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“ It is only with the heart that one can see rightly, what is essential is invisible to the eye.”

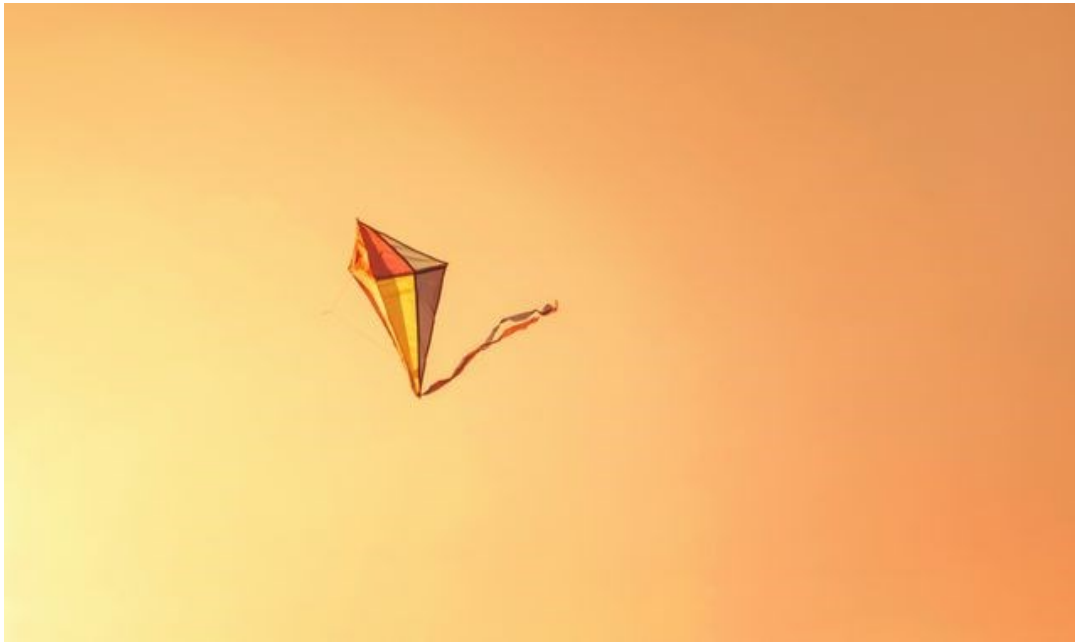
- The Little Prince



The Grandparents and Other Relatives as Parents (GORP) Program excitedly welcomed spring. It blooms with promise of new beginnings, and this year it is exceptionally promising. Hope, although not seen, is counted with each vaccination.

Even though the GORP group will continue to meet virtually for now, everyone is delighted by the possibility of meeting again, in-person.

The anticipation of returning to in-person sessions is a comfort. Everyone looks forward to the small rituals that define our time together - regular members arriving early to brew coffee, and the familiar embraces. These are the small gestures that we long to revive when we return to in-person sessions. As we patiently wait to see each other face-to-face, we celebrate perspective in this edition of our quarterly news letter.



“The mere sense of living is joy enough.”

