

RAINBOWS / Spectrum

2010 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 3, 2010

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

The Healing

Grief is the emotional, spiritual, and physical suffering caused by a loss in our life. Grieving is a natural process. This process can take years and is seldom orderly or well-timed. Some of the stages that the individual suffering a loss will pass through are:

DENIAL - a period of rejection or not believing what is taking place. "This can't be happening to me."

BARGAINING - an attempt to exchange something we are willing to do or give up for something we want to keep. "If only ..." or "What if...".

ANGER - deep seeded rage over what is happening. Anger can be misdirected or inappropriate. It is important to learn how to properly channel the anger. "Why me?"

DEPRESSION - the feeling of being unable to cope. Life is out of control or overwhelming.

ACCEPTANCE - learning to live with the change. The past is no longer dwelled upon, and the future holds some hope. "Life does go on ..."



Spectrum

Grief and Loss Support Groups for Children and Youth Spring 2010

Cumming First United
Methodist Church
770 Canton Highway
Cumming, GA 30040
770-887-2900

What is RAINBOWS/Spectrum

RAINBOWS/Spectrum is a weekly support group for children and youth who have experienced a significant loss or change in their lives such as death, divorce, or remarriage.

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!

RAINBOWS / Spectrum **SCHEDULE** at Cumming First United Methodist Church **Spring 2010**

Scheduled Time for Sessions
Tuesday evenings
6:30 - 7:30 pm

Parent Orientation Session
Wednesday, February 3rd
6:30 pm

Group Sessions
February 9, 16, 23
March 2, 9, 16, 23, 30
April 13, 20, 27
May 4, 11, 18, 25

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



Spectrum

RAINBOWS is for children in grades K through 8th and **Spectrum** is for youth in grades 9th through 12th, who have experienced divorce, death or another loss in their family.

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

Please commit to attending on a regular basis.

To Become A RAINBOWS / Spectrum Family:

Return completed registration form by
Tuesday, February 3rd, 2010

Mail to:

Cumming First United Methodist Church
Attention: Rainbows Program
P. O. Box 606, Cumming, GA 30028

Classes held at:

Cumming First United Methodist Church
770 Canton Highway, Cumming, Georgia

If you have questions, please call:

Kristy Thompson - 770-887-2900