

## Request form

Name of child (please print).....

Class.....

Signature of parent/carer.....



Participation in Rainbows is free and the sessions run in school time.



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# Rainbows

Information  
for parents and  
carers



## Our Lady Queen of Heaven

Supporting children through changes, loss  
and bereavement





## What is Rainbows?

Our Lady Queen of Heaven offers Rainbows to support children who are grieving a loss through death, separation, serious illness, relocation or any other painful transition in their lives.

The purpose of the Rainbows program is to foster emotional healing by providing a safe setting in which children can talk through their loss with other children who are experiencing the similar situations. They are helped to express their feelings by trained group leaders.

Rainbows acknowledges that grief needs to be recognised and supported, not denied, buried or ignored. Rainbows supports self-esteem, trust, confidence and resilience and promotes positive, healthy relationships.

If you would like to know more about Rainbows their website is: [www.rainbowsgb.org](http://www.rainbowsgb.org).

*Please note this program has no connection with Rainbow Brownies and Guides.*

Rainbows is a structured program, fully supported by the diocese, that explores the following:

Anger and hurt, weathering the storms, living with change, adapting and adjusting, why my family? facing fears and worries, coping skills, all families are different, endings and beginnings.

The sessions finish with a "Celebrate Me" day

## Confidentiality

Confidentiality is at the heart of Rainbows and this is emphasised to the children. What is said in the Rainbows room stays in the Rainbows room!

Confidentiality will be kept at all times, unless a child is at risk.

Rainbows Groups adhere strictly to OLQOH Safeguarding policies and procedures.

