



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):

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

12 week program starting January 18th (every Wednesday)

Level 1 (Gr. 1/2): 4:30-5:00 pm

Level 3 (Gr. 5/6): 4:00-4:45 pm

Email cayprograms@gpfes.com to register

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.

