

Rainbow *youth centre*

977 McTavish St., Regina Sk. S4T 3V2

Tel. (306) 757-9743, Fax 757-9759

Rainbow moves into own building



Rainbow's two CVA-leased vans seen in front of their new home at 977 McTavish.

Youth get opportunity to earn Duke of Edinburgh Award

Rainbow is incorporating the Duke of Edinburgh Award into Rainbow's programming.

The program offers young people reward objectives in service, expedition, skills, and physical recreation, with three levels of achievement to aim at (Bronze, Silver and Gold).

"The Award Concept is one of individual challenge" according to program literature. "It offers to young people a balanced non-competitive program of voluntary activities

which encourage personal discovery and growth, self-reliance, perseverance, responsibility to themselves and services to their community."

Youth ages 14 to 25 are eligible to take part.

The Award was designed in 1956 by His Royal Highness Prince Phillip and is currently operating in over 90 countries.

Currently, Rainbow has five youth signed up and working towards earning their Award.

As part of the expedition component, these youth attended a four-day camp in Kananaskis Alberta in early May.

Presentation is made by a member of the Royal family or one of its representatives in Canada.

The long anticipated move to Rainbow's new, larger home, took place Thursday April 27, 2000.

Most programming was suspended for the period surrounding the move, with regular youth activities expected to resume May 15th.

The new Centre, located in the former St. Johns United Church at the corner of McTavish Street and 4th Avenue, will be able to accommodate more of Rainbow's activities and programs.

Rainbow purchased the building last Fall to replace its old facilities, which were located in an industrial/bar area, were too small, and were sandwiched below a gym and above a gun range.

The new building has extra group room space as well as a full gym and stage in the basement. Parkdale Park is conveniently located right across the street.

The Centre is now located in a residential area with a high population of young people.

Owning a building will be a new challenge for Rainbow. Funding initiatives will have to be undertaken to cover the increased costs that will occur. Any support in these areas would be greatly appreciated.

We are very excited about the move, but it will be a challenge both to restructure our programming to fit into this very different environment, and to raise the money to cover the many costs associated with owning our own facility.

However, the opportunities are tremendous, and Rainbow hopes to develop and expand its programming to have an even greater positive impact with the youth of our city.

Our Mission

To involve youth 11-19 years old (to 25 in certain programs) in creating a safe, caring, healthy and adaptive community of support by sharing responsibility for recognizing, accepting and developing personal skills



Rainbow Youth Centre is
a United Way Agency

Other Rainbow Services

- Volunteer opportunities
- Learning/mentoring opportunities for work experience placements and practicums (both high school and university)
- Youth placements for community service orders and fine option programs. Contact the Program Coordinator for more details.



Rainbow offers training services

Rainbow has trained facilitators in several programming curriculums that provide education, support and development training to help young people learn and practice personal and social skills.

Specifically, we can facilitate group learning experiences for youth in the areas of Anger Management, Skills for Adolescence, Substance Use and Abuse Education, and Peer Helping training.

If your organization is interested in having a Rainbow staff as a presenter for specific workshops or as a facilitator of a curriculum, please contact Sandra Pfeifer or Raylene LeBlanc for more information.

Rainbow staff

Due to a sudden vacancy in the position, Sandra Pfeifer has taken on the duties of Acting Executive Director for a period of six months.

Sandra, who holds a Bachelor of Social Work degree, has been at Rainbow since 1988, most recently in the position of Program Coordinator.

Raylene LeBlanc, at Rainbow for nine years, will fill in as Program Coordinator.

The complete staff list is as follows:

Executive Director (Acting):

Sandra Pfeifer

Administrative Coordinator:

John Dufort

Program Coordinator (Acting):

Raylene LeBlanc

Youth Work Coordinator:

Gwen Desjarlais

Youth Workers:

Derek Csada, William Crowe-Buffalo, Terrance Sunshine, Nadine Egler Wiome

Peer Helping Project Coordinator:

Traci Schmekel

Peer Helping Project Co-facilitator:

Ashley Kyle-Tyndale

Young Parent Program Coordinator:

Lori Harper

Youth Conference Coordinator and Young Parent Program Co-facilitator:

Laura Cummings

Road to Employment Coordinator:

Ruth Robillard

Road to Employment Co-facilitator:

Brian Delorme

Youth Conference Coordinator:

Laurie Norman

Cook:

Alex Pelletier

Rainbow honours volunteer John Klassen with Community Award nomination

Recently, Rainbow had the opportunity to nominate John Klassen for the Mayor's Community Volunteer Awards Program.

