

Making a Rainbow through a Storm

The Rainbow Center for Children and Adolescents
Children's Grief Support Groups'

Quarterly Newsletter

THE SPOTLIGHT

The "Spotlight" is on the continued growth of The Rainbow Center for Children & Adolescents. In January, we welcomed two new staff members to The Rainbow Center.

We are excited to welcome Rolanda Lewis as the Secretary of TRCCA. Ms. Lewis's background in clerical services and support is invaluable in keeping TRCCA running on a day-to-day basis.

We are also excited to welcome Melody Green as the Program Assistant for TRCCA. Ms. Green has worked with nonprofits in the Memphis area for over 10 years, and will be assisting TRCCA as we seek to further expand our services to the community. Ms. Green holds an MA in Counseling and is providing assessments and individual counseling to the children we serve as needed. She is also facilitating our grief support group for 5-8 year olds.

COMMUNITY CONTACTS & EXPOSURE

TRCCA continues to increase our exposure in the community through radio and community fairs.

On March 22, Executive Director Vicky Fox participated in K97's community affairs program, OnPoint. Ms. Fox discussed grief awareness with K97 staff Harry Cash. The broadcast can be found on K97's website - <http://www.k97fm.com>.

In November, Vicky Fox participated in the 2nd annual "Stop the Killing" Rally, held at St. John's Episcopal Church. The purpose of this event was to remember loved ones who have been killed in violent crimes.

Please see *Community Contacts on Page 2*

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TRCCA is also fortunate to receive services from other individuals with skills in grant writing, marketing and providing social services. We are excited to welcome our newest staff and eager to see how TRCCA continues to grow in the months and years ahead.



The Rainbow Center featured letters and drawings from former support group participants at several expos we participated in this quarter.

Community Contacts from page 1

Losing a loved one to death as the result of a violent crime adds an additional layer to grief work, and is a situation no child should have to experience.

TRCCA has also been involved in several community fairs. Since our last newsletter, we have increased our outreach to the Latino population of Memphis by participating a Latino Memphis community fair. We also had a booth at the 2009 Volunteer Expo, held at Oak Court Mall on February 26th. At this event we made valuable contacts with other community nonprofits who may need to refer families to us or who may be able to provide additional services to the families we serve through grief support groups. We also were able to connect with potential volunteers and families who may need support group services in the future.



To the following supporters for allowing us to participate in their Community Health Fairs and Expos to bring awareness of children's grief to our communities.

Middle Baptist Expo
Stop the Killing Rally -St. John's Episcopal
Latino Memphis Community Expo
2009 Volunteer Memphis Community Expo

LOOKING TOWARDS THE FUTURE...

We are excited about our plans for next few months at TRCCA! Over the next few months, we plan to start scrapbooking sessions for former support group participants to create memorials on holidays such as Mothers' Day, Fathers' Day and Grandparents' Day. We also plan to add anger and coping skills sessions to our current support group offerings.



Services Snippets

Did you know TRCCA provides healthy snacks prior to each support group that we run? All participating children and teens have the opportunity to eat healthy snacks before they begin their grief work. We provide foods such as nuts, mandarin oranges, a meat and vegetable tray, water and juices in order to ensure that children have the necessary energy that they need to concentrate during groups and provide their bodies with the nutrients they need to help them grieve successfully.



DID YOU KNOW?

9,068 children in the city of Memphis have experienced the death of a parent. (2007 data)

12,468 children in Shelby County have experienced the death of a parent. (2000 data)

For purposes of determining this statistic, we are using the formula that "One in 20 children will lose a parent by the age of 18." (equating to 5%) and population data from the US Census.

Wish List

Gift Cards (Sams, Wal-Mart, Michaels, Hobby Lobby, or JoAnns)
Watercolor Paint (variety of colors)
Paintbrushes (different sizes)
Paper (heavy weight)
Storage bins for arts and crafts supplies
Memory stones and memory boxes (can be found at Michaels, Hobby Lobby or JoAnns)
Clay (buckets of assorted colored)
Writing journals
Paper Towels
Food Color
Arts & Crafts Supplies (Beads, yarn, glitter glue, etc.)
Glitter Glue Pens (Assorted colors)
Children' Scissors
Pencils
Colored Markers
Ziploc Bags
Hand Puppets
Stuffed Animals
Crayon
Glue Sticks
Picture frames (inexpensive gold or silver)
Candles
Balloons
Helium Balloon Machine
Food coloring
Blank Thank you cards

*Thank
you!*

MYTHS ABOUT GRIEF?

