

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

City approves zoning change

Rainbow set to move to new building



At their monthly meeting on January 24th, Regina's City Council unanimously approved zoning changes for the former St. John's United Church to enable Rainbow Youth Centre to operate out of the building.

The new Centre, located at 977 McTavish Street (corner of 4th Ave.) in Regina's North Central area, is much larger than Rainbow's present facility, and will be able to accommodate more of Rainbow's activities and programs.

Rainbow is purchasing the building, another new challenge. Previous facilities were essentially donated by the City of Regina.

Rainbow's Road to Employment Program was the first to move to the new site, occupying a classroom space and office on February 1st. The rest of Rainbow programming will move in March or April, following some cleanup and renovations.

One time funding is being sought to help reduce or eliminate the mortgage, and ongoing funding will be needed to help with mortgage payments and increased operational costs. We would greatly appreciate any support in these areas.

RTE forms new partnership with YMCA

Rainbow Youth Centre is pleased with a new partnership that has been formed between its Road to Employment Program and the YMCA.

Students in the program, the objective of which is to remove barriers faced by these youth in finding employment, will be participating in a twelve week fitness program at the Y.

Objectives of the fitness program are to promote a "fit and healthy" lifestyle and to have participants commit themselves to a regular fitness regimen.

Students will also be given membership cards to the Y, making it possible for them to have full access to the facilities seven days a week.

This partnership has been made possible through the financial support of Canada/Saskatchewan Career and Employment Services.

The YMCA has also extended an invitation to Rainbow youth to participate in a ten week Lifeguard Training Course, and

ten youth will be taking part. As this has been made possible at no cost to Rainbow, we are most grateful to the YMCA for supporting young people in Regina.

Peer Helper Program going out-of-province

Rainbow's Peer Helper Program has been invited to facilitate elements of peer helper training at a weeklong conference in Sioux Lookout Ontario.

The training is usually comprised of 36 hours spread over an 18-week period, and includes leadership development, self-esteem building, racism and prejudice, alcohol and drug abuse, child exploitation prevention, gang and crime prevention, as well as many other topics relevant to young people.

The Program Coordinator and Co-facilitator are planning to attend and deliver the full program during the week of March 6th to 10th.

The Peer Helpers themselves have been invited to attend the Adolescent Youth Violence Conference in Calgary in mid-April of this year. The conference is put on by the Muttart Foundation, who also fund Rainbow's Peer Helper Program.

The Peer Helpers will be performing a new original theatrical piece on racism, modeling it after a popular talk show.

They attended the same conference in 1997 to perform the play "Street Pain", and are thrilled to receive the invitation and recognition again this year.



Rainbow Youth Centre is
a United Way Agency

Christmas Party a special event

Christmas at Rainbow is very special. It is a time when a lot of reflection is done about the relationships we have fostered over our 17 year history. The Rainbow 'family' is especially thankful for all the laughter and fun associated with the year and take time to celebrate with our youth members.

So, as 1999 drew to a close, Rainbow Youth Centre was abuzz with that "there's-a-millennium-of-things-to-do-before-Christmas" craze. The Annual Christmas Party was scheduled for December 21st, and there were, literally, a thousand things to do: walls to decorate, tables to set, gift socks to put together, food to prepare, entertainment to arrange, shovelling out a parking place for Santa's sleigh — the list went on and on.

Thanks to very dedicated staff, volunteers, and board members, the 1999 Annual Rainbow Youth Christmas Party was a grand celebration.

Approximately 195 people attended the event. They arrived to a very festive atmosphere. Holiday decorations and the smell of turkey dinner cooking greeted their arrival. "Strawberry, the Clown" worked her magic in the afternoon and had balloon creatures for everyone by the time the call for supper was made. At that time, Isadore Pelletier was invited to offer a blessing for the meal. As usual, the Christmas turkey dinner was as good as we remember every Christmas dinner to be.

After dinner, Santa visited with children under 5 years and distributed special gift packages. Older youth members entertained each other with an evening of karaoke. The place was a madhouse of activity as song after song was performed. We acknowledge the great musical talents demonstrated that night. Finally, the highlight of the evening arrived, and Santa made his appearance to the youth members. Each youth was presented with gift socks filled with items donated and purchased with funds contributed for that purpose.

