

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!

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YEARS
1973-2023 | **RAINBOW
RESOURCE
CENTRE**

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 May 2023