Look at the statements below and decide how many of them you believe are true:

1. Grief and mourning are the same experience.
2. A child's grief and mourning is short in duration.
3. There is a predictable and orderly stage-like progression to the experiences of grief and mourning.
4. Infants and toddlers are too young to grieve and mourn.
5. The grief and mourning of adults surrounding bereaved children doesn't have any impact on them.
6. The trauma of childhood bereavement always leads to a maladjusted adult life.
7. Children are better off if they don't attend funerals.
8. Children who express tears are being "weak" and harming themselves in the long run.
9. Adults should be able to instantly teach children about religion and death.
10. The goal in helping bereaved children is to "get them over" grief and mourning.

Each of these statements is a myth - none are true.

What Children Are Saying...

To The Rainbow Center for Children and Adolescents -

I would like to thank you for all of the help and encouragement that you have given my three children. You have made our life a lot easier and more peaceful to live. Their negative thoughts of death have been turned to something positive and easier to accept. Sometimes giving in small ways from the heart will reach deeper, which in this case is very true. Continue as you are and God will return to you the same blessings and more in your own lives when you need it most.

Thanks a million. The Britton Family

Dear Rainbow Center -

When I first got here I felt unsure about this because I wasn't feeling like I need help with the deaths in my family. The first time we came to group I didn't want to come back, but as I kept coming back I felt that I really needed help. So I just want to say thank you for helping me.

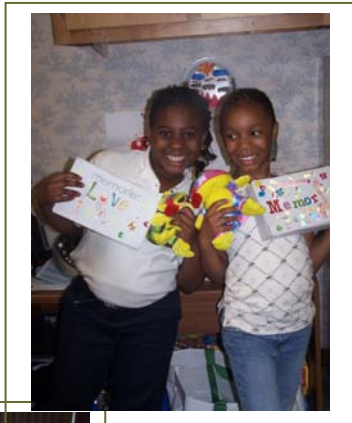
Yours truly,
Markell C., age 15

Dear Rainbow Center -

I learned about feelings. The memory of my father is kept in my mind. I enjoyed coming to group.

Thank you.
Jarreon J., age 8

Kids display the Memory Boxes they created to store memories of their loved one.



Words of Encouragement from the Director

My biggest reward is seeing a smile on the children's faces after completion of grief groups. I know that it's difficult right now, but we will keep working through it together. "There is a pot of gold at the end of every rainbow."

Vicky L. Fox, C-GC/T
Founder/Executive

Teens work on their goodbye and thank you letters to The Rainbow Center and donors.





THE RAINBOW CENTER FOR CHILDREN AND
ADOLESCENTS

CHILDREN'S GRIEF SUPPORT GROUPS

1325 Jefferson Avenue, Memphis, TN 38104

Phone: 901-755-1856

Website: www.therainbowcenter.net

"Making a Rainbow through a Storm"

The Rainbow Center for Children and Adolescents is a non-profit organization duly chartered by The State of Tennessee and designated a 501(c)(3) tax exempt organization by The Internal Revenue Service. The Rainbow Center for Children and Adolescents is dedicated to teaching children and adolescents how to grieve peacefully, find peace within, and cope with the loss of a parent. Our services include grief support groups, grief counseling, and a grief awareness program.

Contact Information:

The Rainbow Center for Children and Adolescents
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901.755.1856

Email: therainbowcenter@bellsouth.net

Website: www.therainbowcenter.net

Vicky L. Fox, GC/T-C

Founder/Executive Director

" To Promote Healing and Growth through Grief"



For Your Contributions!

Aaron #C0082 (Whitehaven)
Aaron #C0103 (East Memphis)
Aaron#C0089 (North)
Aaron (Clarksdale, MS)
Associated Catholic Charities, Inc.
Best Buy #171 (Southwind)
Build-A-Bear
Clear Channel Radio - Kim Reed
McKesson Supply Solutions (SouthRidge)
Memphis City Schools Professional School Counselors
Memphis City Schools Telecommunications (C-19, 88.5)
Middle Baptist Church (Whitehaven)
Wal-Mart #1248 (Southwind)
Schnucks #778 (Whitehaven)

To Our Volunteers:

We are always thankful for our volunteers.
Recent volunteers include the following:

- Carol Johnson
- Amy MacPhee
- Stephanie Tatum
- Evelyn Taylor

*Look for the rainbow
that gracious thing,
made up of tears and light.
—Samuel Taylor Coleridge*