

## RAINBOWS MEETING SCHEDULE FOR 2018-2019

Kick off Leader Meeting Saturday, Sept. 8, 2018 9:45 a.m.

New Facilitator Online Training [www.rainbows.org](http://www.rainbows.org)

New Coordinator Training see website or call 847.952.1770

Coordinator:

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**Saturday mornings 9:45- 10:00 a.m. Facilitators Arrive & Brief Meeting. Followed by sessions 10:15-11:15 a.m.**

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### Fall-Winter 2018

	Date	Weekly Meeting Title	Topic
1	9/15/18	One of a Kind	Self
2	9/22/18	Inside Out	Feelings
3	9/29/18	Why My Family?	Divorce/Death/Loss-1
4	10/13/18	Making the Pieces Fit	Divorce/Death/Loss-2
5	10/20/18	Blowups and Letdowns	Anger and Hurt-1
6	10/27/18	Blowups and Letdowns	Anger and Hurt-2
7	11/10/18	Facing Fears and Worries	Fears and Worries-1
8	11/17/18	Facing Fears and Worries	Fears and Worries-2
9	12/01/18	Feelings	

### Winter-Spring 2019

	Date	Weekly Meeting Title	Topic
10	1/12/19	We are Family	Family
11	1/26/19	Where Do I Fit In?	Belonging
12	2/2/19	The Stepfamily	Stepfamily
13	2/9/19	Endings and Beginnings	Acceptance-1
14	2/23/19	Weathering The Storms	Coping Tools-1
15	3/9/19	Weathering The Storms	Coping Tools-2
16	3/16/19	Reaching Out	Reaching Out to Others
17	4/6/19	CELEBRATE ME DAY!	Party

Rooms reserved: Judea, Cana, Emmaus, Galilee & Nursery (Lounge & Confer. Room as needed.)