



Who are we?

Southern Community Welfare (SCW) is a community based, non-profit, harm prevention organisation. Since our inception in 1995 we have offered professional, innovative, therapeutic services to families and individuals.

SCW has a particular focus on serving the community in the areas of risk, resilience and early intervention.

SCW was built on and continues to operate within the values of the Christian faith.

SCW provides programs that address the areas of suicide prevention, deliberate self injury, eating disorders, depression, child abuse, loss and grief, family breakdown and parenting skills. It is our commitment to care, equip, empower and offer hope to those in the community who are struggling in these areas.

SCW offers General and Specialist Counselling; Community education; Support Groups and Family support.

For more information on our service, please visit our website

www.scw.org.au

Rainbows

Helping children with:

- **Death**
- **Divorce**
- **Anger**
- **Trust**
- **Self**
- **Family**
- **Belonging**
- **Forgiveness**
- **Coping tools**

"IT'S HARD TO LEARN
WHEN I HURT INSIDE....."

Rainbows Program for all Children

Rainbows is run through:
Southern Community Welfare
2-4 Tea Gardens Ave

Phone: 02 9545 0299
Fax: 02 9521 6252
E-mail: admin@scw.org.au



*In the community
Caring Equipping Empowering Hope*

What is the Rainbows Program?

Rainbows is a weekly peer support program for school aged children who are living in single-parent families, step-families, or families that are going through painful transitions.

When something significant happens in a family, the entire family is affected.

Even though death or divorce appears to be only an adult problem, it does have a profound effect on the children it touches. If a parent dies or a divorce occurs, not only do the parents grieve, the children do also. Because of their age and short life experience, children find it extremely difficult to verbalise those feelings.

We have caring, trained adults to help these children put those feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

If your child is part of a single-parent family, a step-family, or struggling through a painful experience, this will be an opportunity for him/her to share with a special someone on the outside, what is happening on the inside.

Through this support group, we hope to assist your child in expressing and understanding his/her feelings, to feel acceptance for what has happened, and to feel a sense of belonging and love.

Rainbows is not counselling or therapy and we do not claim to have all the answers to all problems, we plan to help children sort through their sense of loss through the channels of peer support, nurturing adults to guide them, and a secure place to share themselves.

Rainbows sessions include:

- Activity - games and some fun
- Discussion
- Closing reflection

Rainbows groups consist of 3-6 children of approximately the same age.

Groups are run Tuesday afternoons for 45 minutes from 4.00pm until 4.45pm, over 2 school terms.

Rainbows groups run for 12 weeks, plus a wrap up day at the end of each term.

The Fee for the full program is \$50 per child. Full fee is payable prior to commencement of the program. Fees are non refundable once the group starts.

Rainbows is run through Southern Community Welfare

Sessions are held at Gymea Baptist Church
2-4 Tea Gardens Ave
Kirrawee NSW 2232

To enrol, please contact SCW for enrolment forms. Ph 95450299 or email admin@scw.org.au.



***In the community
Caring Equipping Empowering Hope***

Rainbows is run through:
Southern Community Welfare
2-4 Tea Gardens Ave
Kirrawee NSW 2232

Phone: 02 9545 0299
Fax: 02 9521 6252
E-mail: admin@scw.org.au