



# CHILDREN AND TEENS SPEAK

Children and Teens Speak is a free, four-hour, in-person Rainbows for All Children support group for children whose parents are going through a divorce, separation, or custody dispute. **Children and Teens Speak is sponsored by the Cook County Domestic Relations Division** and run by students seeking a master's degree in Counseling at the Family Institute at Northwestern University, who are trained and certified Rainbows facilitators. The program meets separately but simultaneously with the Focus on Children parent program.

**The program is secular and designed for any child, age 5-17, from any economic, racial, ethnic, and religious background who is experiencing his or her parents' divorce, separation, or custody dispute.** Unlike individual therapy, Children and Teens Speak participants are able to grieve, communicate, and heal among peers, helping them feel less alone in their grief and gain confidence that only peer support can provide. There will be two groups offered this year: one for ages 5-11 and another for ages 12-17. Younger children will be considered on a case-by-case basis.

**During the four-hour course, participants will:**

- **Meet other children who are experiencing similar life-changing events;**
- **Learn to identify and begin to use appropriate and effective coping skills;**
- **Begin to understand that the divorce, separation or custody dispute is not their fault;**
- **Have an opportunity to share their worries and fears;**
- **Start to develop and strengthen their problem-solving skills;**
- **Initiate the process to develop and strengthen their anger management skills; and**
- **Begin to learn how to manage their anxiety and reduce their emotional pain and suffering.**

Children and Teens Speak will meet on the following Saturdays in the Children's Advocacy Room at the Family Mediation Service Offices (69 W. Washington Street, 10<sup>th</sup> Floor, Chicago, IL 60602) during the same time as Focus on Children. Snacks will be served. For more information and to schedule a class, please call 312-603-1540 or 312-603-1569. Children are referred to the program by judges who will provide the detailed registration information on the court order. **Children and Teens Speak is temporarily suspended due to the pandemic**

Should any participant desire to continue attending a weekly Rainbows support group, beyond the four-hour Children and Teens Speak court program, they are welcome to attend one of the many Rainbows' groups offered locally. Please see the reverse of this flyer for more information.



Rainbows for All Children

614 Dempster Street, Suite C | Evanston, IL 60202 | 847-952-1770 | [www.rainbows.org](http://www.rainbows.org)



# RAINBOWS FOR ALL CHILDREN

**Rainbows for All Children (Rainbows) is a nonprofit organization that trains volunteers at schools, faith-based organizations, and community centers to lead structured, age-specific, peer support groups for children 3-18 years old who are grieving the loss of a family member as a result of death, separation/divorce, incarceration, deportation, deployment, significant illness, or another life-altering, traumatic event.**

More than 50 million children in the U.S. (68%) have experienced at least one potentially traumatic event, and more than half have encountered multiple incidents. Headquartered in Evanston, IL, Rainbows has been operating for 35 years across the United States and internationally. All groups at any location are open to any child, from any economic, racial, ethnic, and religious background.

**Here is what the Rainbows peer support group program can do for children and teens:**

- **improve their school attendance, behavior and academic performance;**
- **help develop and strengthen their problem-solving skills;**
- **teach them skills for appropriate behavior and anger management;**
- **help alleviate their depression and anxiety;**
- **reduce their emotional pain and suffering;**
- **improve their communication skills; and**
- **reduce the likelihood of destructive behavior such as their involvement with gangs, alcohol and substance abuse.**

Rainbows' groups are offered at locations that are often familiar to the children, such as their schools, which can help them feel more comfortable participating. The curriculum-based program is secular (non-religious) regardless of where the group is located. Unlike individual therapy, the children are able to grieve, communicate and heal among peers; they no longer feel alone in their grief and they gain confidence from the group support.

**Rainbows is FREE for all participants.**

For more information, or to find a group near you, please visit [www.rainbows.org](http://www.rainbows.org).

Use the "Find a Group" tool to search for groups in your area.

Or call: 847-952-1770



“*Rainbows is sharing my feelings  
and being with people who care.*”

– 4th Grade Participant