

Rainbows Kids Divorce and Separation Support

Monday October 5, 2020

Dear Parents/Guardians,

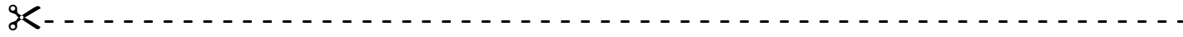
Divorce and separation support groups are available to all children and youth (K-12) in Canmore. The basis for the Rainbows program is to provide support and camaraderie for children who are experiencing separation or divorce. A group approach can be highly effective because children tend to feel more connected when they know they are not alone. The Rainbows Program is available at no cost.

In lieu of COVID-19, this year's programming will look different as it can no longer be delivered in school during school hours. Rainbows will be offered in age cohorts on 3-4 half day Fridays as per CRPS school calendar (Nov 6 & 20, Dec 4, Jan 15, Feb 5, March 5 & 19, April 23, May 7 & 21, June 4 & 11) from 1:00-4:00pm at the Canmore Recreation Centre. In lieu of Provincial cohort requirements, as well as the developmental nature of the programming, exact dates for each cohort will need to be determined as children are registered. Once parents sign up, you will be contacted directly regarding the exact dates for your child's group. Thank you for your patience and understanding as we navigate delivering programming during the COVID-19 pandemic. All recommended public health measures will be followed, including mask wearing, physical distancing, small group size, contact tracing and hand hygiene practices. Parents of registered students will receive additional communication regarding these measures as well as specific program details directly.

One exciting change this year is that participants will experience a hybrid Rainbows program. Students will have access to traditional Rainbows programming that uses games, art, literature, discussion and journaling to explore pertinent topics related to divorce and separation in addition to exploring art-based expression and outdoor/experiential learning opportunities with support from our wonderful partners; artsPlace, Right from the Start and the Family Resource Network. The goal of the Rainbows group remains the same- to assist children and youth in expressing and understanding their feelings, accepting what has happened, and experiencing a sense of belonging. This group can be valuable even if you are not currently seeing a shift in your child's emotions or behaviour.

If you feel that your child(ren) could benefit from the Rainbows program please fill out the consent form below and return it to the FCSS office located in the Canmore Civic Centre (902-7th Ave) or email it to laura.wellmann@canmore.ca by **Friday October 23, 2020**. As the facilitator of the Rainbows Program, I will touch base with parents directly to communicate the detailed plan and specific program dates in addition to providing updates throughout the program.

To obtain more information about the Rainbows Program please contact Laura Wellmann at 403.678.7131 or laura.wellmann@canmore.ca



RAINBOWS CONSENT 2020-2021

Child/Youth's Full Name: _____ School: _____

Date of Birth: _____ Age: _____ Grade: _____

1. Parent Name: _____ Signature: _____ Date: _____

Parent Phone: _____ Email: _____

2. Parent Name: _____ Signature: _____ Date: _____

Parent Phone: _____ Email: _____