

OUR MISSION

Rainbow Resource Centre nurtures inclusive spaces for 2SLGBTQ+ communities to thrive.

OUR VISION

A society in which diverse sexual and gender identities, orientations, and expressions are included, valued, and celebrated

LAND ACKNOWLEDGEMENT

Rainbow Resource Centre is located on Treaty 1 Territory, original lands of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous and Two-Spirit communities in a spirit of reconciliation and collaboration

LOCATION

170 Scott Street, Winnipeg, MB, R3L 0L3
Please note that in Spring/Summer 2023 we will be moving to our **new location** at 545 Broadway, Winnipeg, MB R3C 0W3

HOURS OF OPERATION

Monday to Thursday:

10:00 AM - 12:30 PM

1:30 PM - 5:00 PM

Friday - Sun: Closed

ACCESSIBILITY

Our front door has a ramp and powered door, and from here, all main floor spaces are accessible. One of our washrooms is more suitable for larger wheelchairs. Some fluorescent lighting is used throughout the building.



COUNSELLING SERVICES

Ph: 204-474-0212 | Fax: 204-478-1160
www.rainbowresourcecentre.org
info@rainbowresourcecentre.org

ABOUT US

Rainbow Resource Centre provides a spectrum of support for Winnipeg's 2SLGBTQ+ community. Anchored by our Youth Program and Over the Rainbow Program (55+), we offer free short-term counselling, volunteer-led social support groups, classroom and GSA education/outreach, and diversity and inclusion training and consultations for workplaces.

<https://rainbowresourcecentre.org/about>

COUNSELLING

Rainbow Resource Centre provides **free short-term counselling** (up to 12 sessions) and **single-sessions to 2SLGBTQ+ people and their partners, parents, or families.** Our sessions are up to one hour and take place either in-person at Rainbow Resource Centre, through video-call on Zoom, or telephone.

Everyone's experience of being 2SLGBTQ+ is unique and so the supports required are not the same for everyone. There may be times when we feel it is in the best interest of everyone involved to make an external referral. The counsellors are happy to discuss this with you and strategize about accessing services at other agencies and organizations.

<https://rainbowresourcecentre.org/programs/counselling>

PRIORITY POPULATIONS

We strive to remove barriers by making our intake process equitable. We have identified six population groups who we will be prioritizing in our triaging process, including those who:

- Identify as **Black, Indigenous and/or a person of colour**
- Are a person with a **disability**
- Are residing in a **rural or Northern** community
- Are a **youth** (aged 21 and under)
- Are an **older adult** (aged 55±)
- Are **financially insecure** (e.g. little/no expendable income, difficulty paying for basic needs such as housing/rent, medications and groceries, etc.)

YEARLY INTAKE SCHEDULE

First week of October intake opens.

Applications are triaged and counsellors will contact their caseloads in early November.

First week of February intake opens.

Applications are triaged and counsellors will contact their caseloads in early March.

First week of June intake opens.

Applications are triaged and counsellors will contact their caseloads in early July.

To be notified when our intake opens, join our electronic newsletter by visiting our website.

CONSENT TO THERAPY

When working with children ages 13 and under, we will ask that the parent or guardian(s) sign a "Consent to Therapy" form ensuring guardian permission.

Guardians will have the opportunity to meet with a counsellor one-on-one, or as a family. At times, the counsellor may request individual sessions with either parents or children.

CRISIS AND 24/7 SUPPORTS

We do not provide crisis supports. For crisis supports, contact:

- If you are under 18, you can contact:
 - Kids Help Phone at 1-668-6868
 - Youth Mobile Crisis at 204-949-4777 or 1-888-383-2776.
- Clinic's 24/7 crisis line at 204-786-8686 or 1-888-322-3019
- Trans Lifeline at 1-877-330-6366
- First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310
- Adult Mobile Crisis at 204-940-1781
- or attend 817 Bannatyne Ave in Winnipeg for 24/7 crisis supports.