

October
2018



Rainbows has been offering support groups to children, youth and parents for 30 years in Nanaimo. We appreciate all of you who have donated their time, skills and funds to grieving families!

Community programs

In September the 12-week programs for children age 4 – 12 and their parents started successfully. 5 children groups and 2 parent groups are dealing with topics regarding grief, feelings, change in their family and coping tools. New families are signing up for the next one starting end of January. We offer programs for teens too.

Registration/Info - rainbowsnanaimo@gmail.com

SD68 – Rainbows programs at local schools

Many schools are offering the program this year. The school district just hired 8 extra support staff, many of them will be attending Rainbows training and are hoping to offer Rainbows in their schools.

One elementary school is offering 5 small support groups soon.

2 High schools are starting Spectrum (Rainbows for teens) with the assistance of practicum students.

Very exciting is that Fairview Elementary is starting an after-school program as the support worker can't offer enough groups during school time. The after-school program enables us to have volunteers from the community to join the coordinator at Fairview. I just met with the schools' PAC (parents association) and they offered to pay for the materials. Very exciting as they have many grieving kids!

Networking

We network with others as we all want to ensure that families receive the help and support they need.

I connect with Hospice as their child and youth counsellor and I refer children back and forth. We also share a VIU practicum student who is learning about children and grief through multiple opportunities this way.

Through networking with other agencies and VIHA we learn what the needs are for local families and we hear how much other professionals appreciate Rainbows.

Because of the changes in our community we have been invited to a community coalition regarding the concern we have for families affected by the opioid crisis; this has been initiated by VIU and through this I am also invited to share during class about the effects of grief regarding children. I share what I have learned through Rainbows, that children improve when they participate in a support group when dealing with any type of grief.

Last year Hospice gave some left over shawls they knit for their clients to a Rainbows coordinator at one of the schools and the word has spread as the shawls have been appreciated so much by kids and adults who are grieving and feel comforted by the knowledge that someone knit a shawl for them and of course the feeling of a shawl around our shoulders provides the feeling of comfort. I visited the knitting ladies who were curious about the program and the children who are receiving these shawls. They are a creative and hardworking group! Meet at Hospice House every 2nd and 4th Wednesday from 1 to 3pm. Patterns and yarn available.

Donors

We are grateful for all the Individuals who donate to Rainbows on a regular basis,
Sanddollar Mortgage,
RBC Foundation,
Coast Distributers LTD Lantzville,
Ladies of the Moose



Needs

Fundraising Team – the RM Society Board is always looking for more people to assist with fundraising events and grant writing efforts.

Coordinator / Host for the Cedar community program we hope to start again. The same type of set up as at Christ community church. Registrations and organization of facilitators, materials and building will be organized, we just need a host to provide support to the facilitators who are in their rooms. About a 2 hour a week commitment. (12 week program). From 6-8pm, evening to be determined.

If you know and trust someone who loves kids (parents) and is a great listener, please have them contact me so we can start the screening and training process. Our community needs more Rainbows facilitators 😊

Kids!

Kid, age 7 – *“Rainbows helped me calm down”*

Kid, age 9 – *“No one will tell what I say, so I am able to talk. I wish Rainbows was longer, it is like 15 minutes!”*

Kid, age 8 – *“I like talking about my feelings. People helped me.”*

Program is free of charge.

For more information check us out on

www.rainbowsnanaimo.ca rainbowsnanaimo on facebook

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