

# The Rainbows Programme



**ST. PETER'S COLLEGE  
DUNBOYNE  
CO. MEATH  
018252552**

As part of our Home/School/Pastoral Care programme, we are delighted to be in a position to offer young people who have experienced loss through bereavement or parental separation the opportunity to participate in the Rainbows 12 week programme – which already takes place in over 500 schools and parishes throughout the country.

When something significant happens in a family, the entire family is affected. If a parent dies or parents separate, not only do the parents grieve, the children do also. Grief is an expression of love and a normal human reaction to a significant loss. Children find it difficult to verbalise their feelings of grief because of their age and inexperience. It may surface in their behaviour, schoolwork and emotional well-being.

Rainbows is a support group that helps children put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to adapt to what has taken place in the family. Rainbows are not a counselling group. It is a safe, confidential setting where children will share their feelings with each other and with trained Facilitators.

Children are grouped with others of a similar age experiencing a similar loss. There are tragic losses that can cause extreme trauma. The Rainbows programme is not adequate in these circumstances. Professional help should be sought. If children are already attending professional counselling/family therapy etc. they cannot attend Rainbows at the same time.

We invite you to discuss the contents of this letter with your child in advance of application to attend Rainbows so that they understand what Rainbows is about.

\_\_\_\_\_  
(Rainbows Co-ordinator)

\_\_\_\_\_  
(Rainbows Site Administrator)

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Please sign below if you would like to receive an application form for your child and return the form to MR JOHN TIGHE (Jtighe.spc@lmetb.ie)

Name:

Address:

Phone number:

Email address:



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