

## 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

## Teen Help Centre busy helping youth at Buffalo Days

Rainbow's Teen Help Centre made its ninth appearance at Regina's Buffalo Days Exhibition this past August, recording a whopping 7,693 contacts during the six-day run.

The Teen Help Centre provides a safe location for youth, and immediate crisis intervention services.

Housed in a tent near the midway, trained youth peer helpers provide youth counseling services, act as support for Exhibition security and Regina Police, make agency referrals, and provide information on youth issues. Besides being at the tent, peer helpers walk in pairs around the entire Exhibition site, very noticeable in their distinctive yellow tshirts.

This year 17 youth members of Rainbow's Peer Helper Program took part in the project.

## Road to Employment graduates ten youth— new group postponed

Road to Employment IV, Rainbow's job development program, wrapped up at the end of August.

Ten participants successfully completed all parts of the program. Of these, six are employed and 2 have returned to school to further their education.

There continues to be a lot of interest in the next Road to Employment Program. However, since major changes in G.E.D. testing are to be initiated by the government in January 2002, the new program needs to be delayed until then.

Youth interested in enrolling in the new program should leave their phone number with Rainbow, and they will be contacted when orientation dates are set.



Seen here with Executive Director Danielle Sweatman (far left) are SaskEnergy's Trish Watier, Geri Kreway and Shawn Fairman. Around them are some of the kitchen appliances donated to Rainbow by SaskEnergy.

## SaskEnergy

# A good friend indeed!

Rainbow salutes SaskEnergy as a very special corporate friend.

In the last six months, SaskEnergy has made major contributions in four different areas in the organization.

They started by helping both financially and in-kind to our Annual Dinner Theatre fundraiser in May. They were title sponsor and arranged many prizes for the accompanying silent auction.

They provided food, a barbecue, and cooks for our Annual Youth Picnic in August.

They donated a universal gym to re-establish an exercise area for our youth.

Last, but by no means not the least, they donated much of the commercial kitchen equipment from their closed-down cafeteria to the Centre. Having noticed the inadequacies of our kitchen while volunteering at Rainbow on last year's United Way Day of Caring, Leslie Gosselin

Director of Corporate & Community Affairs, remembered us when she heard the disheartening news that SaskEnergy would lose its cafeteria when it moved.

Rainbow received a stand-up freezer, a stand-up cooler, a pastry cooler, hot and cold serving tables, and a meat slicer. This equipment is invaluable to our kitchen operations, and we would never have been able to afford any of it.

Our food programs now include snacks for youth seen by our outreach crew, snacks for young moms and their children during our Young Parent Program, as well as our hot suppers, weekdays at 5 pm.

The kitchen is set to be renovated over the Christmas period, and the new equipment will fit in perfectly.

It is with sincere gratitude that we thank SaskEnergy and its employees for their support.



Seen here is Rainbow's beautiful float in the 2001 Buffalo Days Parade, which took place Saturday July 28th. Thanks to all those who helped put the float together, and to Greg Doti of ABC Central Towing, who pulled the float with his awesome rig.

## *Rainbow staff, youth attend U.N. Forum in Ottawa*

C.A.R.E. Program Coordinator Laura Cummings, and Peer Helper Solomon Cyr traveled to Ottawa this past July to attend a National Youth Forum preparing for the United Nations Youth Conference Against Racism, Racial Discrimination, Xenophobia and Related Intolerance (WCAR) held in Durban, South Africa.

Youth from across the country came together to discuss Canada's priorities and positions, ensuring that youth voices were heard and communities represented at the Durban events.

Speakers included the Honourable Hedy Fry (Secretary of State for Multiculturalism and the Status of Women), Asha Noel (member of the International Youth Coordinating Committee), Gilbert Scott (WCAR Executive Director) and Jaime Koebel, Chair (WCAR Advisory Committee's Youth Working Group).

The Forum was a great learning experience, and we'd like to thank the Programs Branch - Canadian Secretariat of the Aboriginal Peoples, for making our participation possible.

## **C.A.R.E. project provides presence on Regina streets**

The Creating A Respectful Environment (C.A.R.E.) Project has been back on the road again since January 2001.

Serving the North Central, Core, Al Ritchie, Glen Elm, Glenclair and Eastview areas, we have made contact with youth across the city.

The staff (Murray, Randy, Eleanor and Laura) provide a "presence" on the streets in the late evening hours. They do crisis intervention, provide immediate counseling, and as well have information on programs and services available in the community.

