

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!*

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.

50
YEARS
1973-2023

**RAINBOW
RESOURCE
CENTRE**

**PROGRAMMING
AND SERVICES**

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

EDUCATION

Workplace Education & Training: We provide workshops and consultations to not-for-profits, unions, corporate offices, healthcare professionals, service providers, special events staff/volunteers, and post secondary faculty/students to increase awareness about issues related to the health and wellbeing of 2SLGBTQ+ individuals and their families.

School Outreach: We provide workshops and consultations to teachers, staff, and administration of elementary to post-secondary schools, as well as adult education centres and youth service providers across Manitoba focused on enhancing the safety and inclusion of all 2SLGBTQ+ students. In addition, we offer support to school guidance counsellors and aid students in the start-up and sustainability of gender and sexuality alliances (GSAs).

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

YOUTH

Youth Program (ages 10-21) offers safe, accessible, and supportive activities and events for 2SLGBTQ+ and allied youth to connect with their peers. Our goal is to foster resilience, improve mental health and wellbeing, and encourage the development of positive relationships to self, others, and the wider 2SLGBTQ+ community. We also have additional dedicated programming for 2SLGBTQ+ BIPOC youth (Black, Indigenous and/or people of colour).

For more info about when we meet, visit:

<https://rainbowresourcecentre.org/support/groups/youth-program>

Camp Aurora is Manitoba's only summer camp for 2SLGBTQ+ and allied youth, ages 14-19. We offer a positive space for youth to enjoy a summer camp experience unique to their needs, and provide a safe, positive, and affirming place in which they can be themselves, connect with peers, and interact with positive role models.

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

BLINK is a play group for ages 12 and under with a name meant to signify that it is "not only blue and not only pink." BLiNK is an opportunity for families with gender-creative and trans kids to make friends and participate in fun activities; to be proud of themselves and accepting of each other in an affirming environment, no matter their style.

<https://rainbowresourcecentre.org/support/groups/blink>

OLDER ADULTS (55±)

We provide 2SLGBTQ+ individuals who are 55± the opportunity to connect with community through a variety of activities, presentations, and our peer-to-peer phone line. **Over the Rainbow**, a social group which forms the hub of our 55± programming, hosts weekly Coffee & Chats, as well as monthly Lunch and Learns, and intergenerational activities.

<https://rainbowresourcecentre.org/support/groups/over-the-rainbow>

SOCIAL/SUPPORT GROUPS (18+)

We host a variety of volunteer led social / support groups that help bring people together and foster stronger connections to community. Groups are drop-in based and offer a wide array of activities, discussions, and presentations. For more info:

<https://rainbowresourcecentre.org/support/groups>

COUNSELLING

Rainbow Resource Centre provides free short-term counselling (up to 8 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.

For more information, visit:

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