



### *Rainbows* for Middle School Students

Middle school students who have suffered a loss can feel sad and lonely. Some students are upset because a family member is suffering from a serious illness or an upcoming divorce. There is a place for you! The place is called *Rainbows*; it is a safe and CONFIDENTIAL place to share your feelings with people who have endured a similar experience. *Rainbows* is open to any student who has lost a parent, friend or family member through death or divorce. *Rainbows* brings students, who may face this type of separation in the future, together with students who presently know the pain of such a loss. Students will find that they are not alone in their sadness and they will learn coping skills from a trained facilitator as well as other students in the same situation. If you feel that you wish to share your feelings with other students in a safe and private environment, sign up for *Rainbows* today. We will meet during advisory (7.5) one day per week throughout the school year. Please complete the form below and return it to school by September 30. I will contact everyone with the dates as soon as possible. Please consider this SAFE way to share your feelings and to realize that you are not alone!

Sincerely,

Mrs. Beverly Cooper  
*Rainbows* Facilitator

Questions? Call Hauser at 447-3896 or see Mrs. Cooper in Room 206A in the morning before school starts.

Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Advisory Teacher \_\_\_\_\_

Parent signature: \_\_\_\_\_

Please circle all that apply. I have an obligation during advisory on:

Monday      Tuesday      Wednesday      Thursday      Friday