



RAINBOWS is an Ozaukee Family Services program for children and adolescents (K-12) who are dealing with major family changes such as divorce or death. The 12-week program seeks to *provide a rainbow after the storm* in a child's life. Its goals are to help participants understand and express their feelings, to build a stronger sense of self-esteem, and to direct their energy toward a healthy acceptance of the changes that have taken place.

Each week, small groups of children meet to share an activity or game, write in journals and discuss common concerns. Children are typically grouped by age and the type of change they have experienced, either the loss of a parent or divorce. The sessions are fun, and the topics are meaningful.

Groups are facilitated by understanding and empathetic volunteers who have participated in a formal training program. Confidentiality is vital to foster trust and provide a safe environment. Since Rainbows is based on sharing, acceptance and trust, participants learn to brightly and bravely weather the storms of life. A concurrent group is offered for parents.

The 2019-20 RAINBOWS program will be held every other week on the following dates. All sessions will be on Tuesdays from 6:30 to 7:30 pm.

**October 22
November 5, 19
December 3, 17
January 7, 21
February 4, 18
March 3, 17
Final Session – March 31**

**All sessions will be held at the Family Enrichment Center
885 Badger Circle
Grafton, WI 53024**

There is no cost for the program. To register or learn more, contact Abi Ribecky, *Rainbows* Coordinator, at aribecky@ozaukeefamilyservices.org or (262) 376-7774 x124.

Space is limited, so it is never too early to sign up!



885 Badger Circle Grafton, WI 53024 262-376-7774