



Children who lose a parent through divorce or death go through the same grieving stages as their parents, but on their own level. Children may have a difficult time putting their feelings into words. Typically, the parents are caught up in their own pain, and may be unable to reach out and help their children at this time.

Rainbows is a program designed to help these children put their feelings into words, work through the grief, and build a stronger sense of self-esteem. The program brings children of the same age level together, in small groups to share their feelings through activities, games and discussion. These sessions are intended to be a peer support group and are not intended to substitute for professional counseling. Caring adults trained in the Rainbows program facilitate these small group meetings. The groups range from Pre-kindergarten through Grade 8. **The meetings are held on Saturday mornings from 10:15 - 11:15 a.m. at the St. Thomas the Apostle Ministry Center and begin in late September.** A sharing and support group for parents of Rainbows participants, "On the Journey", meets during the same time the children's groups are meeting. There is an effort to coordinate with religious education classes so be sure to register your child/children for the Saturday 8:30-9:45 a.m. Religious Education (R.E.) classes if they will be attending R.E. and Rainbows. Spectrum, a similar program for high school students, will meet at the same time if there is enough interest.

If you have a child who has experienced the loss of a parent through death, separation, or divorce, and whom you feel could benefit from this program, please fill out the form below and return it as soon as possible.

I would be interested in the Rainbows/Spectrum program for the following child/children:

CUSTODIAL PARENT: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE: (Home) _____ (Work) _____

(Cell) _____ *E-mail _____

*Used for communication

Child's Name: _____ Birthdate: _____ Grade: _____

Child's Name: _____ Birthdate: _____ Grade: _____

Child's Name: _____ Birthdate: _____ Grade: _____

Loss Due to: Death Divorce
(Circle appropriate answer)

Parishioner / /
(yes) (no)