John is a senior who has volunteered at Rainbow since April 1996. He works in the kitchen Mondays, Wednesdays, and Fridays, helping with supper preparation, and sometimes completing the task on his own.

John also volunteers mornings at the Genealogical Museum, as well as Tuesday and Thursday afternoons at the Albert School library.

"I like volunteering and keeping busy" says John. "It makes me feel happy, healthy and terrific."

A modest man, John Klassen recognizes

that the youth here at Rainbow are future leaders of our community, and that is why he has continued to work at the Centre.

Volunteers such as John Klassen share not only their time but also a part of themselves with the agency and the youth it serves.

John was nominated for a Human Services award, and honored at a formal tea reception at City Hall, where he received a certificate celebrating his commitment to community volunteerism.

Great work, John!

Peer Helpers present at Calgary Conference

Members of Rainbow's Peer Helper Program took part in a Youth & Violence Conference in Calgary in mid-April.

Ten peer helpers, accompanied by program staff, traveled to Calgary and performed three skits on racism that they had written. The production was well received.

Also, three youth members conducted a workshop on youth and racism for approximately 40 people.

The trip was specially funded by the Muttart Foundation, which also in part sponsored the conference.

The Rainbow staff would like to express its sincere appreciation to its funders

- Regina Health District
- The Muttart Foundation
- City of Regina
- Saskatchewan Social Services
- Human Resources Development Canada
- Community Action Plan for Children, Health Canada
- Sask. Post-Secondary Education & Skills Training
- Regina Education & Action on Child Hunger
- Saskatchewan Action Plan for Children
- Saskatchewan Justice
- United Way of Regina
- Dept. of Justice Canada
- Associated Entities Fund
- Heritage Canada

... recent donors

Idabelle Ring, Anita Quon, "We Believe" (Bank of Montreal employees), City of Regina, Eastview Rotary Club, Little Flower Church, St. Georges Orthodox Church, Holy Trinity Church, Holy Cross Church, Elizabeth Regina IODE

and volunteers

Andre Denis, John Klassen, Jennifer Grossman, Mecky Tam, Karla Hood, Bryce Krawetz, Mark Reiter, Evan Seefried, Derrick Belhumeur, Jennifer May, Brandy West, Joanna Walters, Tyler Grayson, Laura Dean, Raegan Vollman, Dawn Tudor, Jay Kennedy, Kristen Adams, Carson Benallack, Kristen Panagableo, Winter Kuisle, Jennifer Sothmann, Shawn Redmond, Nikki Hutchison, Janna McKenhnice, Amanda Ryba, Danny Paskiw, Bobbie Ardelan, Michelle Piche, Dan Alspache, Ryan Bruce, Dennis Chupik, Lisa Spencer, Diane Vanghel, Deidre King, Les M., Melissa L., Becky L., Matthew D., Lindsey G., Ryan D., SIAST Nursing Education Program of Saskatchewan Students, and members of Rainbow's Board of Directors.

Drop-in Hours

Weekdays 3:30 to 6:30 pm

During Rainbow's "drop-in" hours youth come to the Centre to meet and visit with friends, ask questions and get information, listen to music, play board games, read magazines or books, use the telephone, draw, work on special projects, work on their resume, do homework, play cards, play ping pong, and take part in other activities. All activities are supervised.

Membership, tours, and the orientation process are also available during this period.

Free Hot Supper

Weekdays at 5 pm

Every weekday Rainbow provides a hot nutritious meal at 5 pm to youth and Rainbow project participants. Young people can enjoy supper in a supportive, family-like environment. Rainbow is proud of all the youth members who regularly volunteer to help with supper preparation and cleanup! (Note that persons over 19 years old who are not involved with Rainbow programming cannot be served.)

Computers

Monday to Thursday 4 - 6:30 pm

Computers are available to youth during "Drop-In" hours. They are programmed with many educational and skill-building programs. The Centre also has internet access. The computers can be booked for a half hour at a time. The computer area is supervised by staff, volunteers or student placements, who are available to help youth.

Community Connections

Mondays 4 - 5 pm

Every Monday Rainbow hosts a guest who works with youth in our community. Discussion will center on youth-related topics. Youth are welcome to drop in and see what services Regina has to offer its young people.

