

The Rainbow Resource Centre is a non-profit, community-based charitable organization that serves as the central agency offering support, information, counseling, referrals, library, and public awareness on issues related to sexual orientation, gender diversity, and anti-homophobia education.

CONTACT US

General Inquiries: (204) 474.0212 Ext. 201
info@rainbowresourcecentre.org
fax: (204) 478.1160

Peer Support Line:
284.5208 or 1.888.399.0005
(Toll free in Manitoba and Northwestern Ontario)
Monday to Friday: 6:00 p.m. to 9:00 p.m.
(subject to volunteer availability and closed stat. holidays)

Counselling: (204) 474.0212 Ext. 201
info@rainbowresourcecentre.org

Address: 170 Scott Street
Winnipeg, Manitoba, R3L 0L3

The Rainbow Resource Centre is open:
Monday 4:00 pm to 7:00 pm (for drop-in counselling only)
Tuesday 1:00 pm to 7:00 pm
Wednesday & Thursday 1:00 pm to 6:00 pm
Friday 1:00 pm to 5:00 pm
(closed weekends and statutory holidays)

Please visit our website:

www.rainbowresourcecentre.org

The Rainbow Resource Centre envisions a society in which diverse sexual and gender identities are included, valued and celebrated as a result of our active commitment to promote and maintain dignity, human freedoms and human rights.

ALLY

For individuals who want to learn more .

What is an Ally?

An ally is typically a member of advantaged social groups who uses social power to take a stand against social injustice directed at targeted groups (i.e. whites who speak out against racism, men who are anti-sexist, etc.). An ally works to be an agent of social change rather than an agent of oppression

What is an Ally? From *Teaching for Diversity and Social Justice, Second Edition*, Routledge © 2007.

Allies pledge to work towards making society a safer and more welcoming place for GLBTQ individuals by:

- Recognizing and challenging homophobia, biphobia, transphobia, and heterosexism
- Supporting the inclusiveness of GLBTQ people in all aspects of life
- Being familiar with issues and resources that exist for GLBTQ people
- Respecting the confidentiality of people.

webster`s meanings for `Ally`:

- To unite or form a connection between
- To connect or form a relation between
- To form or enter into an alliance
- One that is associated with another as a helper

Becoming an Ally:

Be a worker in your own liberation struggle; learn about oppression, take action with others, take risks and walk towards your fear to find your power.

Try to help members of your own group understand oppression and make the links between different oppressions.

Remember that everyone is part of the oppression. No one is free of homo/bi/transphobia, heterosexism or their own individual prejudices.

Be aware of the privilege you have. Make others in your group aware of the privileges that they hold. Break the invisibility of privilege.

You don't see or experience homo/bi/transphobia or heterosexism the way that GLBTQ might. Believe them when they talk about how bad it is or what it is like. They live this everyday.

Speak up first when you hear homo/bi/transphobic or heterosexist comments.

Learn everything you can about homophobia, biphobia, transphobia, and heterosexism.

Support the process of unlearning homo/bi/transphobia and heterosexism with members of your own group.

Be yourself, be honest, express your feelings. Do not defend your internalized homo/bi/transphobia and heterosexism.

Be a learner! / Listen, listen, listen!

- Anne Bishop, *Becoming and Ally*

The Process of becoming an Ally:

These four stages can occur in any order and are equally important on your journey in becoming an ally to GLBTQ individuals and communities:

Stage 1: Awareness

Explore how you are different and similar to GLBTQ people. Gain this awareness through talking with GLBTQ people, by attending workshops, and through self-examination. Pay particular attention to the *privilege* you often take for granted by virtue of *not* being a member of the GLBTQ community (i.e. social acceptance, physical safety, marriage, adoption, etc.).

Stage 2: Knowledge and Education

Begin to understand how particular policies, laws and practices affect GLBTQ people. Educate yourself on the many communities and cultures of GLBTQ people. Learn about the everyday events that are endured by GLBTQ people.

Stage 3: Skills

This is an area that is difficult for many people. It is important that you communicate your new-found awareness and knowledge to others.

You can acquire these skills by attending workshops, role-playing with friends or peers, and learning from other allies.

Stage 4: Action

This is the most important and frightening step. Despite the fear, action is the only way to cause and create change in society as a whole. An ally is someone who is willing to take those risks. It is important to remember that you will make mistakes as you learn to become and ally to the GLBTQ community. No one is perfect, and you can't be expected to know everything. Forgive yourself and just keep going. You will likely not be making the same mistakes over and over.

HOMOPHOBIA / TRANSPHOBIA:

The fear and hatred or the discomfort with people who identify or may be perceived to be gay, lesbian, bisexual, gender non-conforming, or transgender.

HETEROSEXISM:

The presumption that heterosexuality is superior to all other sexual orientations. The oppression, discrimination, and bias against people who are bisexual, gay, and lesbian.

COMMUNITY RESOURCES:

Local Links:

Men's Resource Centre:

Intake phone line: (204) 956.9528 or
1.866.672.3422 (Toll free)
www.elizabethhill.ca/mrc.html

RAY (Resource Assistance for Youth):

24 hour help line: 1.800.668.4663 www.rayinc.ca

Klinik Community Health Centre

24 Hour Crisis Line:

(204)786.8686 or 1.888.322.3019 (Toll free)
TTY 784.4097 www.klinik.mb.ca

Nine Circles Community Health Centre:

(204) 940.6000 or 1.888.305.8627
(Toll free in Manitoba)
STI Info: (204) 945.2437 or Toll free
1.800.782.2437
www.ninecircles.ca

SERC (Sexuality Education Resource Centre):

(204) 982.7800 (Winnipeg)
(204) 727.0417 (Brandon)
The Facts of Life Line: (204) 947.9222 or
Toll free 1.800.432.1957
www.serc.mb.ca

Online information:

Outwords Inc. (local LGBT* magazine):

www.outwords.ca

www.glaad.org/ally

www.gsanetwork.org

www.mygsa.com

National and International Links:

COLAGE (Children of Lesbians

and Gays Everywhere):
www.colage.org

Egale Canada:

www.egale.ca

PFLAG Canada:

www.pflagcanada.ca

GLSEN:

(Gay, Lesbian and Straight Education Network)
www.glsen.org

For more information and resources visit:

www.rainbowresourcecentre.org