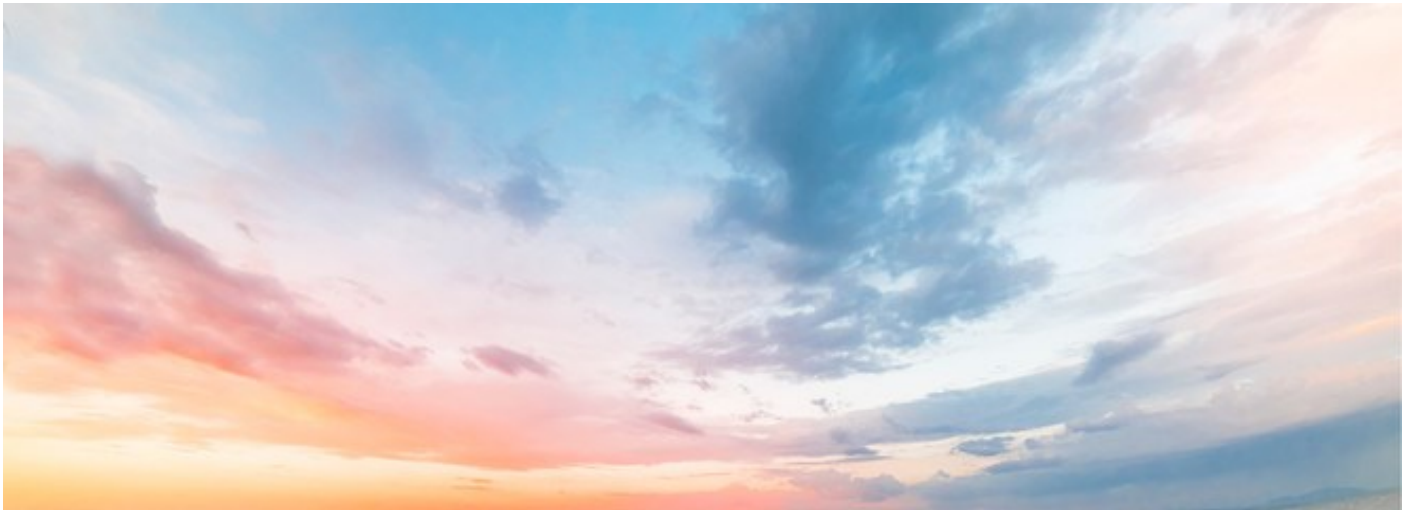
- Emily Dickenson

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## Perspective

The year 2019 ended with a promise of “20/20 vision.” As it turned out, the year was unlike any we could have imagined. Little did we know, it was the loss of safety and security that would clarify our needs and priorities in unexpected ways. In the words of Emily Dickenson we’ve learned, “The mere sense of living is joy enough.”

In this issue we look for ways to enjoy simple reminders of life and its joys. Consider these options to celebrate the moment, regardless of what the next one holds. When one of the ideas is not available to you for any reason, consider how you might modify it.



1. **Breathe**– Inhale. Exhale. One breath at a time. Repeat until calm washes over you.
2. **Smile**– the simplest of gestures, it warms the heart the room.
3. **Stand tall**– feel the ground beneath your feet and steady yourself.
4. **Listen for the laughter**– it's contagious.
5. **Look up**– admire the sky– its clouds and stars.
6. **Feel the sun**– let its warmth comfort you.
7. **Stay hydrated**– let water nourish you.
8. **Walk**– put one foot in front of the other.
9. **Look for the “wow-factor”**– let yourself be stunned by nature and its beauty.
10. **Sleep**– rest your body and mind.





## Ooh, Child

Ooh child  
Things are gonna get easier  
Ooh child  
Things'll get brighter  
Ooh child  
Things are gonna get easier  
Ooh child  
Things'll get brighter  
Some day, yeah  
We'll put it together and we'll get it undone  
Some day  
When your head is much lighter  
Some day, yeah  
We'll walk in the rays of a beautiful sun  
Some day  
When the world is much brighter  
Ooh child  
Things are gonna get easier  
Ooh child  
Things'll get brighter  
(Right now)  
Oh yeah  
(Right now)  
Oh baby  
(Right now) and you just wait and see how things are gonna be  
(Right now) if you just wait and see how things are gonna be  
(Right now) if you just wait and wait and see

- The Five Stairsteps

## SPEAKER'S CORNER

### January

Group Support

### February

Group Support

### March

Group Support

### April

Group Support

### May

Group Support

### June

Kristi Baker  
*The Law Center, S.C.*

### July

Group Support

Families Like Mine  
Virtual Conference  
July 19th, 2021

### August

Group Support

### September

Group Support

### October

Group Support

### November

Caregiver  
Appreciation Month

### Jane De Broux,

Caregiver Program  
Coordinator  
Area Agency on  
Aging of  
Dane County

### December

Group Support



## THE RAINBOW PROJECT, INC.

### CHILD & FAMILY COUNSELING & RESOURCE CLINIC

#### The Rainbow Project Vision

A safe, healthy and nurturing world for children and families

#### Mission

The Rainbow Project provides restorative healing and hope for young children, and their families who have experienced trauma, building a foundation for the mastery of life sustaining skills.

#### Values

**Respect** Philosophy of interactions with others. . .internally, consumers, other professionals and the community

**Growth** Desire to inspire, support, and foster others. . . consumer, families, colleagues, team members and the community

**Compassion** Recognition, empathy and support for individual differences. . .including, but not limited to life experiences, culture, background and abilities

**Collaboration** Interactive roles as part of a larger whole

**Excellence** Commitment to quality, integrity, leadership, professionalism and thoughtfulness

#### RESOURCES

Want to join the group or learn more about community resources and referrals? Contact below!

Referral & Community Programs Coordinator  
[E] [Referrals@TheRainbowProject.net](mailto:Referrals@TheRainbowProject.net)  
[P] (608) 255-7356 ext. 316