Swimming

Mondays 6:45 - 8:45 pm

Youth leave Rainbow at 6:45 pm, accompanied by staff and volunteers, to use the pool facilities at the SouthEast Leisure Centre. Rainbow has swim suits and towels to lend youth for this popular program. Youth are transported to and from the pool.

Art

Mondays 6:45 - 8:45 pm

Youth who like sketching or drawing are encouraged to join this group for creative and fun-filled evenings. Volunteers and staff are around to encourage every artistic need. A volunteer artist is on hand to teach the youth various techniques.

Exercise

Tuesdays 4 - 5 pm (May & June)

An hour of getting together for some cardio-vascular exercise using Tae-bo and other instruction videos, a great way to burn off afterschool energy.

All About Me

Tuesdays 6:45 - 8:45 pm (May & June)

Through activities, games and guest speakers, this group provides youth with an opportunity to think and talk about themselves: what makes them unique and what they share with the people around them. We explore family, friends, society and culture.

Discovery

Tuesdays 4 - 8:45 pm (July 4 - Aug. 29)

Calling all outdoor enthusiasts! Each week youth will be transported to a destination where they will have the opportunity to discover past and present stories of the Saskatchewan prairie. Groups will leave in the afternoon. Supper is provided. Contact the Centre to find out exact departure times.

Green Thumb

Wednesdays 4 - 5 pm

Our new location comes with ample green space, including grass and plants around Rainbow and a beautiful park across the street. This program provides youth with an opportunity to develop their green thumb. We will be planting new trees and caring for them during the summer months. This will be our time to watch our surroundings beautify and grow, while learning to care for Mother Nature.

Guardian Eagles

Wednesdays 6:45 - 8:45

The program aims to educate holistically and awaken youth to their own spirituality by a process of mentoring. This is accomplished through a variety of guest speakers, personal choices, and the overall development of self-awareness. The program offers youth an alternative gateway to a happier, healthier and productive lifestyle.

Sports Medley

Thursdays 6:45 - 8:45 pm (May & June)

Thursday evening program will involve a variety of sports, something different each week! Community guests will be invited to introduce new sports and skills to Rainbow's youth. All equipment is provided.

Canoeing

Thursdays 4 - 8:45 pm (July & August)

In July and August, every Thursday afternoon, Rainbow staff accompany interested youth in canoe excursions out to Lumsden Beach. The focus is on having fun in the water while teaching water safety. Proper equipment is provided, but seating is limited. Supper is also provided during this program.

Circle

Fridays at 6:15 - 6:45 pm

Youth and staff get together for introductions, icebreaker exercises and fun activities. All youth and staff are encouraged to participate. Circle is also a forum for youth to offer suggestions, opinions, and feedback on Rainbow activities. This is a good time to become acquainted with other members and staff.

Movie Night

Fridays 6:45 - 8:45 pm

Friday is Rainbow's Movie Night, featuring new and popular videos, plus popcorn! Occasionally, Rainbow will hold a dance or other special event. These events tend to end later than 8:45 pm, but care is taken to assure youths' safety while returning home.

Young Parent Program

In cooperation with the YWCA, Rainbow offers a comprehensive Young Parent Program. This program provides a wide range of services and supports to young parents aged 11-25.

A 14-week parenting group is held twice a year, as well as summer and winter workshops. Topics may include: ages & stages of children, budgeting, first aid, nutrition, play & learn, parent effectiveness training, and self-esteem for the family.

Childcare and transportation are provided.

For information, registration, or referrals, call the Young Parent Program Coordinator at 757-9743.

Peer Helping Program

The Peer Helping Program trains youth ages 14 to 25 in peer helping, assertiveness training, self-esteem building, leadership development, combating racism, alcohol/drug abuse, healthy sexuality and STD prevention. The peer helpers develop the skills to facilitate presentations to their peers in schools, youth groups and to youth service providers. Training in the Peer Helping Program has also expanded to encompass gang and crime prevention, child exploitation prevention, peer mediation, and cross-cultural training. They have in past mounted theatre productions, where they learned and practiced drama techniques and performed plays on relevant youth issues. More recently, they have produced a series of programs for Cable Regina. The group is also very involved in Rainbow's annual Youth Week, celebrating the positive contributions made by youth in Regina, and in the Teen Help Centre, offering aid and advice to youth at the annual Buffalo Days Exhibition. For more information on the Peer Helpers contact the Peer Helping Coordinator at 757-9743.

