

*It doesn't need
to hurt
forever.....*

A BRIGHTER VIEW

- "I've never felt important before," said one seven-year-old boy in RAINBOWS.
- "I like talking about my feelings, it makes me happier," said a girl.
- "While RAINBOWS should not be confused with counseling or psychotherapy, it can be of significant aid to children and adolescents experiencing the grief and turmoil of parental loss. When used properly, RAINBOWS facilitates the healing process and emotional growth of its participants. All who follow the author's design stand to benefit. In all, a sorely needed program that is long overdue."
Richard Issel, PhD., Clinical and Consultative Psychologist
- "Parents tell us that their children are more open about their feelings at home, and that there is more of a sense of family again. Teachers report the children in the program are improving academically, and in some cases there have been positive behavioural changes." *Teacher, Facilitator*
- "My daughter and stepdaughter are involved in RAINBOWS. My wife and I have watched the girls get more in touch with their feelings; and as a result, we're more in touch with our girls." *Father*



FAMILY, no matter how you choose to define it, is the fabric of society. For some, this fabric has become so worn, it can no longer be patched or sewn. The tears are just too great and the fabric of today's family needs to be rewoven. There is a solution and that solution is called

RAINBOWS

HELP Family Service Centre, Blk 570 #01-3317 Ang Mo Kio Ave 3, Singapore 560570
Tel: (65) 6457 5188 Fax: (65) 6457 5343 Website: www.helpfsc.org.sg

RAINBOWS
®

HELP (Help Every Lone Parent) Family Service Centre, Blk 570 #01-3317 Ang Mo Kio Ave 3, Singapore 560570

the Hurt

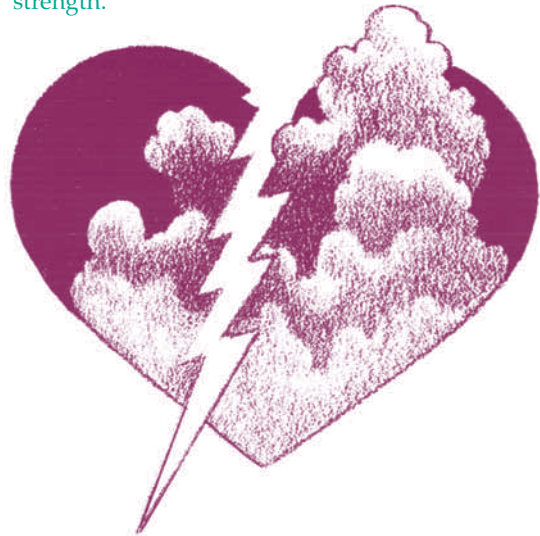
When a change takes place in the family whether, it is death, divorce, separation or abandonment, it has a profound effect on all members in the family.

Grief is an expression of love and a normal human reaction to a significant loss. Frequently, people are not able to express their grief verbally. It surfaces in their behaviour, academics, physical and / or emotional well-being.

Children are not always able to express their feelings with words. Their parents are suffering as well, and may be unable to initially support them. Consequently, grieving children need to have caring adults to guide them through the grief.

Even those who seem to have adjusted well are often struggling inside with the churning, conflicting emotions of grief. The bereaved need and deserve someone they can talk to and trust; someone who will listen to their story while guiding them through the grief process.

Grief can be a positive experience which will provide a foundation for personal growth and strength.



the Healing

Grief is the emotional, spiritual and physical suffering caused by a loss in our life. It is a process, not a specific emotion such as fear or sadness, but rather a constellation of feelings, often conflicting. This process can take years and is seldom orderly or timed. Some of the stages that the bereaved will pass through are:

DENIAL - a period of rejecting or not believing what is taking place. *"This can't be happening to me,"*

BARGAINING - an attempt to exchange something we are willing to do or give up for something we want to keep. It is an attempt to postpone or patch the inevitable. *"If only..."* or *"What if..."*

ANGER - deep seated rage over what is happening. Anger can be misdirected or inappropriate. Since this is an important stage, it is necessary to properly channel the anger. *"Why me?"*

DEPRESSION - the feeling of being unable to cope. Life is out of control or overwhelming. It is a time of highs and lows that happen due to the reality setting in. *"What's the use?"*

ACCEPTANCE - learning to live with the change. The past is no longer dwelled upon and the future holds some hope. *"Life goes on..."*

Grieving is a natural healing process from an emotional loss. If it isn't facilitated at the appropriate time, it will be repressed or become chronic. If grief does not have an opportunity to be resolved, its impact can be destructive.

RAINBOWS
provides grief support services and
curricula

the Hope

RAINBOWS Offers Hope

After the storm in their lives, **RAINBOWS** (a secular edition) provides the guidance children need to work through their grief. Because parents are hurting, too, they often are unable to see how much their children are suffering.

Children need to share their feelings with other single-parent and stepfamily children along with caring adults who will gently listen and support them while they express their fears and feelings, sort through their confusion, and begin the healing process.

The **RAINBOWS** program consists of 12 sessions divided into two six-week semesters. Small groups of children in similar age categories meet weekly and share an activity which focuses on a theme relating to the needs of children in single-parent and stepfamily homes. The groups are led by trained adults, most of whom are teachers and volunteers. Adults as well as children are bound by confidentiality which fosters trust and provides a safe atmosphere.

Children learn to deal with their feelings, regain their self-esteem, accept what has taken place in their families, and get on with being a child!



RAINBOWS is an international not-for-profit organization that offers training and curricula for establishing local peer support groups in churches, synagogues, hospitals, schools or social service agencies. The curricula are designed to assist children, adolescents and adults who are grieving a death, divorce or painful transition in their family. There are religious and secular editions available.

RAINBOWS four age directed curricula are:

- Rainbows - age 6 to 12 years old
- Spectrum - adolescents
- Kaleidoscope - young adults from single-parent families
- Prism - single parents



For more information please contact
HELP Family Service Centre
Blk 570 #01-3317 Ang Mo Kio Ave 3 Singapore 560570
Tel: (65) 6457 5188 Fax: (65) 6457 5343
Website: www.helpfsc.org.sg