



Rainbows for All Children (Rainbows) provides structured, age-specific, peer support groups, led by trained facilitators, for children who are grieving the loss of a family member as a result of death, divorce, deployment, incarceration, a life-threatening illness, or other life-altering event. Approximately 61 million (over 83%) of children living in the United States will experience one or more of these traumatic events at some point during their childhood.

Leaders of these support groups have been trained using the curriculum developed by the national Rainbows for All Children organization which provides them with the skills, confidence and materials needed to facilitate the consistent and proven curriculum. **Unlike individual therapy, the children are able to grieve, communicate and heal among peers; they no longer feel alone in their grief and they gain confidence from the group support.**

Children who have been through the program report greater confidence in their ability to deal with the emotional turmoil of traumatic events. Additionally, the program has been shown to:

- ☐ help children develop and strengthen problem-solving skills and appropriate behavior and anger management;
- ☐ improve school attendance and academic performance;
- ☐ alleviate depression and anxiety;
- ☐ reduce emotional pain and suffering;
- ☐ improve communication in their families; and
- ☐ reduce the likelihood of destructive behavior such as involvement with gangs, alcohol and substance abuse.

The program at Woodstock Middle School consists of 12 sessions divided into two 6 week segments that meet during the school day. The first session starts in the fall and the second session starts back in February. Rainbows' programs are for all children from all economic, racial, ethnic, and religious backgrounds. **The program is FREE for all participants.** We strongly urge you to consider if this is something which might benefit your child or children during a time of grief in their childhood or teenage years.

Rainbows Groups will begin in October. For more information please contact Jennifer Farlow at Jennifer.farlow@cherokeek12.net You can sign your child up for RAINBOWS by visiting the school's website and looking for the Rainbows highlight under "Latest News" Please click on the link and answer all the questions!!

"...it seemed the world was crashing in on me...until I was placed into the Rainbows program. Rainbows' impact on me was instant, in that I was able to understand that other kids felt the way I did while going through similar tough times. This helped me to learn that through discussing my feelings, I would be able to relate to others. Rainbows introduced me to the concept of empathy, which I think has continued to impact the way I live today, viewing life with perspective. Without going through the Rainbows program, my life would certainly have gone in a different direction."

--Rainbows for All Children Alum