



What Rainbows Does

- Groups of children and young people of similar age and loss experience - 'I am not the only one'
- The group meets in a safe, welcoming environment with two trained facilitators (where possible)
- Provides the space/opportunity and confidentiality to tell and re-tell, share and re-share, explore and re-explore feelings and emotions.
- Participants come to identify, understand, accept and come to terms with many conflicting emotions

What Rainbows does not do

- It is not professional counselling or therapy.
- It does not analyse, diagnose or solve problems.
- It does not advise, criticise or judge.
- It does not treat emotional or behavioural problems.
- It does not report, take notes or give evidence – to ANYBODY. (Except as laid down by Child Protection procedures).
- It does not deal with traumatic grief – e.g. Murder, violence etc. Professional support needs to be sought.

Rainbows can make a Difference

Trained Facilitators support children and young people through their grief journey



Rainbows 

Supporting children and young people through loss and grief

