



Supporting Children and Young People with
Bereavement and Parental Separation

Rainbows Ireland provides peer group support to young people who have been impacted following a bereavement or parental separation or a divorce.

When significant change and loss happens in a family, the entire family can be affected, including young people. Young people can generally find it difficult to understand their feelings and often do not have the words to express how they feel.

Rainbows provides group support for young people of a similar age and loss experience. Meeting others in a similar situation can be very supportive for young people.

Rainbows is not a counselling group or professional therapy.

It is a free service.

If you would like your son/daughter to attend Rainbows or you would like to know more,

Please contact:

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