



RAINBOWS OVERVIEW

Rainbows are an International not-for-profit organization designed to provide support and healing for children who are going through painful transitions. The organization started in 1983 in three Chicago schools, and now has spread to 17 countries and served over one million children, adolescents, and young adults. The loss and transitions may be from death, divorce, separation, or abandonment. Death, divorce, and separation are an inescapable reality.

The goal is to move children from hurt, through healing to hope.

Terrace Hospice Society

About Us

The Terrace Hospice Society provides a volunteer-based program that offers compassionate care and support for the dying, their caregivers, and the bereaved in the Terrace area.

Contact Us

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Terrace Hospice Society

RAINBOWS PROGRAM

Rainbows for All Children is dedicated to providing support for all youth as they navigate grief and heal from loss, whether from death, divorce, deployment, or other trauma. Rainbows for All Children fosters awareness that youth require support to heal.

AIM OF RAINBOWS

- ❖ To furnish the children with an understanding of their new family.
- ❖ To share their feelings of loss
- ❖ To build stronger self-esteem
- ❖ To direct children towards a healthy resolution of the changes that have taken place in their personal lives
- ❖ Don't blame themselves and the acceptance of the loss
- ❖ Children need a safe place to think about and express their loss. Life happens to all of us, not just the bad guys.



PROGRAM

Each child has his/her own journal they write in and take home at the end of the 13 week session. Each week has its own theme with a personal or group activity. This lets the children move from feeling their feelings to sharing them within the group. Kids feel empowered when they do an activity/game, art work, or clay. The priority is the discussion, not the completion of the activity.

THEMES

- ❖ Identity/Uniqueness
- ❖ Feelings
- ❖ Divorce/Death/Loss
- ❖ Making the Pieces Fit
- ❖ Anger and Hurt
- ❖ Fears and Worries
- ❖ Family
- ❖ Belonging
- ❖ Stepfamily
- ❖ Acceptance
- ❖ Coping Skills
- ❖ Reaching Out to Others

COPING SKILLS

- ❖ Increase normalcy
- ❖ Validate their own feelings
- ❖ Identify and name their feelings

VALUES

- ❖ Rainbows lets children feel ordinary and accepted
- ❖ Creates normalcy
- ❖ Creates acceptance of their feelings
- ❖ Kids feel understood

OUTCOME

Rainbows lets the children feel ordinary and accepted.

- ❖ Teaching the children appropriate coping tools to use in the grief process
- ❖ The children feel normal and understood
- ❖ The children feel inner contentment
- ❖ Self-esteem increases
- ❖ Behavior improves
- ❖ Better grades at school
- ❖ The children can smile at themselves
- ❖ Rebuilding trust
- ❖ Make the best of the new situation