

RAINBOWS SCHEDULE

WHERE

Ridgewood YMCA
112 Oak Street, Ridgewood NJ

WINTER/SPRING 2019

Group Meetings - Tuesday Evenings
Beginning January 15, 2019
6:30 - 7:30pm

For further info about the Rainbows program, please contact:

Brigid Caffrey, MSW
Ridgewood YMCA Rainbows Coordinator
Building Bridges
a private family and children's practice
201-218-0719
brigcaffrey@aol.com

To register for Rainbows please contact
201 444 5600 x375 Megan Heller

What is Rainbows?

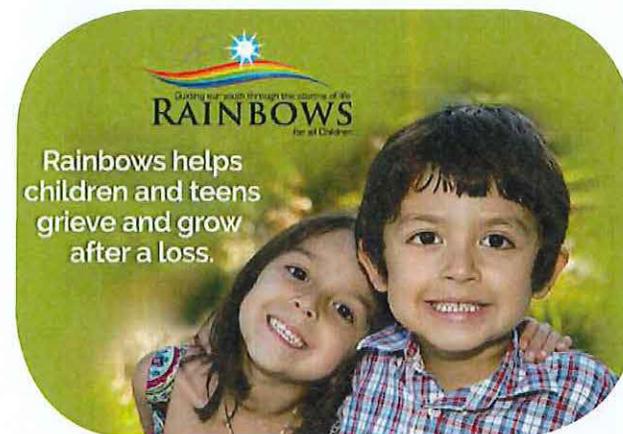
Rainbows is a peer support program (not therapy or counseling) for children who have experienced a painful family transition such as a divorce, separation, abandonment, death or other painful event in their family. The goal is the healthy resolution of the grieving process in an atmosphere of safety, confidentiality and caring.

Rainbows is led by program coordinator, Brigid Caffrey, MSW. The children participate in weekly activities and discussions that seek to reinforce the sense of their own goodness and importance and to recognize the value of their own families, despite the significant changes that have taken place.

Special Thanks to Santoni's Pizzeria for their Pizza donation on 'Celebrate Me Nights' for the children and teens participating in the Rainbows program.



RIDGEWOOD YMCA RAINBOWS



Rainbows is a free and confidential peer support program fully sponsored by the Ridgewood YMCA for area children ages four through middle school.

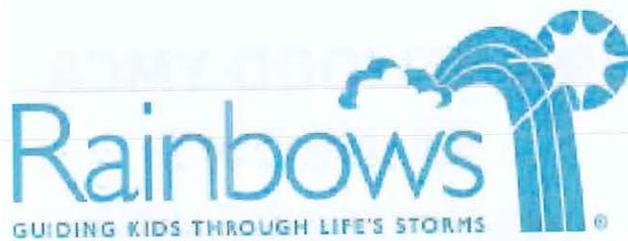
RIDGEWOOD YMCA

**112 Oak Street
Ridgewood NJ 07450**

RidgewoodYMCA.org/Rainbows



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



RAINBOWS PURPOSE

Rainbows establishes peer support for children who are grieving family losses as a result of divorce, separation, abandonment or death.

The purpose of the peer support groups is to provide an opportunity for children to share their feelings in a safe and accepting environment, supported by compassionate adults who are trained as group facilitators. The aim of the age-directed Rainbows materials is to furnish the participants with an understanding of their new family unit, to assist in building a stronger sense of self-esteem and to direct them towards a healthy resolution of the changes that have taken place in their personal lives.

PRISM

Prism is a support group for parents of Ridgewood YMCA Rainbows participants

The goal is for parents to understand and process their own grief, become more attuned to their children's grief and recreate family again.

Prism is a free program. If financially feasible, \$25 to cover the cost of the Prism workbook is gratefully accepted.

How does Rainbows work?

When there is a profound family loss, even the most caring parents can be immersed in their own pain. There is a real need for caring adults to be present for the children in these families. Rainbows facilitators are there to help them work through their grief, provide a safe place for them to meet new friends who have shared similar experiences, and to identify and appropriately express their feelings.

Here's what happens in the Rainbows program:

Listening

Through listening to one another, children learn that other families also experience change.

Sharing

Through sharing with one another, children learn that there is help and comfort available and that healing can occur.

Helping

Through helping one another, children affirm their own abilities and goodness and enhance their own sense of self-esteem. Children come to understand that each change in life can be an opportunity for a new beginning and for growth.

Who can join Rainbows and what does it cost?

Rainbows is offered to all area children ages 4 through eighth grade. There is no fee for the Rainbows program, which is fully sponsored by the Ridgewood YMCA. Participants receive free YMCA Program memberships.

How is Rainbows run?

Rainbows is a 14 week session program. Children meet for an hour in small groups. children are put in groups based on their age and grade in school. There are two "Celebrate Me Nights" which are celebrated on the 7th and 14th night The group facilitator follows the Rainbows curriculum and uses Rainbows materials such as journals, storybooks and group activities.

The children participate in arts & crafts activities, play games and learn about one another and themselves. Activities are designed to initiate sharing of experiences and feelings, understanding and defining of terms, recognizing and making choices of coping strategies and positive response to change.

The format for Rainbows meetings includes:

Gathering

The first meeting allows facilitators and children to get to know each other. Children then begin subsequent meetings by sharing something that happened during the past week.

Gathering is a time to reacquaint, share what's currently happening and bring up special issues.

Focus

To focus on each meeting's topic, children are asked to read aloud or to themselves from their individual journals.

Connecting

Each topic has either a personal/group activity or a personal/group project associated with it. This allows the children to "connect" their feelings with their loss. It is during the activity or game playing that the "real discussion" takes place.

Reflection

Time to summarize the meeting's topic and bring everyone to closure.