



Dear Parents/Guardians,

Once again, this school year, the Circle of Support: Family Changes Group (formerly Rainbows Program) will be offered at Banff Elementary School. Circle of Support is a group for children and youth that helps them to cope with life changes and losses in their life, such as separation or divorce of caregivers, family illness/injury or the loss of a loved one. The goal of the group is to assist children in expressing and understanding their feelings, accepting what has happened, normalizing grief and loss, and experiencing a sense of belonging in an accepting, non-judgmental environment. As a result of attending the program, Participants have reported many positive changes, including significant improvements in well-being, coping skills, problem solving, understanding feelings, self-esteem, and communication skills.

Students will meet in groups during non-instructional time within their school day, once per week for six weeks, and use creative ways such as art, games, discussion, and journaling to explore different topics.

If you feel that your child(ren) could benefit from the Circle of Support group, please fill out the consent form below and return it to the school office or the Community Services office at Town Hall or email it to katie.barton@banff.ca Students who participated in Rainbows and Circle of Support last year are more than welcome to join this year. If you have any questions about the program or are not sure if Circle of Support is the right fit for your child, please do not hesitate to contact me.

Sincerely,
Katie Barton

Katie Barton | Family Connections Specialist (*she/her/hers*)
Community Services, Town of Banff
Banff Town Hall, 110 Bear Street
Box 1260, Banff, Alberta, Canada T1L 1A1 katie.barton@banff.ca



I give permission for my child, _____ in Grade _____ at BES to participate in the 2025 Circle of Support: Family Changes Group from February 26th, 2025-April 2nd, 2025.

Parent Name(s):

Parent Signature(s):

Parent Phone Number(s):

Parent email address(es):
