

**Rainbows © Program
2019**

**An innovative
Fee-For-Service course
that helps teach children
how to turn anger and
negative emotions into
positive outcomes!**

*“Dare to love yourself
as if you were a rainbow
with gold at both ends.”*

-Aberjhani

Author of Journey through the
Power of the Rainbow.

Caboolture Neighbourhood Centre

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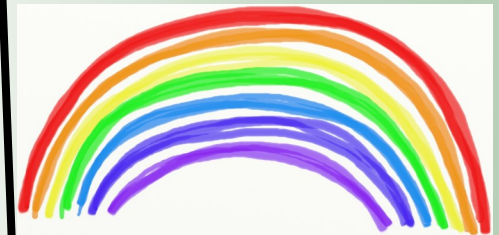
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Caboolture
Neighbourhood Centre



**Rainbows © Program
2019**

**Helping children learn
how to turn anger and
negative emotions
into positive outcomes**

Phone: 5495 3818

Updated: 6/09/2018

Rainbows[©] Program

Learning is the
key to change



Rainbows[©] Program is fee-for-service program for all school-aged children.

The 8 week course aims to help children understand anger and negative emotions and to learn new skills in handling their behavior. The first step in this program is to teach children that anger is normal but it is how to react that makes the big difference.

Teaching children that set backs and obstacles can make them stronger and more resilient. Resilience embraces the ability of a child to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from adversity, trauma, to develop clear and realistic goals, to solve problems to relate comfortably with others, and to treat oneself with respect.

Children often respond with anger because they feel helpless, lonely, embarrassed, isolated, anxious or hurt. Anger can also be a reaction to frustration.

What will be covered during the course:

- **What is anger?**
- **Why do I get angry? (*cause and awareness*)**
- **Looking for solutions and problem solving**
- **Practicing change and using new tools with confidence.**
- **Respect/empowerment and inner peace.**

This program uses a number of holistic modalities to assist children gain positive outcomes.

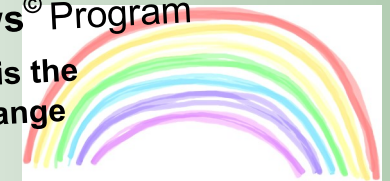
When and Where?

Local Primary & High Schools
as requested

Rainbows[©] Program is an 8 week Fee-For-Service course during school term

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For bookings phone:

5495 3818