



Silver Linings Community Crisis Response Rainbows Support for Military Families

The dynamic of a family can change rapidly when one person is away, but most especially when that person is deployed to a far off place defending our country. The remaining family members are constantly thinking of them while trying to cope with their everyday tasks of work and/or raising children. Children and teens themselves wonder what is happening to their family, who will take care of them, and when things will return to normal again. They all may feel anxious, sad, proud, worried, and concerned-all at the same time.

This constellation of feelings these families are experiencing is called **grief**. People can experience grief whenever their life systems are drastically changed and they feel a sense of loss. Feelings of uncertainty and confusion are part of a process that will be as unique as the situation that causes this grief. Being touched by loss/grief can affect our lives emotionally and physically – no matter our age.

There is an organization that can help called Rainbows. Rainbows has over 23 years experience in helping children/teens and their families move through their own unique grieving process-whether it be from deployment of a loved person, divorce, death, or other painful transition. Through its proven peer support programs, Rainbows has helped over 1.6 million children and teens to find the “rainbow after their family’s storm”.

Adults who are straining to find answers may be able to cope by supporting each other and finding ways to exist within this new reality, but sadly children/teens are often forgotten in the turmoil of this change. **Silver Linings, Community Crisis Support Program** is an important tool for families who are faced with a loss situation – a crisis that they cannot control. Local churches, schools and social service agencies are able to offer this program to children/teens so they can take time to share their feelings and thoughts about the changes in their family with others their own age.

Currently, **Silver Linings** is being offered to Family Readiness groups in Sheboygan, Wisconsin and we would like to start these groups in our local area. These small support groups are led by caring, compassionate, loving listeners and as with all Rainbows programs, there is no cost to the participants or their families. If you would like more information so your children/teens can participate in **Silver Linings**, please contact:
Rainbows Headquarters - Laurie Olbrisch, 847-952-1770 X12

**For detailed information about Rainbows and all its programs,
please visit www.rainbows.org**