

# COMMUNITY NEWS



## *RAINBOWS & SILVER LININGS CHILDREN'S PEER SUPPORT GROUPS*

Rainbows... when something significant happens in the family, the entire family is affected, and grieving children struggle to verbalize the complex emotions inside. **Rainbows is a support group curriculum for children who have suffered a loss in their lives**, either by death, by divorce, or any other painful transition.

This program is not a counseling session or therapy; it is **strictly** a peer support group with caring trained adults to guide them. The purpose of the curriculum is to provide these children with an opportunity to sort through and understand their grief, helping them come to a healthy acceptance of what has happened in their family. The children, as well as the adults, are bound by confidentiality.

In addition, Rainbows is offering the newly revised **Silver Linings, a Community Crisis Program**, to address the negative effects of the **Covid-19 pandemic** on children and young people. Silver Linings is also a peer support program and is structured the same way as Rainbows.

Format:

- 12 sessions divided into two - six week semesters (fall & winter).
- Each session runs approximately one hour per week. The children are grouped according to age level (ages 5-17).

We have a new group beginning this fall. Pre-registration is required. For further information please contact St. Patrick's Parish Outreach, Smithtown at 631-265-2668.