

At RAINBOWS, we believe that one's financial ability must not be a deterrent to participation in the program.

We offer our program **free** of charge to all registrants. The cost of running this program is paid for entirely by tax deductible donations from individuals, businesses, service clubs, churches and other organizations within the community.



If you wish to make a donation in support of an existing RAINBOWS, or to help establish a new RAINBOWS site in your area, please contact the CMHA at 250.746.5521.

Tax receipts will be issued for donation of \$20 or more.

**Some quotes from participants:**

“Before Rainbows, the only one who listened to me was my teddy bear.”

**Girl, 6 years old**

“Working with these children has made me realize how painful it can be living in a single-parent family.”

**Teacher/Facilitator**

**RAINBOWS**  
**DUNCAN & COWICHAN VALLEY**



Groups are offered twice a year in late September and January

To register, please contact:

**Canadian Mental Health Association  
Cowichan Valley Branch**

371 Festubert Street  
Duncan, BC  
V9L 3T1

**Contact:**

[kaska.wierzbinska@cmha.bc.ca](mailto:kaska.wierzbinska@cmha.bc.ca)

or visit us online at  
[www.cowichanvalley.cmha.bc.ca](http://www.cowichanvalley.cmha.bc.ca)

For additional information and contacts,  
check the RAINBOWS website  
[www.rainbows.ca](http://www.rainbows.ca)



Canadian Mental  
Health Association  
Cowichan Valley  
Mental health for all

**RAINBOWS**



**The RAINBOWS program is an effective peer support program for children and their families; whether single-parent families, step-families or families in painful transition.**

**This service is provided by  
“RM Society-Supporting Grieving  
Youth Through RAINBOWS”  
A registered charity.**

# RAINBOWS

RAINBOWS is a support group program for children who have suffered a significant loss in their lives, either by death, divorce or any other painful transition. There are separate programs for toddlers (SUNBEAMS), elementary school aged children (RAINBOWS), teen participants (SPECTRUM) and parents (PRISM). RAINBOWS is staffed by volunteers and not all groups can be offered.

The purpose of the RAINBOWS program is to provide children with an opportunity to meet new friends who have shared similar experiences; to have trained caring adults be present for the children while they sort through and understand their grief, and to help the children come to a healthy acceptance of what has happened to their family.



The program is most effective when the who family participates

## AIM

The aim of the RAINBOWS program is to nurture in these grieving children, a belief in their own goodness and the values of their own family. This program helps to instill the feeling that each change in life can become an occasion for a new beginning,

## HISTORY

RAINBOWS was started in the Eastern United States by Suzy Yehl in the early 1980s out of a need within her own family. It has since grown into an international non-profit organizations that offers effective support programs for children, teens and adults. Over one million children have participated in this program. RAINBOWS is offered in 18 other countries around the world.



### Some quotes from participants:

“For the first time in my life, I felt important.”

**Boy, 10 years old**

“I didn’t feel different anymore.”

**Boy, 13 years old**

“My daughter is smiling once again.”

**Parent of 12 year old child**

## PROGRAM OUTLINE

This program is strictly a peer support group led by caring, trained **volunteers**. The children are divided into small groups according to their developmental stage and situation. Children, adults and all volunteers agree to **confidentiality** which forms the basis of trust within the peer group. Many RAINBOWS programs offer support groups to the parents (PRISM) concurrent with the children’s program.

Even though children may have experienced their loss many years ago, they still benefit from the sharing of their own experience.

This program consists of 12 weekly sessions divided into 2 six week semesters. Once a week for approximately 60 minutes the children come together in small groups to discuss various topics relating to the change in their family unit; such as Self, Trust, Anger, Family and Coping strategies. The children share in activities and discussions that are focussed on each topic.

At the end of each 6 sessions, there is a ‘Celebrate Me’ day. During this event, the children meet together with the other participants. At the closing celebrations, their parents are invited.

