FROM HURT. THROUGH HOPE. TO HEALING.

Rainbows helps you share 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
- Incarcertion
- Immigration
- Seperation or Divorce
- Significant illness/hospitalization of a loved one

Email cayprograms@gpfes.com for more information

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.

United Way

Rainbows
GUIDING KIDS THROUGH LIFE'S STORMS ®

Child and Youth Mental Health

rainbows.ca

Grande Prairie Family Education Society