

Rainbow Days, Inc.
Curriculum-Based Support Group (CBSG®) Program
Social, Emotional and Coping Skills Education in Support Groups

The *Curriculum-Based Support Group (CBSG®) Program*, designed to increase resilience and protective factors in children and youth, is an excellent modality for them to learn and practice the social, emotional, and coping skills they need both now and in the future. ***Life Long – Life Skills***

The CBSG Program:

- provides a safe, nurturing, confidential support group (6-12 participants), based on 10 or 12 Sessions, (*Kids' Connection* or *Youth Connection*), or Five Major Message Units (*Kids' Connection, Too*), focusing on the development of social, emotional, and coping skills;
- led by a trained, supportive, adult Facilitator who guides participants through a series of activities and discussions designed to help them learn and apply the knowledge, attitudes, and skills needed to cope with difficult situations, resist negative peer pressure, set and achieve goals, and make healthy life choices;
- gives children and youth the opportunity to learn from each other and realize they are not the only one with challenges and difficulties, it is ok to ask for help from safe, trustworthy people, as well as to help others;
- provides a sense of belonging and opportunities to participate and contribute; and,
- provides a setting conducive to learning and practicing essential, healthy life skills which improve social relationships, increase attachment to school and motivation to learn, and reduce antisocial, rebellious, and drug-abusing behaviors.

Curriculum Adaptations:

- ***Kids' Connection*** for children ages 4-12* and ***Youth Connection*** for youth ages 10-17* in schools and after school settings, youth service organizations, public housing units, recreation, and community centers- essentially any setting where children and youth gather on a regular basis.
- ***Kids' Connection, Too*** for children and youth ages 4-15* in transitional living environments such as homeless & domestic violence shelters, group homes, foster care, supportive housing, etc.
- ***Faith Connection*** for children and youth ages 4-15* in Christian faith-based settings including private Christian Schools, Sunday School, Vacation Bible School, and Mission trips.

**Denotes developmental ages of children and youth.*

Evaluation & Outcomes:

The *CBSG Program* has undergone multiple evaluation and empirical studies which show one or more of the following outcomes will be achieved by participants completing a *CBSG Program*.

CBSG Program participants demonstrate an increase in one or the more following:

- Anti-substance Use Attitudes/Intentions
- Coping Skills
- Giving/Receiving Help
- Healthy, Responsible Decision Making
- Hope for the Future
- Improved Classroom Behavior/Academic Success
- Linking Behaviors & Consequences (Positive & Negative)
- Positive Behaviors/Self-Control (Decreased Rebellious, Delinquent Behavior)
- Positive Relationships/Empathy
- Problem-Solving Skills
- Self-Awareness/Confidence

Developer of the Curriculum-Based Support Group (CBSG) Program:

The *CBSG Program* is the inaugural program of Rainbow Days, Inc. and was developed the same year as the agency was established in 1982. Replication of the *CBSG Program* began with the first school district in 1983 when teachers and counselors were trained as support group Facilitators. www.rainbowdaystraining.org

Since 1982 more than 23,000 individuals from 43 states, as well as in England and Ecuador, have been trained as facilitators. Hundreds of thousands of children and youth have participated in a *CBSG Program* due to replication training.

Social, Emotional and Coping Skills: Domains Major Messages

<p><i>I AM: Self-Awareness</i></p> <p><i>I AM likeable, capable, unique, and valued.</i></p>	<ul style="list-style-type: none"> • Self-perception/Identity/Value • Self-confidence • Self-efficacy • Recognizing strengths • Identifying emotions and healthy ways to express & cope with them • Recognize one another’s differences
<p><i>I CAN: Social Awareness & Competence</i></p> <p><i>I CAN treat others like I want to be treated.</i></p>	<ul style="list-style-type: none"> • Empathy • Perspective-taking • Appreciating diversity • Respect for self & others • Ability to assert oneself • Ability to adapt to change
<p><i>I HAVE: Relationship Skills</i></p> <p><i>I HAVE meaningful relationships and people who care about me.</i></p>	<ul style="list-style-type: none"> • Building meaningful relationships • Communication • Working cooperatively • Resolving conflicts • Identifying caring & safe people • Helping & seeking help
<p><i>I WILL: Responsible Decision Making</i></p> <p><i>I WILL make healthy, responsible decisions.</i></p>	<ul style="list-style-type: none"> • Critical & creative thinking • Identifying & solving problems • Analyzing situations • Understanding positive & negative consequences • Ethical responsibility • Self-care practices
<p><i>I BELIEVE: Sense of Purpose & Future</i></p> <p><i>I BELIEVE in my purpose and future.</i></p>	<ul style="list-style-type: none"> • Dreams & aspirations • Goal Setting • Self-control • Self-discipline & motivation • Perseverance • Faith/spiritual connectedness

Questions & Additional Information:

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