



On Change...

“Nothing is so painful to the human mind as a great and sudden change.”

— **Mary Wollstonecraft Shelley**

“The world as we have created it is a process of our thinking. It cannot be changed Without changing our thinking.”

— **Albert Einstein**

“The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open. Do it. Throw yourself.”

— **C. JoyBell C.**



As the year draws to a close, it is unlikely we'll hear the traditional Auld Lang Syne sung in the familiar voice of friends and family. As we continue to physically distance ourselves, the song invites us to reflect on its origins and the year ahead.

The most accurate translation of the famous New Year's Eve song is 'Old long since', or 'For the sake of old times'. The song is about two friends catching up over a drink or two, their friendship having been long and occasionally distant.

In the final edition of the year, we consider the changes we have experienced this year, fueled with the joy of old times. We enter this new year, filled with hope that our futures will be defined by health. While apart, we have grown closer together.



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“ It is a serious thing just to be alive on this fresh morning in this broken world.”

- Mary Oliver

Change is. . .

Inevitable. We have all heard the adage. The year of 2020 promised to bring clarity and 20/20 vision. It delivered, but not in the ways we expected.

For most historical events, people can quickly recall where they were and whom they were with when it happened. The pandemic was different. People's awareness and acceptance waxed and waned. There was not a singular event to replay on the evening news.

My realization about the gravity of the pandemic set in early. I have the Grandparents and Other Relatives as Parents (GORP) group to thank for it. Back in March, a quick decision needed to be made: would we host our monthly session in

person or virtually?

The state Stay-At-Home orders had not been issued yet, but the risks of meeting in person were a concern. Ultimately, the members were told we would be hosting virtually. At the time, we had no idea that the remainder of the year would be the same.

Like other support groups, the members have experienced a lot of change over the last nine months. In this time I have continued to admire the grandparents and other relatives.

Their ability to quickly pivot and adjust is a testament to their resilience. As we close the year out, I want to take a minute to reflect on the top three lessons I have learned from the group members over this last year.

Top Three Lessons from GORP members in 2020

- 1. Do not be intimidated by what you do not know.** When we held our first virtual session on Saturday, March 14th, 2020. The GORP members, like the rest of us, were not familiar with virtual platforms. The novelty did not hold them back. The regular attendees joined in typical fashion. Those who are usually early, arrived so and those who are late, were worth the wait!
- 2. Stay connected.** The GORP members know the importance of relationship and connection. It is no surprise, that as the months went on, GORP members found ways to stay connected to one another during sessions and outside of them. One member even pulled a prank on another. During this time new members have also joined. Every new member was greeted with the same care and concern the members show when were meeting in person.
- 3. Remain realistic and hopeful.** By May of 2020, GORP members were asking when they would be able to meet together in-person. Over time they stopped asking, realizing it was not realistic to be both together and safe. They respected the clinic's position to remain virtual. Even still they continued to talk about the future as if a return to in-person was inevitable, even if we had to wait awhile.





THE RAINBOW PROJECT, INC.

Auld Lang Syne's

Should auld acquaintance be forgot
And never brought to mind?
Should auld acquaintance be forgot
And days of auld lang syne?

For auld lang syne, my dear
For auld lang syne
We'll tak a cup o' kindness yet

We twa hae run about the braes
And pu'd the gowans fine
But we've wander'd mony a weary fit
Sin days of auld lang syne

We twa hae paidl'd i' the burn
Frae morning sun till dine
But seas between us braid hae roar'd

For auld lang syne, my dear
For auld lang syne
We'll tak a cup o' kindness yet

And surely ye'll be your pint-stowp
And surely I'll be mine
And we'll tak a cup o' kindness yet

**SPEAKER'S
CORNER**

January
Group Support

Group Support

June

September

November

Caregiver Program
Coordinator

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
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