

## HOW DOES RAINBOWS HELP?

**RAINBOWS** helps by providing a safe setting in which participants can talk through feelings with others who are experiencing similar situations. They are helped to articulate their feelings by a facilitator or listener.

**RAINBOWS** helps by providing materials, journals, storybooks, games and activities – which form a structured programme to lead a person gently through the grieving process.

**RAINBOWS** helps by:

- Supporting the people to rebuild their self-esteem, in a small group setting.
- Enabling the participants to name, understand and come to terms with the many emotions they experience.
- Reassuring those who have anxieties or feelings of guilt.
- Encouraging them to move towards forgiving those people whom they feel have caused their pain.
- Sharing and listening to similar experiences from other group members.

## RAINBOWS MEETINGS

**RAINBOWS** operates in a site. A site is a place where people gather – e.g. a school, a parish or community centre which is registered to run RAINBOWS.

Ideally, though not necessarily, RAINBOWS is run in the weeks before and after Christmas because for those who grieve, this time can be particularly difficult. The programme is divided into two blocks of six weeks, each of which is concluded with a “*Celebrate Me Day*”.

There are weekly meetings of the group with their facilitators, lasting approximately an hour, depending on the age group. The facilitators also meet beforehand to reflect in a personal way on the theme of the next RAINBOWS session. In this way they open themselves to hear what the participants will share.

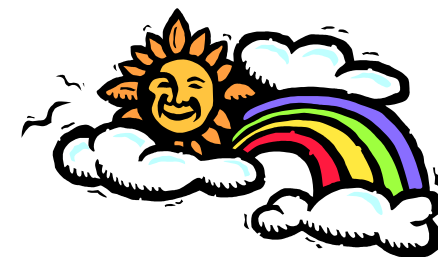
*“Because it doesn’t need to hurt forever . . .”*

## WHAT ABOUT FACILITATORS?

Facilitators are adults who care about those who grieve and are trained to facilitate RAINBOWS groups.

### *Facilitators:*

- *Encourage and support sharing with the group.*
- *Hear what participants say without judgement or criticism.*
- *Listen to a person’s pain which can be expressed in many different ways such as anger, tears, withdrawal, etc.*
- *Accept that they cannot solve the participant’s problem, put things right for them, or take their pain away.*



## Some important points . . .

- **RAINBOWS** is **not** a counselling or therapy programme. A person showing severe symptoms of grieving should be referred for professional help.
- A person who is receiving professional care will not normally be accepted to **RAINBOWS** without the consent of the person responsible for that care.
- **RAINBOWS** maintains confidentiality except if a person is in danger.



. . . from hurt,  
through healing,  
to hope . .

## What does RAINBOWS offer?

There are a variety of programmes:

**RAINBOWS**  
for children, aged 5-12

**SPECTRUM**  
for young people, aged 13-18

**KALEIDOSCOPE**  
for young adults of 18 and older

**PRISM**  
Material for parents who have  
been bereaved through Death,  
Separation or Divorce

**FOR FURTHER  
INFORMATION, CONTACT**

**VITA HOUSE FAMILY CENTRE,  
ABBAY STREET,  
ROSCOMMON.**

**Tel. / Fax: 090 6625898**

**Email: [vitahouse@eircom.net](mailto:vitahouse@eircom.net)**

**Website: [www.vitahouse.org](http://www.vitahouse.org)**



# RAINBOWS

*“Because it doesn’t need to hurt  
forever....”*

*A peer-support  
programme to assist  
children, adolescents  
and adults who are  
grieving a death,  
separation or other  
painful transition in  
their family...*

