



**Rainbows** is an Ozaukee Family Services program for children and adolescents (5K-12<sup>th</sup> grade) 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 2023-24 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 10, 24  
November 7, 21  
December 5, 19  
January 9, 23  
February 6, 20  
March 5  
Final Session – March 19**

**There is no cost for the program.** Free childcare for younger siblings is available.

To register or learn more, contact Rainbows Coordinator

**Laura Smith** ([LSmith@OzaukeeFamilyServices.org](mailto:LSmith@OzaukeeFamilyServices.org)).

You can also reach Laura at (262) 376-7774 ext. 151.

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



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