



## Rainbows Bereavement or Separation Loss Programme Registration.

### Shannon Family Resource Centre is a registered Rainbows Centre.

We support trained volunteers to facilitate the 10-week Rainbows Peer Support groups for young people in the Shannon region who have either experienced a **Bereavement** or **Parental separation** in their life.

**We want to provide Rainbows to young people in the Shannon area annually.**

Bereavement Loss Programme	Separation Loss Programme
Level 1: Primary aged 7-8 years (1 <sup>st</sup> & 2 <sup>nd</sup> Class)	Level 1: Primary aged 7-8 years (1 <sup>st</sup> & 2 <sup>nd</sup> Class)
Level 2: Primary aged 9-10 years (3 <sup>rd</sup> & 4 <sup>th</sup> Class)	Level 2: Primary aged 9-10 years (3 <sup>rd</sup> & 4 <sup>th</sup> Class)
Level 3: Primary aged 11-12 years (5 <sup>th</sup> & 6 <sup>th</sup> Class)	Level 3: Primary aged 11-12 years (5 <sup>th</sup> & 6 <sup>th</sup> Class)
Level 4: Secondary aged 13-16 years (1 <sup>st</sup> year to TY)	Level 4: Secondary aged 13-16 years (1 <sup>st</sup> year to TY)
<b>Each programme runs for 10 weeks 1 hour per week after school.</b>	

**Recruitment information:** We offer the programme to between 6-8 young people of similar age/level. Levels 1-3 are primary school age and level 4 is for young people aged 12-15 years, up to transition year in secondary school.

- Only one member of a family allowed per group.
- The programme is 10 weeks long, 1 hour per week.
- The young person must have experienced either Separation/Divorce or a Death in the family to be eligible to participate in the programme.

***Signed consent from both parents or legal guardians is required for the separation programme if previously married, this is Rainbows Ireland policy.***

If you would like to discuss the programme further, please contact Cathal 087 1232489 at Shannon Family Resource Centre or call the office 061 707600.

[www.shannonfrc.com/rainbows](http://www.shannonfrc.com/rainbows)

**Rainbows groups will not take place unless at least 6 participants are registered for a specific level.**