



“If we could see the world through the eyes of a child we would see the magic in everything.”

- Anonymous



“All kids need is a little help, a little hope and somebody who believes in them.”

- Magic Johnson



The final quarter of 2019 was filled with hope and celebration.

In October, the Grandparents and Other Relatives as Parents (GORP) heard about national and state interest in the issues that impact them. Program and Policy Analyst from the Wisconsin Department of Children and Families (DCF), Michael Hoffmeister joined us to inform group members of ongoing efforts throughout the state that support caregivers in their important roles.

In November, we celebrated the caregivers by hosting brunch and giving tokens of our appreciation. Message therapists were also on site, to offer shoulder and neck massages to interested caregivers.

We ended the year, with our annual pot-luck celebration.

All in all, the final quarter of 2019 was a great way to celebrate the connections we share and the ways our positive relationships with one another spur us on in our goal to provide loving and consistent care to the children in our lives. In this edition we further explore hope, and how to increase it!



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Tis the Season

It's a bird, it's a plane, it's Santa's sleigh...no, wait, that's not right! It's Superman. 'Tis the Season to look up and pay attention to the night sky. You never know what you might see!

“Once you choose hope anything is possible.” - Christopher Reeves

In 1978, Christopher Reeves starred in the iconic Superman. He continued to star in its sequels, dazzling viewers with his superhuman feats.

In 1995, Reeves survived a horse-riding accident, leaving Reeves paralyzed. Reeves continued to stun the public, maintaining his strength of spirit and an air of optimism.

Quoted as saying, “Once you choose hope anything is possible.” Christopher Reeves taught us what it means hold on and not give up.

Nurturing hope, like Christopher Reeves, requires an investment. It involves commitment and hard work, demanding we manage thoughts effectively, so they do not “get the better of us.”

Hope is not a false sense of optimism. We cannot fool ourselves into believing something good will come from a bad situation. Instead, it requires daily practice and patience. Over time, these efforts result in a mental shift, bringing a sense of increased hope to life.

Hope is the antidote to despair. It is not more than a “warm and fuzzy” feeling. In fact, researcher C.R. Snyder defines hope as a cognitive emotional process with three parts: 1.) goal 2.) pathway and 3.) agency.

A **goal** is knowing where we want to go, a **pathway** means we can figure out how to get there, and **agency** is believing we have the ability to stay the course until we have accomplished what we set out to do. In this way, hope becomes a choice we can make.

NURTURING HOPE: ONE DAY AT A TIME

- Set a goal
- Know your why
- Reflect at the end of each day
- Focus on successes and strengths
- List one thing you would like to go differently tomorrow
- Pick one small thing to do today that you can do to achieve your goal
- Do one small thing each day that will bring your goal in reach
- Expect set backs
- Make adjustments
- Determine ways others can help
- Ask for what you need
- Surround yourself with positive people
- Laugh easy
- Get rest
- Breathe

**SPEAKER'S
CORNER**

Light of a Clear Blue Morning

It's been a long dark night
And I've been a waitin' for the morning
It's been a long hard fight
But I see a brand new day a dawning
I've been looking for the sunshine
You know I ain't seen it in so long
But everything's gonna work out just fine
And everything's gonna be all right
That's been all wrong

Cause I can see the light of a clear blue morning
I can see the light of a brand new day
I can see the light of a clear blue morning
Oh, and everything's gonna be all right
It's gonna be okay

It's been a long long time
Since I've known the taste of freedom
And those clinging vines
That had me bound, well I don't need 'em
Oh, I've been like a captured eagle, you know an eagle's born to fly
Now that I have won my freedom, like an eagle I am eager for the sky

And I can see the light of a clear blue morning
I can see the light of brand new day
I can see the light of a clear blue morning
Oh, and everything's gonna be all right
It's gonna be okay

- Dolly Parton



January
Group Support

February
Group Support

March
Group Support

April
Group Support

May
Group Support

June
Group Support

July
Group Support

August
Summer Potluck

September
Families Like Mine
Conference

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!

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