



FROM HURT. THROUGH HOPE. TO HEALING.

**Rainbows
helps you
shared your
feelings and
thoughts with
other kids your
own age.**

Our programs are fun, interactive and age appropriate. They assist with Adverse Childhood Experiences (ACE):

- Death
- Deployment
- Incarceration
- Immigration
- Seperation or Divorce
- Significant illness/hospitalization of a loved one



Register here

<https://forms.office.com/r/rfiDrrzFP7>



Get tools, knowledge, and skills to practice self-care and learn healthy ways to cope when life seems overwhelming. Please contact cayprograms@gpfes.com for program details.



Child and Youth Mental Health

rainbows.ca

Registration

