

2009 RAINBOWS

Registration Form
Please print—one per child

Child _____
LAST Name FIRST Name

Child's Address (plus zip)

M/F _____ Age _____ Grade _____

Birthday (M/D/Y) _____ / _____ / _____

Parent _____
LAST Name FIRST Name

Parent's day phone _____
Home phone _____

Changes due to:
Divorce Death Stepfamily Other
Date _____

Attended RAINBOWS before? Yes No
When _____
Where _____

Need childcare for preschool & nursery?
Yes No If yes, name and age of child

Form can be copied for additional children.

Mail completed form to First United
Methodist Church, Attn: Rev. Sheri Smith

Rushed for dinner on Wednesday evenings?

Join us for dinner from
5:00-6:30pm
in the Family Center

A variety of menu choices are available
to both adults and children.
Adults: \$6.00
Children (ages 3-10) \$3.00
Children (under 3) Free
Family Cap \$17

Parents and children are encouraged to
have supper and relax a little before
we start!



First United Methodist Church
395 West Crogan Street
Lawrenceville, GA 30045

Rev Sheri Smith
Phone: 770-963-0386, ext. 157
Fax: 770-963-0668
E-mail: ssmith@fumclv.org

After the storm. . .



rainbows

First United Methodist Church
395 West Crogan Street
Lawrenceville, GA 30045
770-963-0386 - phone
770-963-0668 - fax
www.fumclv.org

Rainbows

Rainbows is an international peer support organization that offers programs designed to help children in changing families as they deal with death, divorce or stepfamily challenges.

When children are grieving a loss, they are unable to concentrate and learn. When problems arise in school, self-esteem declines. Children regain valuable self-esteem when they discover that their *feelings are normal*. Listening to (and sharing with) peers helps children process feelings. When feelings are given words, they are less likely to be given negative action.

Rainbows is not counseling or therapy. Rainbows support is about sharing the normal, painful feelings of loss. Rainbows support is like unpacking a suitcase full of feelings too heavy to carry. 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.

Children develop a sense of connection and trust with each other in Rainbows—which helps them rebuild trust in the world around them! At the end of the 16th session each child truly discovers...

there is a rainbow after the storm!



Rainbows

First United Methodist Church
of Lawrenceville

Wednesday evenings
6:30 pm—7:30 pm

September 9—December 9, 2009

(Will not meet November 25)

Please compare Rainbows dates with your home calendars. If there are several conflicts on Rainbows nights, it would be better for your child to attend Rainbows on another evening than to arrive late, be rushed or miss several group sessions.

Parents are required to stay on campus during the Rainbows classes. Children are never to be dropped off or left alone on the church campus. *We encourage parents to participate in a class that meets at the same time as the children meet.*

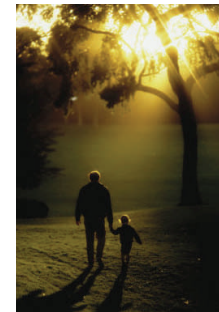
PRISM-Parent Support Group is an ongoing ministry of FUMC that is committed to providing a fresh start for single parents. This group offers study, reflection and discussion specifically for singles. Open to men and women experiencing divorce or separation.

GriefShare is a support group that deals with grief and recovery topics. A video seminar is combined with group discussion. This class is ideal for men and women who are experiencing grief. GriefShare meets from 6:30-7:30pm on Wednesday evenings.



Rainbows

- Sunbeams is available for children ages 3 & 4.
- Rainbows is available for children in grades Kindergarten through 8th, who have experienced divorce or death in their families.
- Spectrum is available for youth in grades 9-12.
- Children are accepted on a first-come basis. Groups are kept small and fill up quickly.
- Please commit to attending on a regular basis.



To become a Rainbows family:
Return the completed registration form.

(Don't delay—groups fill up quickly!)