Our thank you list is extensive. The contributions of all these people made for a fabulously successful Christmas event. A special acknowledgement to people associated with the Christmas dinner and the sock initiative.

Christmas Dinner thank you's are extended to:

Marcel Toupin (an expert at mass production—

delicious turkey, dressing, potatoes, and gravy), Hal Zorn and his potato peeling volunteers (quickest peelers in the West), Army & Navy Veteran's Club (finest kitchen facilities around), SaskTel Pioneer volunteers — Brian Cobbledick, Christa Cobbledick, Alysia Little, Kristie Korbo, Donna Wolfe, Darrah Wolfe, Lester Wolfe (best kitchen crew for shredding cabbage, slicing pies, stirring pots, and serving it all up with smiles), Canadian Progress Club - Regina Assiniboine volunteers — Erum Afsar, Marci Brisbane, Shelly Brickner, Jill Forrester, Leonor Forrester, Matilda Forrester, Shelley Kelln-Trudelle, Brenda Rothnie (tremendous cleanup crew — Alex wants to know when you are coming to bake cookies?!).)

Other food donations compliments of: Maitland Blackwell (Canadian Tire Gas Bar North); the 64th Regina St. James Scouts; Norman Csada; Dean & Traci Schmekel; SaskTel Pioneers; Jennifer Grossman; Mr. & Mrs. Cummings; and Linda Norton.

Sock Initiative thank you's go to:

CGI (candy experts one and all - personal preferences made for yummy candy bags), Lever Pond's (comes out at the top spot for the most donated items from one company), St. James United Church (tremendous group effort for contributions from this congregation), Janet Klein (a matchless seamstress for the mass producing of gift bags), DeAnne Csada (possesses a definite knack for seeking out donations —Bravo), Craig Sugar (Santa's right hand man — couldn't have done it without you).

Other Sock Initiative items compliments of: Army & Navy Dept. Store, Mr. D. Bodnar; Book & Brier Patch; Dr. Claude G. Ibbott; Heritage Canada; Dr. James D. Henderson; Home Depot; Wayne Kuss (the Kidney Foundation); McDonald's Restaurants Ltd; National Native Role Model Program; Playtex Limited; Red Apple Clearance Store; Ruckers Family Fun Centre (South); The Bay; Safeway (Northgate location); Shoppers Drug Mart (Grant Road); Supreme Office Products; United Way Gift In Kind Program.

Christmas Fund Contributor thank you's are extended to:

Brian Cobbledick; Canadian Progress Club Regina Assiniboine; the Co-operators; Sask. Energy & Mines (Colleen Flaman, Lynn Jacobson, Ev Popp, Bert Poitrais); Martin Luther Manor Tenants Association, Regina Centre NDP Constituency Association, and Heather Ivey.



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, Scott Klassen, Nadine Egler Wiome

Peer Helping Project Coordinator:

Traci Schmekel

Peer Helping Project Co-facilitator:

Ashley Kyle-Tyndale

Young Parent Program Coordinator:

Lori Harper

Young Parent Program Co-facilitator:

Laura Cummings

Road to Employment Coordinator:

Ruth Robillard

Road to Employment Co-facilitator:

Brian Delorme

Cook:

Alex Pelletier



Peer Helper facilitates at International conferences

After several successful fundraisers, Rainbow's Peer Helpers were able to send one youth to attend two conferences in San Diego California in December.

Lori Grohs, who has been involved with Peer Helpers since 1996, was chosen to represent Rainbow and the Peer Helpers at both the Leadership and Wellness Conference and Native Youth Paths Conference, which took place over a one week period.

Lori facilitated sessions on Self-Esteem Building and Peer Pressure to two groups of youth, despite having a bad bout of the flu.

It was the third time Rainbow's Peer Helpers have had representation at these International conferences.

