

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!

50
YEARS
1973-2023

**RAINBOW
RESOURCE
CENTRE**

**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 1st and 3rd Tuesday of the month from 6:00 PM - 8:00 PM. Snacks are provided.
- **Ages 14-17** meet on the 1st and 3rd Wednesday of the month from 6:00 PM - 8:30 PM. Snacks are provided.
- **Ages 18-21** meet on the 2nd and 4th Wednesday of the month from 6:00 PM - 8:30 PM. Snacks are provided.
- **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 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. To be notified when our intake opens, join our electronic newsletter by visiting our website.

For more info, visit:

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

When working with children ages 13 and under, we will ask that the parent or guardian(s) sign a “Consent to Therapy” form ensuring guardian permission. At times, the counsellor may request individual sessions with guardians.

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 May 2023