

Dear Parent,

St. Michael Parish Community is pleased to offer **RAINBOWS - a support group for children** in grades Kindergarten through High School **experiencing grief due to divorce, parental death or other family crisis.**



When something significant happens in a family, the entire family is affected. Even though death, divorce or other loss issues appear to be only grown-up problems, they do have a profound effect on the children who are touched by these experiences. If a parent dies or a divorce happens or a painful loss or separation occurs, not only do the parents grieve, the children do also. Because of their age and short life experience, children may find it extremely difficult to verbalize their feelings of grief.

The **Rainbows** program has very sensitive, caring, trained adults who have said “yes” to helping these children 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. Working with groups of 3-5, these adult facilitators provide an opportunity for children to be with their peers and realize they are not alone. Through games, activities and exercises children are provided a safe atmosphere to explore their feelings.

If your child is: part of a single parent family or step family; has experienced the death of a loved family member, friend or sibling; suffering with the separation from a loved one due to military service; or is struggling through a painful experience, this will be an opportunity for him/her to share with a special someone on the outside what is happening on the inside.

The support group will meet seven times, once a week for 45 minutes at the Faith Formation Center, 317 W. Willow Ave, Wheaton. There is also an all day Celebrate Me Day at the end of the sessions. If you have any questions, or require further information on the RAINBOWS program, please call Magdalena Glaz, Director of Religious Education at 630-682-3650.

Magdalena Glaz, DRE
Faith Formation
317 W. Willow Ave, Wheaton, IL 60187
mglaz@stmichaelcommunity.org
630-682-3650

The registration is on the back of this letter. To be part of a group, a parent and a child must sign the form and return to the Faith Formation, School or Parish office (*attn: Rainbows/Magdalena*)

Fall 2009 Tuesdays 6:30PM-7:15PM							
Oct 27	Nov 3	Nov 10	Nov 17	Nov 24	Dec 1	Dec 8	Dec 15

Spring 2010 Tuesdays 6:30PM-7:15PM							
Jan 26	Feb 2	Feb 9	Feb 16	Feb 23	Feb 9	March 2	March 16

FOR SOMEONE SPECIAL



Dear Kids,

Suppose... someone told you that you are special?
Yet, sometimes you feel sad because your family changed.

Or you are angry because you have so many chores...

Or feel out of place when you see friends with a Mom and Dad together...

Or you feel you must keep your parent happy, especially when they are sad?

Or there is some other painful loss in your family.

There is finally a time set aside just for you to get together with other kids your age and talk about what is happening in your life.

Fill out the registration form below if you would like to be a part of this special group for all children just like you.

Name: _____ Age: _____ Grade: _____

Address: _____ City/State/Zip _____

Phone: _____ Email: _____

Signature: (Child) _____

Signature: (Parent) _____

Please check:

My parent has died.

My parents are divorce.

My loss is _____

(please explain)