



Cumming First United Methodist Church

770 Canton Highway
Cumming, GA 30040
770-887-2900
www.cfumcga.com

Grief and Loss Support Groups for Children and Youth

RAINBOWS is a weekly support group for children in grades K through 8th and Spectrum is for youth in grades 9th through 12th, who have experienced a significant loss or change in their lives such as death, divorce, or remarriage.

Participants are accepted on a first come first served basis. Groups are kept small and fill up fast.

Those who attend the group sessions each and every week receive the most benefit, so it is very important that participants attend all meetings.

The program is not a counseling or therapy session. It is a peer support group led by trained staff members.

Children meet weekly in small, age appropriate groups with trained facilitators who gently guide them in lightening their load through stories, activities, games, and journaling.

RAINBOWS/Spectrum helps participants deal with their feelings, work through their grief and focus on developing constructive coping skills. Listening to (and sharing with) peers helps children process feelings. When feelings are given words, they are less likely to be given negative action.

Children and youth develop a sense of connection and trust with each other in RAINBOW/Spectrum - which helps them rebuild trust in the world around them! At the end of the 15 sessions, each child and youth truly discovers . . .

there is a Rainbow after the storm!

Winter/Spring 2009 Schedule

Tuesday evenings from 6:30 - 7:30 pm at Cumming First United Methodist Church

Parent Orientation Session :

Wednesday, February 4, 6:30 pm

Group Sessions:

February 10, 17, 24 March 3, 10, 17, 24, 31

April 14, 21, 28 May 5, 12, 19

If you have questions, please call:

Kristy Thompson - 770-887-2900

RAINBOWS / Spectrum

2009 Registration Form

Please print - one per participant

Participant LAST name FIRST name

Participant's address (include zip code)

M/F Age School Grade

Birthday (m/d/y)

Parent LAST name FIRST name

Reason for attending RAINBOWS:

Divorce Death Stepfamily

Other

Date of Event

Attended RAINBOWS before? Yes No

When

Where

Registration Deadline: February 4, 2009

Form may be copied for additional participants.

Mail completed form to:

Cumming First United Methodist Church,

Attention: RAINBOWS Program

P. O. Box 606

Cumming, GA 30028