

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.



SOCIAL SUPPORT

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

www.rainbowresourcecentre.org

info@rainbowresourcecentre.org

SOCIAL SUPPORT FOR ADULTS (18+)

The DEN (Diversifying the Enby Network) is for Non-Binary and gender-questioning folks to connect with one another in a safe, comfortable, and inclusive environment! Open to folks who exist outside the gender binary or are questioning where they fit within the gender spectrum.

New Pride of Winnipeg Newcomers to Canada (immigrants and folks with refugee experience) who identify as 2SLGBTQ+ are invited to join us for fabulous fun and friendship! Here we discuss what your identity means to you, along with the challenges, experiences, and joys of coming out, and living authentically in this vibrant community.

PFFoTI (Parents, Family and Friends of Trans Individuals) is here to listen, talk, learn, and support each other as we work to understand our family members experience in their gender identity journey, and strengthen our families and communities.

Rainbow Alliance for Men is a place for all gay, bisexual, trans, two-spirit, queer, and questioning men to come together in a safe, comfortable, and inclusive environment. Our goal is to continue to foster a sense of community and belonging where we share our thoughts and opinions relating to the issues that are most important to us, in a fun and relaxed way!

Trans Feminine Circle is a space for people assigned male at birth but identify with femininity, or as women. Our goal is to help attendees create a deeper and more positive connection with their femininity.

Transmasculine Manitoba is a space exclusive for transmasculine people to connect, share resources and experiences. The group meets to discuss heavier topics, express support and perspective for each other. Throughout the month the group also meets periodically for light hearted activities.

SOCIAL SUPPORT FOR OLDER ADULTS (55±)

Over the Rainbow is a social space available for Older Adults in addition to the 18+ social support groups. 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.

Some of OTR's core programming includes their weekly **OTR Coffee and Chat** and **Peer to Peer Phone Calls**.

SOCIAL SUPPORT FOR YOUTH

BLiNK (ages 12 and under) is a play group with a name meant to signify that it is "not only blue and not only pink.". It's space 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.

Youth Program (ages 10-21) offers safe, accessible, and supportive activities and events for 2SLGBTQ+ and allied youth to connect with their peers, 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).

ADDITIONAL INFORMATION AND SCHEDULE

For more information about each social support group, visit:

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

To see the Centre's programming calendar, visit:

<https://rainbowresourcecentre.org/events/calendar/rrc>

Updated February 2023