The Rainbow staff would like to express our sincere appreciation to our 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
- Associated Entities Fund
- Heritage Canada

...our donors

The Eastview Rotary Club, Little Flower Church, the Regina Interfaith Committee, St. Georges Orthodox Church, Holy Trinity Church, Holy Cross Church, Elizabeth Regina IODE, CUPE Local 1594, IPSCO, SaskTel, Dependable Vacuums Plus, Saskatchewan School Trustees Association, Linda Smith, and all the generous people and organizations who donated to our annual Youth Christmas Party (see article on page 2).

and our volunteers

Dionne Baergen, Heather Bregenser, R. DuBois, Chantelle Ernst, T. Friday, L. Goodwill, Jennifer Grossman, Sung Jang Hyung, Joana Javier, Scott Klassen, Yong Chan Ku, Crystal Lang, M. Lerat, Nobuko Maki, L. Moffatt, Jackie Mushka, Nicole Protz, Terrance Sunshine, Mecky Tam, M. Towle, R. Wilton, Yuko (Cindy) Yamasaki, Andre Denis, John Klassen, SaskTel Pioneers, Canadian Progress Club, and members of Rainbow's Board of Directors.

Rainbow

youth centre

Tel. 757-9743

2338 Dewdney Ave.,
Regina, Sk. S4R 1H5

Winter Programs 2000

PROGRAMS ARE FREE OF CHARGE TO ALL YOUTH 11-19
(TO 25 IN CERTAIN PROGRAMS)

Drop-in Hours

Weekdays 3:30 to 6:30 pm

During Rainbow's "drop-in" hours youth can 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.

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 adults 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.

Swimming

Mondays 6:45 - 8:45 pm

Youth leave Rainbow at 6:45 pm, accompanied by supervisors 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.

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.

Why Toques Eh!

Tuesdays 6:45 - 8:45 pm

When the weather is fine, youth will explore Saskatchewan's unique winter climate, participating in activities such as tobogganing at Mt. Pleasant, outdoor skating and hockey at Leslie Park, and other winter activities. All equipment such as toboggans, skates and hockey sticks are provided. On more inclement Tuesdays, we will be bowling or using the gym at Stewart Russell School.

Guardian Eagles

Wednesdays 6:45 - 8:45

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

Just For You-th

Thursdays 6:45-8:45 pm

This is a time for youth to express their personal ideas and assertiveness in a non-competitive way to build their pride and self-esteem to be proud of who they are. Activities will include games and sporting events.

Cooking Rainbow Style

Thursdays 6:45 - 8:45 pm

Every Thursday youth will learn how to cook and have fun in the kitchen. The program will teach youth how to make nutritious meals and snacks with basic ingredients. Youth will learn healthy food choices, kitchen safety and etiquette. The program accommodates 10 youth every week.

Your Choice

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. Your Choice 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 support to parents between the ages of 11-25.

A comprehensive 14-week parenting support group runs twice a year - March to June and September to December. This group is held at the YWCA every Tuesday and Wednesday afternoon from 1 to 4 pm.

This program also offers Summer and Winter Workshops that may include such topics as Nutrition and Budgeting, Grief Work, Parent Effectiveness Training, Anger Management, and Self-Esteem for the Family.

In addition, a Young Parent Support Group meets regularly Thursdays from 6:45 to 8:45pm. This is a self-directed group that meets to further strengthen the parenting skills they are acquiring.

For information, registration, or referrals, call the Young Parent Program at 757-9743. Childcare and transportation are provided.

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).

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, setting realistic goals and developing skills.

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 program start dates, or to make referrals, contact the Program Coordinator at 757-9743.

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.



Winter Schedule 2000

Current Address:
2338 Dewdney Ave.,
Regina Sk. S4R 1H5
Phone: (306) 757-9743
E-Mail: rainbow@cableregina.com
Web Page:
www.cableregina.com/nonprofit/rainbow

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 Thurs., 4 - 6:30 pm				
Supper: 5 pm				
Art with Tyler 6:45 - 8:45 pm	Why Toques Eh! 6:45 - 8:45 pm	Guardian Eagles 6:45 - 8:45 pm	Just For You-th 6:45 - 8:45 pm	Your Choice 6:15 pm
			Cooking Rainbow Style 6:45 - 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
			Skills for Adolescence 6:45 - 8:45 pm	
Anger Management Program 6:45 - 8:45 pm	Substance Use & Abuse 6:45 - 8:45 pm	Anger Management Program 6:45 - 8:45 pm		