Family change can arise in many ways: parental separation, divorce, terminal illness, death, suicide, deployment or incarceration. With adequate support and tools, family change can be a challenging chapter for a child, rather than an entire autobiography.

Rainbows at The Family Institute pairs two not-for-profit organizations — The Family Institute at Northwestern University and Rainbows — to provide a healing peer group experience, at no cost to families. This program helps youth mend self- and family identity, avoid destructive behavior, and strengthen problem-solving and anger management skills.

Certified Rainbows facilitators guide children through a 16-week structured syllabus, including art projects, dramatic play, games, journaling and storytelling, with the exclusive purpose of healing children's pain.

- When children voice their feelings of anger, confusion, fear, and sadness and hear understanding, healing occurs.
- When children tell their story of family change and imagine a happy ending, healing occurs.
- When children remember that their inner core is good and valuable, even when their outside structure has changed, healing occurs.

When: Weekdays after school  
Where: The Family Institute, 666 Dundee Road, Suite 1501, Northbrook  
Cost: No charge  
Age: Elementary school

Advanced registration is required. Space is limited.

For more information or to register for Rainbows, call Ellen Bee at 847-733-4300, ext. 104.

The Family Institute at Northwestern University is committed to strengthening and healing families and individuals from all walks of life through clinical service, education and research.