

When something significant happens in a family the entire family is affected. Even though death, divorce, or other family changes appear to be only grown-up problems; they do have a profound effect on the children that are touched by these experiences. If a parent dies, or a divorce or another major change occurs, not only do the parents grieve but the child does also. Because of their age and short life experience, students may find it difficult to verbalize their feelings of grief.

St. Michael Catholic School is pleased to be able to offer **RAINBOWS** support groups for children in the Primary, Junior and Intermediate Divisions. We have some sensitive, caring, trained adults who have said “yes” to help these students put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family. If your child is part of a single parent family, a stepfamily; has experienced the death of a loved family member, friend or sibling; has been affected by a military deployment; or, is struggling through a painful experience, this will be an opportunity for him/her to share within a confidential group on the outside, what is happening on the inside.

**RAINBOWS** support groups will meet over lunch once a week. In order for us to order the necessary materials, we are requesting that you talk to your child about being involved in **RAINBOWS.** Students have recently had an opportunity at school to discuss what happens in a **RAINBOWS** support group. If your child would like to belong to a group, it is necessary that you and your child sign the slip below and return it to the office by **Friday, February 11th, 2019.** *We will only be able to accommodate as many students as we have trained facilitators.*

For more information about the **RAINBOWS Program** please contact Barb White at 613-968-5765.

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**Rainbows Support Group – 2018-2019**

My child ---------------------------------------------------------- would like to be part of a Rainbows Support Group.

Grade\_\_\_\_\_\_ Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pease indicate: \_\_\_\_ death \_\_\_\_ separation/divorce other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_