

2010/2011

A Thuismitheoir, a Chara,

Tá an-áthas orainn a chur in iúl duit go bhfuil Cúrsa 'Rainbows' ar bun i nGaelscoil Naomh Pádraig. Is í aidhm an chúrsa seo ná tacaíocht a thabhairt do dhaoine óga atá tar éis déileáil le bás/scaradh nó athraithe pianmhara eile a tharla ina gclann acu. Ritheann an cúrsa tacaíochta ar feadh 12 seachtaine. Tá breis is cúig chéad scoil eile páirteach sa scéim seo ar fud na tíre.

Nuair a tharlaíonn eachtra ollmhór sa chlann, bíonn éifeacht aige ar an gclann uilig. Má fhaigheann tuismitheoir bás nó má scarann tuismitheoirí, ní amháin na tuismitheoirí a bhíonn faoi bhrón ach bíonn éifeacht aige ar na páistí chomh maith. Bíonn deacrachtaí ag páistí a mothúcháin a chur in iúl de bharr a n-aois agus a dtaithí. D'fhéadfadh sé teacht chun cinn ina gcuid iompair agus obair scoile.

Is grúpa tacaíochta é **RAINBOWS** do pháistí ina gcabhraítear leo a **mothúcháin a léiriú** trí chumarsáid agus tascanna idirghníomhacha a dhéanamh chun féin-mhuinín níos láidre a chruthú agus conas déileáil lena bhfadhbanna. **Ní grúpa comhairle é RAINBOWS.** Cruthaítear áit shabháilte, rúnda ina roinneann na páistí a mothúcháin le páistí eile agus le héascaitheoir oilte.

Cuirtear na páistí i ngrúpaí le páistí eile atá sa chás céanna, má chuirtear na páistí i ngrúpa measctha m.sh bás agus scaradh, cuirfear na tuismitheoirí ar an eolas faoi.

Ní bheadh an clár Rainbows oiriúnach do chásanna fíor-thrámach. Ní mór cabhair agus comhairle phrofisiúnta a lorg sa chás seo. Má tá páiste ag freastal ar teiripe chlainne/chomhairle cheana féin, ní mór duit dul i dteangmháil leis an gcomhairleoir atá acu sula gcuirtear aon iarratas isteach don chlár seo.

Iarrtar ort plé a bheith agat le do pháiste faoin gclár seo ionas go dtuigfidís céard atá i gceist le Rainbows.

Má tá níos mó eolais de dhíth ort, déan teangmháil linn le do thoil.

Níamh Ní Mhaonaigh

Carmel Ní Chatháin

Comhordaitheoir Rainbows

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We are delighted to be in the position to offer young children who have experienced the death of a close relative, separation or other painful change in their family the opportunity to participate in the RAINBOWS 12 week Peer support programme for the following school year coming – which already takes place in over 500 schools and parishes throughout the country.

When something significant happens in a family, the entire family is affected. If a parent dies or parents separate or a painful loss occurs, not only do the parents grieve, the children do also. Grief is an expression of love and a normal human reaction to a significant loss. Children find it difficult to verbalize their feelings of grief because of their age and inexperience. It may surface in their behaviour, schoolwork and emotional well-being.

RAINBOWS is a support group that helps children put their **feelings into words**, work through their grief, build a stronger sense of **self-esteem** and begin to **accept** what has taken place in the family. **RAINBOWS is not a counseling group**. It is a safe, confidential setting where children will share their grief associated feelings with each other and with trained facilitators.

Children are generally grouped with others experiencing a similar loss. If children are assigned to mixed groups because of necessity. E.g. bereavement and separation, parents will be consulted in advance.

There are tragic losses that can cause extreme trauma. The Rainbows programme is **not** adequate in these circumstances. Professional help should be sought. If children are already attending professional counseling/family therapy etc. the professional's advice must be sought before application is made for attendance at Rainbows.

We invite you to discuss the contents of this letter with your child in advance of application to attend Rainbows so that they understand what Rainbows is about.

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If you have any further information please do not hesitate to contact us.

Níamh Ní Mhaonaigh

Rainbows Co-Ordinator

Carmel Ní Chatháin

Rainbows Co-Ordinator

Rainbows is a different kind of helping

- ☒ Peer Support and acceptance
- ☒ Non-counselling or therapy
- ☒ Groups sharing FREELY in a secure – safe, CONFIDENTIAL environment
- ☒ Discovery of personal coping tools
- ☒ Curriculum of PREVENTION and/or INTERVENTION

Structure of Classes

- 1) Self
- 2) Feelings
- 3) Divorce or Death (1)
- 4) Divorce or Death (2)
- 5) Anger and Hurts
- 6) Fears and Worries
- 7) Family
- 8) Belonging
- 9) Step Family
- 10) Endings and Beginnings
- 11) Coping Tools
- 12) Reaching Out

Celebrate Me Days

Celebrate me days are unique to Rainbows. This is an enriching evening held at the end of the twelve sessions in which the parents are invited to attend a closing service with their child. This is a beautiful way to celebrate the seed of a positive self-image firmly planted and a feeling that change in life can become an occasion for a new beginning.