

## 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.

## 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.



## OLDER ADULT SUPPORTS

Ph: 204-474-0212 | Fax: 204-478-1160

[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

[info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org)

## OVER THE RAINBOW (OTR)

Rainbow Resource Centre's Over The Rainbow (OTR) program is for Two-Spirit, lesbian, gay, bisexual, transgender, queer and questioning (2SLGBTQ+) folks aged 55+.

We've partnered with some of the best content providers from Manitoba and across Canada to provide virtual and in-person programming that breaks you out of your routine and (re)connects you with your interests and queer identity.

You're never too old to be part of the 2SLGBTQ+ community. Whether you're 55 or 105, if you want to meet 2SLGBTQ+ folks your age, join in on informative seminars, take part in creative workshops, join friends on tours of Winnipeg attractions, come to social events, and be part of exclusive giveaways, sign up now to become a member.

## OTR EMAIL CONTACT LIST

<https://rainbowrc.wufoo.com/forms/otr-email-contact-list/>

When you sign up you will receive:

- a monthly newsletter chock full of community-related news
- regular updates on virtual programming and be fast-tracked into joining our **private Facebook group**.
- and stay up to date on programming exclusive to Manitoba's 2SLGBTQ+ folks aged 55+

## OTR PROGRAMMING

The monthly schedule is sent out to the OTR Email Contact List, and events are posted here: <https://rainbowresourcecentre.org/events/for/55>

**Coffee and Chat:** This is one of the best ways to connect with Manitoba's 55+ 2SLGBTQ+ community. Meet new friends, reconnect with familiar faces in Winnipeg's 2SLGBTQ+ 55+ community. Happening **in-person** every Thursday from 10:00 AM - 12:00 PM. Come for the chatter - stay for the laughter. To make this programming accessible to we also offer a **virtual** option every Wednesday from 10:00 AM - 12:00 PM.

**OTR Goes To:** is our monthly "field trip". This timeslot is intended as a space where folks can meet like-minded individual out in the community. Destinations have included: Assiniboine Zoo, Manitoba Museum, Winnipeg Art Gallery, Canadian Museum for Human Rights, Royal Winnipeg Ballet, and Park Alley Lanes.

**OTR Drop-In Hours:** Pop by the Centre on Tuesdays from 2:00 - 4:00 PM to visit with our Older Adult Program Coordinator for more information about OTR and assistance with other questions you may have.

We also offer monthly **Lunch and Learns** and presentations from WRHA's Healthy Ageing Resource Team (**HART**) covering myriad topics related physical health and safety issues.

## PEER-2-PEER PHONECALLS

For many older adults, especially those who identify as 2SLGBTQ+, loneliness and isolation are major issues. At Over The Rainbow, we offer a Peer-2-Peer phonenumber (P2P) where we connect 2SLGBTQ+ people aged 55+ with volunteer callers for weekly phone chats.

## SOCIAL/SUPPORT GROUPS (18+)

You are welcome to check out our other social support groups. Groups are drop-in based, volunteer-led and offer a wide array of activities, discussions, and presentations. For more info, visit: <https://rainbowresourcecentre.org/support/groups>

## COUNSELLING

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

If you are an older adult seeking support/resources and are unsure if you require short-term counselling, connect with us by emailing [info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org) or call 204-474-0212.

*Updated February 2023*