

# RAINBOWS

**Rainbows** is a program that provides lunch-time support groups for our children who are living in divorced families, separated families or who have experienced a death in their immediate family.

If your child is part of a single family, stepfamily, has experienced the death of a loved family member, or is struggling with a painful loss, this will be an opportunity for him/her to work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

We have some sensitive and caring staff members who have said "YES" to helping these children put those feelings into words. Because of their age and short life experiences, children find it extremely difficult to verbalize their feelings of grief. Through this support group, we hope to assist children in expressing and understanding their feelings, to feel acceptance for what has happened, and to feel a sense of belonging and love. The Rainbows Program accomplishes this through peer support with nurturing adults to guide them and provide them with a secure place to share.

**To Register:**

*If you are interested in having your child participate in the program please send back the permission slip that will be sent out in late October.*

**Questions??**

Contact: Sarah McIntosh, Rainbows Coordinator / School Counselor (973) 669-5397 ext. 19