



## Rainbows in Monmouth County

HEALING HELP FOR CHILDREN & FAMILIES

### Monmouth Beach & Freehold meeting Locations

Rainbows is a Free Program that Helps Children Heal after a Life Altering Crisis due to separation, divorce, death, illness, or other family trauma. Rainbows is an international non-profit offering confidential support groups for children to foster emotional healing. Rainbows trained facilitators use proven age-appropriate curriculum serving over 3 million children for 30 years.

How do you Refer or Enroll a Family? To enroll visit our website [www.monmouthrainbows.org](http://www.monmouthrainbows.org) or **Call or Text** Mike & Marie Meriton anytime at (908) 720-7044 or email us at [monmouthrainbows@gmail.com](mailto:monmouthrainbows@gmail.com)

Rainbows supports Children ages 5-18 / Grades K-12 - Children are grouped by ages 5-8, 9-12, 13-18. Parents and guardians also meet at the same time to help learn how to support their children.

Rainbows Helps Children Heal whether family loss is recent or years ago. We provide a trusted support group environment for similar age children where they can express their feelings and realize they are not alone. Rainbows also helps children develop problem solving and behavior management skills and with over 80% of children reporting improvements in school attendance and grades and behavior.

Where & When is Rainbows? Rainbows is available in 2 Monmouth County locations to include Monmouth Beach (Monday nights 630p) and Freehold (Wednesday nights 630p). Sessions are held weeknights with weekly sessions this Fall and Winter.

More information? Visit [www.monmouthrainbows.org](http://www.monmouthrainbows.org) to enroll. You can also visit the national Rainbows website [www.rainbows.org](http://www.rainbows.org) for additional info or locations outside of Monmouth County. You can also **Call or Text** Mike & Marie Meriton anytime at (908) 720-7044 or email us at [monmouthrainbows@gmail.com](mailto:monmouthrainbows@gmail.com).

### How can you help?

**Refer Families** whose children could benefit from Rainbows.

**Volunteer** to be a Rainbows Facilitator or Site Coordinator.