Road to Employment

The Road to Employment Program is for youth 19 to 25 years of age who are unemployed and on social assistance, who have not finished high school, have a lack of job experience, and do not have a driver license. The objective of the program is to remove the barriers today's youth face in finding employment. The program includes group sessions to increase participants' living and personal development skills, a driver training and driving-without-impairment program, and educational upgrading to Grade 12 or GED equivalent. Youth are also given the opportunity to participate in work training leading to long-term employment, or the opportunity to further education (post-secondary, career college).

Anger Management

This is an experiential learning program aimed at helping young people deal effectively with conflict and anger. Participants learn about emotions and their link to behaviour. They will learn to identify their own sources of anger, to understand the positive and negative aspects of anger, and to find new and more appropriate ways to express anger.

The program is six weeks in length. **The program runs either Mondays or Wednesdays from 6:45 to 8:45 pm depending on age groups.** For upcoming program start dates, or to make referrals, contact the Program Coordinator at 757-9743.

Skills for Adolescence

Rainbow's Skills for Adolescence Program provides an opportunity for young people to gain skills in getting along with others, communicating effectively, solving conflicts and thinking critically.

The program is structured to distribute the curriculum over four themes: 1) Entering the Teen Years -- Self-identity; 2) Communication and Self-awareness; 3) Improving Peer Relationships; and 4) Goal Setting and Decision-making.

Each theme consists of four 2-hour sessions. Sessions run once weekly, and youth can enrol at the beginning of each theme. Participants who complete a theme are invited to proceed to the next theme in the rotation until all themes are covered. The program is 16 weeks in total.

The program runs **Thursdays from 6:45 to 8:45.** For upcoming program start dates, or to make referrals, contact the Program Coordinator at 757-9743.

Substance Use & Abuse

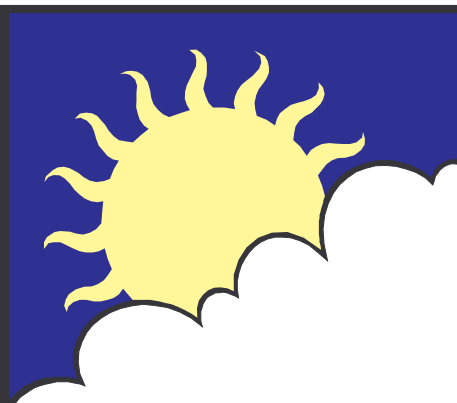
This is an educational program to help participants understand the affects chemical substances have on their health, relationships and life plans. Participants learn to realistically assess their own use of chemicals, to understand family dynamics when living with a chemical-dependent family member, and to learn about healthy lifestyle choices and community resources.

The goals of this program are prevention, education and awareness.

The program runs **Tuesdays from 6:45 to 8:45 pm**, and meets once weekly for five weeks. For upcoming start dates, or to make referrals, contact the Program Coordinator at 757-9743.

Referral Services

Youth workers are always available to support youth experiencing difficulty in areas of personal, social, and educational concerns. Together, staff and youth explore the area of concern by identifying strengths, developing skills, and setting realistic goals.



Spring - Summer Schedule 2000

Monday	Tuesday	Wednesday	Thursday	Friday
Young Parent Program - Workshops planned - call to register				
Road to Employment Program Mon. to Fri., 9 am - 3 pm				
Drop-in Hours Mon. to Fri., 3:30 - 6:30 pm				
Computers Mon. to Fri., 4 - 6:30 pm				
Community Connections 4 - 5 pm	Exercise (May & June) 4 - 5 pm	Green Thumb 4 - 5 pm	Canoeing (July & Aug.) 4 - 8:45 pm	
Supper: 5 pm				
Art with Tyler 6:45 - 8:45 pm	All About Me (May & June) 6:45 - 8:45 pm	Guardian Eagles 6:45 - 8:45 pm	Sports Medley (May & June) 6:45 - 8:45 pm	Circle 6:15 pm
	Discovery (July & August) 4 - 8:45 pm		Young Parent Support Group 6:45 - 8:45 pm	
Swimming 6:45 - 8:45 pm	Peer Helping Program 6:45 - 8:45 pm		Peer Helping Program 6:45 - 8:45 pm	Movies 6:45 pm Dances or Special Events
Anger Management Program 6:45 - 8:45 pm	Substance Use & Abuse 6:45 - 8:45 pm	Anger Management Program 6:45 - 8:45 pm	Skills for Adolescence 6:45 - 8:45 pm	

Note new address: 977 McTavish St., Regina Sk. S4T 3V2
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Web Page: www.cableregina.com/nonprofit/rainbow