



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 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.

In each session, small groups of children meet (virtually) with a group facilitator to share an activity or game and discuss common concerns. Children are grouped by age. 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 2021 RAINBOWS program will be held VIRTUALLY every other Tuesday from January 26 to June 1. All sessions are from 6:30 to 7:30 pm.

There is no cost for the program. To register or learn more, contact Laura Smith, Rainbows Coordinator, at Lsmith@ozaukeefamilyservices.org or call (262) 376-7774 x151.

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



Improving lives to help individuals and families succeed

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