



Reaching for Rain: Young People Finding Hope in the Storms of Life (Paperback)

By Cindy Mosley

Cindy Mosley, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Reaching for Rain is an inspirational collection of short stories about overcoming life's disappointments and depression during early adolescence. The National Institute of Mental Health reports that an estimate of more than 2.8 million adolescents ages 12 to 17 suffered from a major depressive episode in 2013. As a fourteen year teacher of junior high age students, I have seen firsthand the effects of depression on student academic performance, social relationships, family relationships, and their ability to cope during stressful situations. Reaching for Rain tells stories of how young people have faced their depression and used creative ways to overcome. Not all children have unlimited support from family and they rely on members of the community in programs such as Big Brothers and Big Sisters and the Boys and Girls Clubs. Others find hope in reaching out to help the less fortunate while others overcome their personal darkness by creating works of art, performing on stage, and writing poetry, music, and inspiring stories. The young people in Reaching for Rain learn to change their own lives by becoming volunteers, focusing on discovering their...



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