



January 2017

“IT’S HARD TO LEARN WHEN I HURT INSIDE”

Dear Parent:

More than one million children each year are affected by divorce. More than one million children, by age 15, will have a parent die.

When something significant happens in a family, the entire family is affected. Consequently, when a loss is experienced through divorce or death or serious illness it has a profound effect on the young people it touches, no matter what their ages. Difficulties in school and relationships often follow.

Young adults need a chance to express their feelings, positive and negative, to their peers and to caring adults. Yet, often they are too unsure of themselves to take the risk. Like adults, they fear rejection or lack of understanding. Support groups provide the opportunity for teens to be with others their age who are walking the same walk of life.

Beginning on January 17th, we will be offering weekly support groups through Spectrum for our students who have suffered a loss or are living in single parent or stepfamilies. This is the high school version of Rainbows for All Children. Once a week for twelve weeks, the young adults come together to discuss various topics in relation to the changes in his/her family unit, such as Self, Trust, Anger, Family and God. Confidentiality will be stressed. What goes on in the group, stays in the group. Small group sessions will take place primarily during study periods. Some students may have to miss a class to participate and will be responsible for the work they miss in that class. Participation will be strictly voluntary.

Providence Catholic faculty and staff members have been trained to facilitate the small support groups. These adults have said “yes” to helping our young people put their feelings into words, work through whatever grief is present, build a stronger sense of self-esteem and begin accepting what has taken place in the family.

If your young adult is part of a single parent family or stepfamily, is dealing with grief due to the loss of a loved one or is experiencing some other painful transition in his/her life situation, Spectrum offers an occasion for him/her to share on the outside what is happening on the inside.

On Friday, January 6 each Providence Catholic student will be given a letter similar to this one in his/her Theology class. They will be asked to sign up for Spectrum and obtain a parent’s permission to be in a support group if they are interested. Permission slips are to be turned in by **Wednesday, January 11**. At the end of the twelve weeks, all of the groups will spend several hours together for a “Celebrate Me” Wrap Up Day. Students new to Spectrum last year may participate again this year.



PROVIDENCE CATHOLIC HIGH SCHOOL

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COUNSELING DEPARTMENT

Some comments from recent participants:

“I learned it’s OK to be sad and God is always with me.”

– a junior girl

“There are other people just like me that I can talk to.”

– a freshman boy

“Everyone needs to be loved and has similar needs/wants. We are all the same deep down even though we appear different.”

– a junior girl

“Because of Spectrum, I am no longer mad at myself and know that I am not alone.”

– a freshman boy

“Because of Spectrum, I changed my mind about people different from me now that I see that everyone has a story.”

– a sophomore girl

Whether your family has been touched by one of the issues I have mentioned or not, please keep the success of Spectrum in your prayers. Spectrum is a significant attempt on the part of Providence Catholic to respond to the emotional needs of a large number of our students.

Please do not hesitate to contact me if you have any questions about Spectrum.

Sincerely,

Pamela J. Ryan
Director of Counseling
Spectrum Site Coordinator

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