



The Magnet, The Demesne,  
Dundalk, Co. Louth.  
A91 WE22  
T:087 709 5666

1<sup>st</sup> November 2018

**RE: Rainbows Programme**

Dear Principal,

You may be familiar with the Rainbows Programme which assists children and young people to deal with the death of a loved one, separation, divorce or other painful transitions in their family.

The Pastoral Centre will commence its next Rainbows Training Programme in March 2019. (9<sup>th</sup>, 10<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>). We are seeking new volunteers to train as Rainbows facilitators. These volunteers must be over 21 years of age. Perhaps you would bring it to the attention of your colleagues and parents/guardians.

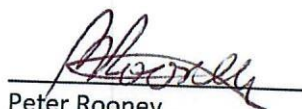
*or parents.*

Any teacher from your school completing the training would require the special skills required to assist children who are experiencing difficulties dealing with separation, divorce or death in the family. Feedback from teachers who are experienced Rainbows facilitators is very positive. It indicates that the experience of Rainbows helps have a better understanding of what children are going through at a time of loss.

I have taken the liberty of enclosing a Rainbows Facilitators Training Expression of interest form for any parties interested, and also a poster for display.

If you have any queries, please contact me on 042-9336393. With every best wish.

Yours sincerely,

  
Peter Rooney  
(Programme Administrators)



## Rainbows Ireland

Supporting Children with Bereavement and Parental Separation

W: [www.rainbowsireland.ie](http://www.rainbowsireland.ie) E: [ask@rainbowsireland.ie](mailto:ask@rainbowsireland.ie) T: 01 473 4175



Rainbows Ireland provides group support for children experiencing grief and loss following a bereavement, parental separation and relationship breakdown.

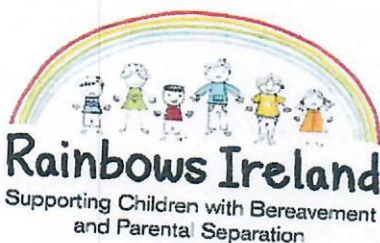
Research shows that children can cope better when they interact with peers with whom they identify and share common experiences and feelings.

Children can take comfort and reassurance when they meet others who are in a similar situation to themselves.

Feelings are acknowledged and validated, social isolation can be reduced and experiences are normalised.

The nine week programmes supports the rebuilding of self-esteem, trust, confidence and resilience.

Rainbows is a free service, funded by Tusla in local communities



## Rainbows Ireland

Supporting Children with Bereavement and Parental Separation

The Magnet,  
The Demesne,  
Dundalk, Co. Louth.  
Telephone 042-9336393  
(From N.I. 00353)  
Email: [pastoralcentredlk@gmail.com](mailto:pastoralcentredlk@gmail.com)

If you would be able and willing to become a Rainbows facilitator for 2019-2020 and take part in the training for the redevelopment programme, please fill in the information below and hand in to the office or post back to the above address.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

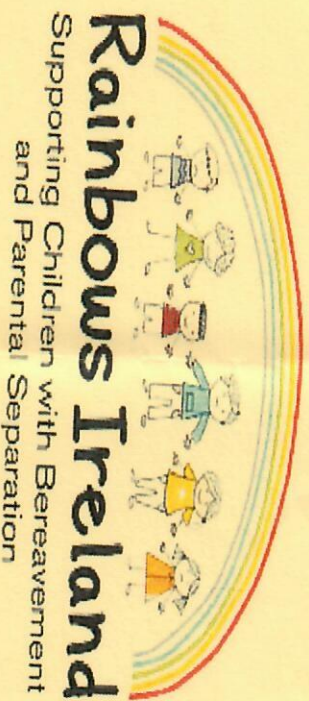
Phone No: \_\_\_\_\_

Email: \_\_\_\_\_

Please complete this and return to Peter at the above address. Much gratitude



**Rainbows is looking for**



# **VOLUNTEERS**

**Are you interested?**

**Contact Peter on  
042-9336393**

**Or at the Front Desk**

**The Armagh Diocesan Pastoral Centre  
The Magnet, The Demesne, Dundalk**