

It's no secret that many people are uncomfortable expressing their grief verbally. For children, it is even more difficult to put pain into words. When they do look for ways to articulate their feelings, children often find parents too burdened by their own grief to effectively help them express their pain. Even those who appear to be coping can be struggling inside with conflicting emotions. Getting them out is one step toward working it out.



All children need to know that their feelings matter. After a loss or sudden change in their family, they need to know they still belong to that family. They need to feel physically and emotionally safe. Many of them also need the support of a safe group. They need to feel accepted, not judged. They need trust, and they need to be trusted.



"Caring and sharing in Jesus' name"

Other services offered by the City Mission are:

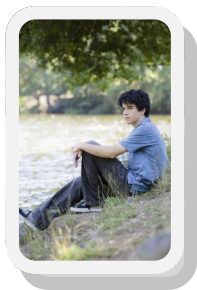
- ◆ Crisis and emergency accommodation.
- ◆ Meals and activities at "Morton's Place".
- ◆ Emergency food and material relief.
- ◆ Drug and alcohol recovery at "Missiondale".
- ◆ "Missionbeat" - caring for "at risk" in the CBD area.
- ◆ "Club Monday" - ladies' fellowship groups.
- ◆ Star House offering a new start to youth at risk.
- ◆ Visitation and support of prisoners and their families.
- ◆ Outreach to the young and the lonely.
- ◆ Choir of High Hopes - Building friendship and self esteem.
- ◆ Sobering up, time out and supported accommodation to people on the North - West Coast.
- ◆ Retail bargain stores selling preloved goods at very affordable prices.
- ◆ "Children's Playhouse" - a registered day care centre caring for children in Ravenswood.

*For further details contact
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What is “Rainbows”?

Rainbows is an international, not-for-profit organization which provides a healthy path toward healing for those grieving a loss or life-altering crisis.



As a service to grieving children in our community, trained City Mission staff visit local primary schools to conduct the RAINBOWS PROGRAM

Recognising that those in emotional pain (especially children and adolescents) need and deserve someone they can trust to guide them through the process of loss, Rainbows was founded in 1983.

It is now considered the largest not-for-profit organisation dedicated solely to ‘guiding children through life’s storms’. Rainbows has developed programs that –



through interactive games, sessions and activities help them work through the grief.

The programme is effective for young people who have experienced a significant

life altering loss or crisis such as death, divorce, living in a foster family, deployment, or community crisis.



The core of the program is centred on trust, acceptance, and sharing. Through a culture of openness, it enables those who hurt to better understand their feelings, to better express them and to begin to move toward resolving their grief. As one young participant explained, “Rainbows is good because it teaches you to know your feelings more so that you can use them more.”

For further information contact
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