: A period of rejecting or not believing what is taking place.
 2. ANGER: A negative and painful feeling over what is happening.
 3. BARGAINING: An attempt to exchange something we are willing to do or give up for something we want to keep.
 4. DEPRESSION: The feeling of being unable to cope or loss of interest in daily life.
 5. ACCEPTANCE: Learning to live with the change or loss.
- Nearly 76% of children in the United States live in "non-traditional" families coping with some type of loss. Since **Rainbows'** inception, nearly one million children and their families, in 49 states and 17 countries, have benefited from the program.

Rainbows is FREE and open to the public.

This program is sponsored and facilitated by the Junior League of Atlanta.