



## Welcome To Rainbows

Rainbows is an international not-for-profit organization that fosters emotional healing among children grieving a loss from a life-altering crisis. These losses, among others, include separation, divorce, death, incarceration and foster care.

Often youth are expected to accept the changes in their family or sort out their feelings alone. They can become 'silent mourners', and often confused and angry, they reveal their pain by acting out with negative behaviour and withdrawing in unhealthy ways.

Rainbows provides a safe and supportive environment for participants to process their feelings, build self esteem and learn positive coping tools to last a lifetime -- because 'it doesn't need to hurt forever'. This is accomplished through our unique 12 week peer support programs available from pre-school through to adult.

Rainbows partners with the community to make the program available **free of charge** to children and youth in 1,620 trained sites located in more than 496 Canadian communities. These sites include: schools, social service organizations, community centres and places of worship.

The Edmonton, Alberta office is operated through the Foundation For Families in Transformation (FFIT).

(780) 448-1180

rainbowsadmin@shaw.ca

### Registration

Registration for Rainbows (K-Grade 8) and Prism (Single Parents) is **absolutely free**. It is a subsidized program for the benefit of the children and families in the community.

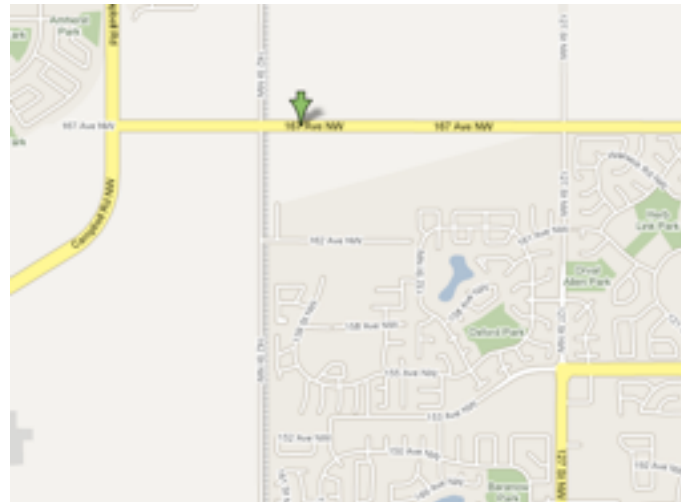
To register, please contact **Michael Voll** on or before **Monday, September 14** to ensure a spot for you and your child!

452-5569 ext. 225

[mvoll@northpointechurch.ca](mailto:mvoll@northpointechurch.ca)



... from **Hurt**, through **Healing** to **Hope**



North Pointe Community Church is located at 14025 167 Ave (Corner of 167 Ave and 142 St). It is convenient for both residents of Northwest Edmonton and St. Albert.





# FROM HURT, THROUGH HEALING, TO HOPE

Every year, thousands of Canadian children face painful family transitions. **Death, divorce, separation and abandonment are estimated to impact 50% of Canadian children.** Each of these can change a child's life forever. Yet many of you truly believe your children are doing fine. Appearances can be deceiving. When the family unit falls apart, everything these children have known, trusted and counted on is either gone or changed. Some children lash out. Some withdraw. Some become driven. Some bury their pain, anger, confusion, fear, sadness and guilt. And then there are those who silently grieve...**Kids are resilient, but only if they get help...**

***That's where Rainbows comes in!***

## **Rainbows**

The Rainbows program helps children (**Grades K-8**) to heal a loss by **encouraging participants to share their feelings** with caring facilitators and other children who have suffered similar grief. Through fun activities, games and discussions, Rainbows helps children understand and accept the changes in their lives and learn communication, problem-solving and positive coping strategies to get what they need from life.

## **Prism**

We also help parents give emotional support to their children through Prism and highly recommend you participate in this program.

## Rainbows Schedule

Date	Time	Place
Tues, Sept 22	7-8:15 pm	North Pointe
Tues, Sept 29	7-8:15 pm	North Pointe
Tues, Oct 6	7-8:15 pm	North Pointe
Tues, Oct 13	7-8:15 pm	North Pointe
Tues, Oct 20	7-8:15 pm	North Pointe
Tues, Oct 27	7-8:15 pm	North Pointe
Tues, Nov 3	7-8:15 pm	North Pointe
Tues, Nov 10	7-8:15 pm	North Pointe
Tues, Nov 17	7-8:15 pm	North Pointe
Tues, Nov 24	7-8:15 pm	North Pointe
Tues, Dec 1	7-8:15 pm	North Pointe
Tues, Dec 8	7-8:15 pm	North Pointe
Tues, Dec 15	7-8:15 pm	North Pointe

## Endorsements of Rainbows

"When there is a death or divorce in a family parents are often in a state of confusion and are unable to emotionally support their children. When students have an opportunity to be in a Rainbows peer support group they tend to be calmer and deal with the emotional rollercoaster in a better manner. Their feelings are validated, anger and frustration are quieted, and they are able to move toward healthy resolutions of their loss."

*Nancy Coffin, Trustee, Kawartha Pine Ridge District School Board, Peterborough, ON*

"Thank you for this program. It helps me express my feelings. My problem is that my parents are divorced and I feel guilty. I try to tell myself it's not my fault but I can't control myself. But your program helps me control my feelings and myself. I also thank you because every time I go to Rainbows I feel much better."

*Girl, 10*

