

Clearmeadow Public School



200 Clearmeadow Blvd.
Newmarket, Ontario L3X 2E4

Phone: (905) 868-8081
Fax: (905) 868-8392

Email: clearmeadow.ps@yrdsb.edu.on.ca
Website: www.clearmeadow.ps.yrdsb.edu.on.ca

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Dear Families:

Clearmeadow Public School is pleased to announce the return of a program called

RAINBOWS

We will be having weekly support groups for some of our children who are living in single parent families, stepfamilies, or families that are going through painful transitions. The program will take place during school hours and is 14 weeks in length.

If your child is part of single parent family, a stepfamily, has experienced the death of a loved family member, friend or sibling, or is struggling with a painful experience, this will be an opportunity for him/her to share with 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, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

Because we are unable to answer their questions or solve their problems, we will accomplish this through the channels of peer support with nurturing adults to guide them, and a secure place to share themselves. This is accomplished with the use of journals, games, crafts and activities.

For more information you may visit the website at www.rainbows.org

If you have any questions please do not hesitate to contact:

Katie Dawson, CYW
Site Coordinator
Clearmeadow Public School
(905) 868-8081