



THE RAINBOW HOUSE

Grief Education and Support for Children
from the Rev. Dr Ian Mavor Foundation

children & grief...

When attachments are broken, children grieve. Each child will process grief in their own way, often with various emotional and physical changes. As disruptions to relationships and routines occur, behavioural problems and repetitive patterns can be exhibited.

After a death, illness, family separation or a big life change, it's very tempting for parents to shield their child from the emotional upheaval and pain experienced ... but for healing and growth to take place, it's vitally important for a child to acknowledge and express their mixed feelings of grief. Including their anger, hurts, sadness, worry, guilt and fear.



education + well-being + community = healing

The Rainbow House provides specialised grief education and support for children aged 7 to 11, teaching the skills they need to weather life's storms. Through our programs and resources, children learn an understanding of how grief is a natural response to loss or big life changes where attachment is broken. It has physical, cognitive, behavioural, social and spiritual dimensions.

We provide a peer-based, supportive space for children where they are free to tell their story and express their strong feelings in safe ways, without hurting themselves, others or their surroundings. All whilst encouraging the development of empathy. Growth and healing happen when a child completes the following tasks of grief, including... **1.** gaining understanding and acceptance of the change, **2.** feeling all the feelings associated with the change, **3.** commemorating what is lost ... and **4.** moving on into a new sense of self that is stronger than before.

**FREE
PROGRAMS
& RESOURCES**



With over 25 years of experience, Deirdre Hanna and our Rainbow House team take an holistic approach when dealing with the grief of a child. We encourage techniques and activities that enhance the child's well-being ... helping them to heal and move forward in life, restored with confidence. Supporting children to be aware of and express their own feelings in healthy and creative ways and be better equipped to manage future change.



the rainbow house children's club

The Rainbow House Children's Club provides support, education and community for children aged 7 to 11 dealing with grief and loss. We offer a **FREE 5 session small group program held onsite over 5 weeks** with intakes each school term. Our engaging curriculum features a mixture of art activities, storytelling, breath-work, imaginative exercises and movement. With peer sharing and support, grief is normalised and children no longer feel alone.

Each child in the group is also individually supported by their own **Rainbow House Buddy** as they tell their story and deal with any "unfinished business" around the loss or change. To assist healing, the loss is commemorated and new life-skills are established. We believe this helps children to move forward in life with a restored confidence. Having the ability to make healthy life choices, invest in new relationships without fear and be resilient in times of further change.

children's club at a glance...

Suitable for: children aged 7 to 11

Tuesday | 3:45 pm to 5:15 pm

Duration: 5 consecutive weeks

Inclusions: workbook & materials

Optional: concurrent parent group

Cost: FREE - donation accepted

Requirements: parents must first attend our information session 2 weeks prior to club commencement and be committed to attending all 5 weeks of the program.

Location: Gold Coast, Queensland

Alternative? ... Our @Home with The Rainbow House Program contains 7 lessons, allowing your child to complete their grief work at home, at their own pace.



[HTTPS://RAINBOWHOUSE.EDUCATION](https://rainbowhouse.education)
HELLO@RAINBOWHOUSE.EDUCATION

check out our book club...

The Rainbow House Book Club features **FREE access to a collection of storybooks** developed by our Rainbow House team. Created especially to help children understand and deal with aspects of grief from various kinds of loss. In each story, the reader is taken through the grief journey of a child who has suffered a loss or big life change and now is embarking on their own Rainbow House experience.

