

LOCATION + HOURS

Rainbow Resource Centre is located on Treaty 1 Territory and the Homeland of the Métis Nation.

These are the traditional territories of the Ininiw (Cree), Anishinaabe (Ojibway), Island Lake Aniciniw (Oji-Cree), Nakota (Assiniboine), Dakota and Sayisi Dene peoples. 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.

Our office is located at:

545 Broadway, Winnipeg, MB R3C 0W3

Monday to Thursday:

10:00 AM - 12:30 PM

1:30 PM - 5:00 PM

Friday - Sun: Closed

ACCESSIBILITY

There is a ramp on the East side of the building (Colony street) that brings you to the front door. We have a lift that has a 2 person capacity. Our washrooms are accessible and fitted with support bars. Fluorescent lighting is used throughout the building.

TRANSPORTATION

Access to parking is limited. There are lots nearby that require payment, or free street parking. We are close to transit routes for bus numbers 10, 16, 17, 18, 20, 23, 58 and 60.

OUR MISSION

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

OUR MISSION

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

STAY CONNECTED

Join the movement for a more inclusive society. Learn about the latest news, events, and programs Rainbow Resource Centre offers. Subscribe to our newsletter by scanning the QR code or by visiting our website!

rainbowresourcecentre.org/stay-connected



All programing, services and events at Rainbow Resource Centre are supported in part thanks to the generosity of our donors.
Thank you!



OLDER ADULT SUPPORTS

Ph: 204-474-0212 | Fax: 204-478-1160
www.rainbowresourcecentre.org
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 Office Hours: On the third Tuesday of the month from 2:00 - 4:00 PM you can book a one-on-one meeting with our Older Adult Program Coordinator for information on 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 8 sessions) and single-sessions to 2SLGBTQ+ and questioning individuals. 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 or call 204-474-0212.

Updated May 2023