



"We talk about things ... we share feelings ... I have no more bad dreams."

- Rainbows participant



Rainbows is an international non-profit organization that fosters emotional healing among children, youth and adults dealing with a life-altering crisis.

The curriculum is designed to assist individuals who are grieving a death, divorce or any other painful transition, in a safe and supportive environment.



The YMCA of Greater Saint John is a charity that inspires individuals, families and communities to be healthy in spirit, mind and body.

For more information on registering for a Rainbows program, contact:

191 Churchill Boulevard
Saint John, N.B.
T: 646-2116
F: 634-0783
E: rainbows@saintjohny.ca

*Questions?
We want to hear from you!*

saintjohny.ymca.ca



YMCA of Greater Saint John
Kennebecasis Valley | Charlotte County | Kings County



RAINBOWS

Building healthy communities

Would your child benefit from participating in Rainbows?

Thank you to the following sponsors for their financial support:



REGISTRATION FORM

Participant's Name: _____

Age: _____ Date of Birth: _____

Male: _____ Female: _____ Non-Binary: _____

Grade: _____

School: _____

1. Parent/Guardian:

Phone: _____

Email: _____

2. Parent/Guardian:

Phone: _____

Email: _____

Please describe the nature of the loss
(separation, divorce, death, incarceration etc.):

Parent/Guardian:

Signature: _____

Date: _____



Guiding kids through life's storms

Has your child been affected by a life-altering crisis?

Rainbows offers a safe and supportive environment for children, youth and adults to process their feelings through a unique peer support program.

Our trained volunteers facilitate Rainbows programs in numerous accredited community sites from St. Stephen to Sussex.

"I like talking about my feelings, it makes me happier."

- Rainbows participant

Program offerings will be based on the number of participants and facilitators.

Families in transition rarely can afford additional financial strain, such as grief support services. Therefore, Rainbows is offered at no cost to participants.

Rainbows Levels

Sunbeams
Preschool

Rainbows
Elementary/Middle School

Spectrum
High School

Kaleidoscope
Adults with loss of a parent as a child

Prism
Single and Step Parents

Silver Linings
Community Crisis Response Program



"It doesn't need to hurt forever."

- Rainbows Canada