



Rainbows for All Children is a program designed to help children have a safe place to meet with their peers when a change arises in their families, whether it is a death, divorce, separation, deployment, loss of pet, or any other difficult change. This change can be ongoing, a recent event, or something in the more distant past. Rainbows has been offered across the country and internationally. Over the past 33 years, the program has helped over 3 million children grow after loss.

- Rainbows is composed of peer support groups guided by a trained facilitator.
- Rainbows sessions address the five stages of grief, and enable children to deal with normal grief associated feelings.
- Rainbows is *not* therapy or counseling.
- Rainbows facilitators are *not* trained psychologists.
- Facilitators do not diagnose or solve problems for participants.
- Rainbows is offered to families at ***no cost***.

Confidentiality and Safety

- Everything said during the group meetings is confidential. Confidentiality will not be broken unless the participant is at risk of *hurting themselves or others* or the participant is *being hurt*.
- A coordinator will be present in the hallways outside the classroom to ensure safe environment standards are met and to provide assistance to facilitators as needed.

Peer Support Groups

- Groups are small, usually 3-5 children.
- Sessions run approximately 30 minutes to an hour, depending on the level.
- It is important that participants attend each session because the program is built on peer support and each session builds on the previous session's material.
- In order to ensure that children feel safe to talk freely, they will not be grouped with a family member.
- Children are typically grouped according to their situation and need. However, it has been demonstrated that groups with a diversity of situations are also effective.
- Parents will be given a schedule of the twelve sessions.

- The same facilitator is *with the same group of children* each week *from the beginning to the end of the program*. This helps each participant form a bond with his or her facilitator and build trust. If a facilitator is absent or a participant cannot make a session, the facilitator will make up the session before the next meeting.
- Rainbows sessions incorporate many kinds of tools including story books, work books, games and other interactive activities, journals, and puppets.

Rainbows for All Children is broken into three programs according to the age of the participant.

Sunbeams: Preschool-Kindergarten

- Children ages 3 – 5 have an opportunity to grieve the loss in their family and develop appropriate coping skills for life.
- Children will interact through puppets, facial expressions, and other activities.
- Groups meet for 30 minute weekly session for 12 weeks.
- At the end of the 12 weeks, groups come together for a Celebrate Me Day.



Rainbows (Levels 1-4): Ages 6-14; Grades 1-8

Level 1: Ages 6-8

Level 3: Ages 10-12

Level 2: Ages 8-10

Level 4: Ages 12-14

- Elementary and middle school students use colorful workbooks, games, and other materials to speak about their feelings and share their grief in a safe environment.
- Groups meet weekly for 30 minutes to 1 hour, depending on need, for 12 weeks.
- During the first 6 weeks, the curriculum is focused on loss.
- At the end of the 6 weeks, participants have their first Celebrate Me Day.
- The second 6 weeks addresses ways to cope, accept, and move forward, followed by a second Celebrate Me Day.

Spectrum (Levels 1-2): High School

Level 1: Ages 14-16

Level 2: Ages 16-18

- With the help of a trained facilitator, teens share feelings and thoughts about their loss with others their own age who are experiencing similar life changing events.
- Spectrum consists of 12 weekly sessions, lasting 30 minutes to 1 hour, depending on need.
- The 12 sessions are followed by a Celebrate Me Day.
- Materials include workbooks and games.

Each program shares the same session structure and follows the same series of themes.

Basic Session Structure

Gathering

- Get reacquainted with each other
- Share what has happened since the last meeting
- Discuss special issues

Focus

- Explore the theme for the weekly session
- Read story or utilize workbooks

Connecting

- Engage in an individual or group activity or project
- Write, color, draw
- Spend time with story books or with other materials
- Discuss with peers

Session Themes

PART I: Identity and Loss

Week 1: One of a Kind (Self)

Week 2: Inside Out (Feelings)

Week 3: Change/Death/Loss I (Why My Family?)

Week 4: Change/Death/Loss II (Making the Pieces Fit)

Week 5: Blow-Ups and Let-Downs (Angers and Hurts)

Week 6: Facing Fears and Worries

Celebrate Me Day I (Rainbows Levels 1-4)

PART II: Acceptance and Coping

Week 7: We are Family (Family)

Week 8: Do I Belong? (Fitting In)

Week 9: The Step Family

Week 10: Endings and Beginnings (Acceptance)

Week 11: Weathering the Storms (Stress)

Week 12: Reaching Out

Celebrate Me Day II (All Groups)

Celebrate Me Day I (Rainbows Levels 1-4)

This special celebration starts with 3 individual sessions with reinforce the first 6 weeks. These sessions are followed by a large group gathering on forgiveness and closing Mass. Participants can invite any important people in their lives to the large group gathering and closing Mass. During this event, participants have the opportunity to let go of damaging feelings of guilt and anger. They begin to understand that they have a choice and are capable of forgiving themselves and others.

Session 1: You are Loved (Self-Esteem)

Session 2: Who's to Blame (Guilt)

Session 3: Whom can I Trust (Trust)

Session 4: Large Group Gathering - "I Forgive You" (Forgiveness)

Closing Mass

Celebrate Me Day II (All Levels)

The final Celebrate Me Day also has three small group sessions followed by a large group activity. Participants can invite any important people in their lives to the large group gathering and closing Mass.

Session 1: Yes I Can (Self-Esteem)

Session 2: Whom can I trust? (Trust)

Session 3: A Way to Go (Coping Tools)

Session 4: Large Group Gathering - Forgiveness

Closing Mass