



**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 activities and discuss common concerns. Children are grouped by age with others who are also navigating family changes. 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 2021-22 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 19**  
**November 2, 16, 30**  
**December 14**  
**January 4, 18**  
**February 1, 15**  
**March 1, 15**  
**Final Session – March 29**

**All sessions will be held at our building, located at  
885 Badger Circle  
Grafton, WI 53024**

**There is no cost for the program.** To register or learn more, contact Rainbows Coordinators **Abi Ribecky** ([ARibecky@OzaukeeFamilyServices.org](mailto:ARibecky@OzaukeeFamilyServices.org)) or **Laura Smith** ([LSmith@OzaukeeFamilyServices.org](mailto:LSmith@OzaukeeFamilyServices.org)). You can also reach us at (262) 376-7774.

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



*Improving lives to help families succeed*

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