

Sessions held Tuesdays 6:00-7:00 pm,

unless noted otherwise

2016-2017 schedule

Sept. 27	“One of a Kind”	<u>Jan. 2.</u>	“Endings & Beginnings”
Oct. 4	“Inside Out	<u>Jan. 10</u>	“Weathering the Storms”
Oct. 11	“Why My Family?”	<u>Jan. 17</u>	<i>CELEBRATE ME</i>
Oct. 18	No Session		
Oct. 25	“ Making the pieces fit”		
Nov. 8	“Blowups and Letdowns”		
Nov. 15	“Facing Fears & Worries”		
Nov. 22	“We are Family”		
Nov. 29	“Where do I fit in?”		
Dec. 6	<i>CELEBRATE ME</i>		



## **Rainbows: Guiding Kids through Life's Storms**

Grief support for Children,  
Preschool thru High School



St. Elizabeth Ann Seton Parish  
2035 15th St. W.  
Hastings, MN 55033

"My daughter and stepdaughter are involved in Rainbows. My wife and I watched the girls get more in touch with their feelings and, as a result, we're more in touch with our girls"

Inspired by one mother's vision of a place where her three sons could express the grief that came with their parents divorce alongside other young people in similar circumstances, Rainbows is now considered the largest nonprofit organization with a history of successfully restoring hope to those who have suffered the pain of loss.

People experiencing loss, especially children, need someone they can trust to offer guidance as they encounter the stages of grief. Since 1983, Rainbows has provided support programming that, through a culture of openness and acceptance, helps participants learn to better understand and express their feelings and begin to move toward emotional healing.

Designed for specific age groups, the success of the programs relies on a framework in which participants are grouped with their peers and are able to re-enroll again and again.

***Programs include:***

**Sunbeams:**

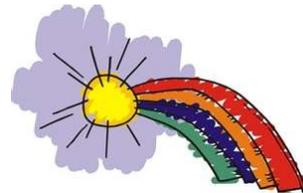
**children, age 3 and 4**

**Rainbows:**

**children, K—8th grade**

**Spectrum:**

**adolescents: Grades 9—12**



"I never felt important before (Rainbows)". 7 year old boy

More than one million children a year are affected by divorce. More than one million children, by age 15, will have a parent die. Well over one million participants have experienced the benefits of Rainbows.

Rainbows is a non denominational, non-profit program.

**For more information,  
please contact:**

Jill Skaife

651-437-4254; or

[jaskaife@seasparish.org](mailto:jaskaife@seasparish.org)

There is no cost  
to participate.

