

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.



YOUTH SUPPORTS

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

www.rainbowresourcecentre.org

info@rainbowresourcecentre.org

BLINK (12 AND UNDER)

BLINK is a play group 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>

CAMP AURORA (14-19)

Camp Aurora is Manitoba's only summer camp for 2SLGBTQ+ and allied youth. 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>

YOUTH PROGRAM (10-21)

Youth Program 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.

YOUTH PROGRAM MEETING SCHEDULE

The monthly schedule is available for download at: <https://rainbowresourcecentre.org/support/groups/youth-program>

Program cancellations and breaks are posted on our [Instagram page \(@rainbowresourceyouth\)](#)

- **Ages 10-13** meet on the 2nd and 4th Tuesday of the month from 6:00 PM - 8:00 PM. Snacks are provided.
- **Ages 10-17 After School Drop-in** meet on the 1st and 3rd Tuesday of the month from 4:00 PM - 6:30 PM. After School Drop-In program does not have planned programming. There will be craft supplies, board games, internets, etc. available.
- **Ages 14-17** meet on the 1st and 3rd Wednesday of the month from 7:00 PM - 8:00 PM. There is an optional meal at 6:00 PM.
- **Ages 18-21** meet on the 2nd and 4th Wednesday of the month from 7:00 PM - 8:00 PM. There is an optional meal at 6:00 PM.
- **Ages 14-21 Excursion** meet off-site on the 4th Saturday of the month from 2:00 PM - 5:00 PM. Off-site Saturday excursions may require pre-registration.
- **Ages 14-21 BIPOC Space** meets from 11:00 AM to 1:00 PM on the 4th Saturday of the month. Lunch is provided. Please note that BIPOC Programming is only for youth who self-identify as Black, Indigenous and/or a person of colour.

YOUTH PROGRAM DISCORD SERVER

Youth Program has two **Discord Servers** for ages 14-17 and ages 18-21 so that 2SLGBTQ+ youth across Manitoba can strengthen their peer-networks. Youth can request to join by visiting the Youth Programs page on our website. and clicking the application link.

SOCIAL/SUPPORT GROUPS (18+)

Youth who are aged 18+ 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 a youth seeking support/resources and are unsure if you require short-term counselling, message us through Instagram (@rainbowresourceyouth) to set up a one-time appointment with our Youth Support Counsellor.

Updated February 2023