

How to Get Started

1. Decide on what Rainbows curricula and age group(s) you will assist – page 2.
2. Discuss and decide who will be the staff personnel offering Rainbows, such as clinicians, educators, nurses, or other volunteers.
3. Complete Rainbows Online Facilitator Training for yourself and other volunteers from your site = **\$135.00 per person.**

Go to: www.rainbows.org

Online Facilitator Training includes:

- Two weeks access to Online Training with interactive activities, streaming video
 - Frequently Asked Questions feature,
 - Rainbows Certification,
 - free download of
 - Rainbows Listening Manual, and
 - CEUs / CPDUs (where applicable).
5. Purchase a Starter Pak for your Coordinator / Program Manager.
 - Coordinator Starter Pak contains everything you need to organize and begin Rainbows. Includes matching curricula materials:
 - Self Training Coordinator Manual and Binder with Handouts,
 - Forms,
 - Site Support
 - Handbook
 - Celebrate ME Day Idea Book,
 - Facilitator Listening Manual,
 - Facilitator Manual,
 - I Need Somebody marketing DVD,
 - Rainbows Tote Bag,
 - Healing the Hurt, Restoring the Hope, by Suzy Yehl Marta, President and Founder of Rainbows,
 - Brochures, and Posters.
 - **Coordinator Starter Pak = \$100.00 per pak**
 6. If you will be offering more than one curricula, be sure to order the corresponding Coordinator Manual in addition to your initial Coordinator Support Pak. Go to www.rainbowsales.org to order through the Rainbows Store or check the Rainbows Order Form (found at www.rainbows.org – Programs tab).
 7. Order participant materials. Use the Kit Guide on page 8 to be sure to get all the components you need for each curricula/level.
 8. If you will have additional Facilitators at your Site, purchase a corresponding Facilitator Manual for each person trained = \$25.00 per Manual.

The Rainbows organization is ready to guide you with your decision making, answer any questions you may have, or help you customize your materials order.

Just contact Bill Olbrisch, Community Outreach Director
Phone: 800-266-3206 X-321, or
Email: bill@rainbows.org

PROGRAM DETAILS:

ELEMENTARY AGE RAINBOWS

Ages 5-13 -- 12 Weekly Meetings

Tip: Meetings should be scheduled on a weekly basis

After Meeting Weeks 6 and 12

“I Celebrate Me day” -- Half day contains 4 additional sessions

Tip: If offering a full day is not practical, STRETCH these sessions over additional weeks

HIGH SCHOOL-ADOLESCENT-SPECTRUM

Ages 14-18 years -- 12 weekly sessions

Tip: Meetings should be scheduled on a weekly basis

After Meeting 12

“I Celebrate Me day” -- Half day contains 4 additional sessions

Tip: If offering a full day is not practical, STRETCH these sessions over additional weeks

Tip: The “I Celebrate Me day” starts with three small group sessions. The last session is designed for all participants at a site to meet as a large group. Parents and/or caregivers can be invited to this last session, if desired.

GROUP SIZE

3-5 participants - preschool and elementary school

6-8 participants - adolescents

MEETING LENGTH

Typically, 30-60 minutes- depending on age level of children and teens

MEETING SCHEDULE WEEKLY

Each site determines its own schedule