

RAINBOWS-facilitators have exactly this kind of training and are therefore able to mentor affected children.

**Procedure/Costs:**

Procedure: 12 group meetings, once a week, 3 meetings with parent(s)

Costs: 358 €. Reductions and/or installments are possible upon inquiry.

**Additional programs by RAINBOWS:**

- "Saying goodbye" – Mentoring after the death of a loved one
- Coaching § 95
- RAINBOWS summer-camps
- Course of instruction – Separation/Loss
- Training course – RAINBOWS pedagogics
- Workshops – for specific persons

**We are happy about every donation:**

Your donation to RAINBOWS is tax deductible!



**Strong  
into the future**

Professional support for children after a  
divorce or separation

Considerable relief for adults

## When the world is falling apart...

The separation or divorce of parents is an immense challenge for children. The familiar world is coming apart at the seams and a wave of fear, anger, feelings of guilt and frustration is overwhelming them. What remains is a chaos of power and helplessness.

RAINBOWS tries to oppose these feelings with optimism, hope and enjoyment. On the basis of vast experience and the special RAINBOWS–training we facilitate positive and optimistic outlook on the future. The children gain self confidence and learn to discern and address their own needs in a step-by-step program. This way they are getting strong for the future.

## Relief for strained adults

Every separation or divorce puts a strain on the adults involved. Therefore it is important that they come to grips with the new situation. This means, however, that they have often only limited energy for the affected children.

This is where the professional help provided by RAINBOWS provides noticeable relief that will create room to implement changes and solutions. At the same time, children are put in a safe and professional environment.



## RAINBOWS groups provide children with support through:

- The safe environment of a small group
- The exchange of experiences with other affected children.
- The processing of relevant topics through creative and age appropriate methods.
- The professional mentoring of groups as well as individual children.

## A group for each age bracket

As a rule, all children affected by divorce or separation are welcome in RAINBOWS groups, even if it dates back a longer period of time.

Since children react differently depending on their age, RAINBOWS offers groups for the following age brackets:

- 5 years and preschool children
- 6 to 8 years
- 9 to 11 years
- 12 to 14 years
- 15 to 17 years

## Mentoring by professional RAINBOWS-facilitators

The work with children requires a great amount of empathy and professional abilities. In the case of children affected by divorce, additional training is required in order to deal with their specific problems and needs.