



As part of our Home/School/Pastoral Care programme, St. Finnachta's NS is considering offering young people who have experienced loss and change in their family (through bereavement, separation or divorce), 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 is 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. the professional's advice must be sought before application is made for attendance at Rainbows.

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.

It is hoped to begin the programme in mid-November if there is sufficient demand.

Should you wish your child to participate, the below form should be completed and returned by Wednesday Nov 06. 2014.

For further information on Rainbows Ireland, please visit the website www.rainbowsireland.com

(Rainbows Co-ordinator)

(Rainbows Site Administrator)

Please sign below if you would like to receive an application form for your child and return the form to Edel McMahon by November 06, 2013

Name:

Address:

Phone number:

Email address