Daytime projects have included making connections with community residents (including the adoption of Parkdale Park), interacting with and learning from the residents of Lovering Place, working with the North Central Community Police Service on crime prevention projects, making community awareness education presentations, as well as taking part in community events.

The van is out roaming from Tuesday to Saturday evenings and can be reached on the cell phone at 537-3170.

### **Rainbow Board of Directors**

Walter Selke (Chairperson)  
 Dan McGill (Vice-Chairperson)  
 Joe Hoffman (Treasurer)  
 Carrie Bourassa  
 Omer Champigny  
 Lance Dudar  
 Glen Gardner  
 Mary Thomas  
 Logan Tolver  
 Audra Young

### **Rainbow staff**

*Full and Part-time - as of Sept. 25, 2001*

#### **Executive Director:**

Danielle Sweatman

#### **Administrative Coordinator:**

John Dufort

#### **Program Coordinator:**

Sandra Pfeifer

#### **Youth Work Coordinator:**

Gwen Desjarlais

#### **Youth Workers:**

Kerri Heppner, Derek Csada, Jeff More

#### **Peer Helping Project Coordinator:**

Temporarily vacant

#### **Peer Helping Project Co-facilitator:**

Monique Fisher

#### **Young Parent Program Coordinator:**

Lori Harper

#### **Young Parent Program Co-facilitator:**

Jen Reid

#### **CARE Outreach Program Coordinator:**

Laura Cummings

#### **CARE Outreach Workers:**

Randy Constant, Murray Hepting, Eleanor Moshenko

#### **Cook:**

Alex Pelletier

#### **Building Maintenance:**

Marvin Abrahamson

# Young Parent Program has new space for office, childcare, and used stuff

The Teen & Young Parent Program now has walled-in space, thanks to extra funding from Health Canada's Community Action Program for Children and a good price from the Saskatchewan Property Management Corporation.

This will result in a more secure space for the childcare area (seen picture at left), and more privacy for the office.

Since moving to the main floor of the building, the Young Parent Program now has space to store furniture and household items that are donated for the utilization of young families just starting out.

The Program has set up a book donation area to collect children's books for distribution to young families to promote literacy

The Program also has a used clothing bank for children aged 0-6. Thank you to the young parents who have made contributions. Please call Program staff to arrange access.



## 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 Youth Centre would like to express sincere appreciation to its funders

- |  |   |
|--|---|
| ■ Regina Health District   | ■ Saskatchewan Justice                      |
| ■ Human Resources Development Canada   | ■ Regina Education & Action on Child Hunger |
| ■ The Muttart Foundation   | ■ Saskatchewan Action Plan for Children     |
| ■ Saskatchewan Social Services   | ■ Associated Entities Fund                  |
| ■ City of Regina   | ■ Saskatchewan Lotteries                    |
| ■ United Way of Regina   | ■ Womans' Secretariat                       |
| ■ Community Action Plan for Children, Health Canada                              |   |
| ■ Career & Employment Services, Sask. Post-Secondary Education & Skills Training |   |

## and recent donors

SaskEnergy, SGI, TD Canada Trust, City of Regina (donation in lieu of gift to Prince Charles), Access Communications, Elizabeth Regina I.O.D.E., Holy Cross Church, St. Peter's Catholic Women's League, Sunset United Church, Little Flower Parish, Maureen Mathew, Lily Tingley, Marie Cummings, Ruth & Susan McGill, Donavon Maier, Walter Logan, Linda Smith, Audra Young, and Gwen Desjarlais.



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## Drop-in Hours

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### 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 cards/board games/ping pong, read magazines or books, use the telephone, draw, work on special projects, work on their resume, do homework, or chat with a youthworker.

Our facility has gym space, and youth are welcome to come "shoot hoops" or take part in other gym activities during drop-in.

All activities are supervised to ensure a safe and positive atmosphere.

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

Drop-in activities are suspended from 5 to 5:30 pm for supper.

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## Free Hot Supper

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### Weekdays at 5 pm

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

Supper is not served after 5:15 pm.

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## Computers

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### Monday to Friday 3:30 - 6:30 pm (ex. 4:55 - 5:30 pm)

Computers are available to youth during "Drop-In" hours. Many educational and skill-building programs are offered. The Centre also has internet access. 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 have a safe and positive computer experience.

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## Wheels in Motion

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### Mondays 6:45 - 8:45 pm

One of the most fun ways of learning, building rapport, and gaining knowledge from one another happens while travelling together in a vehicle. In this program, the RYC bunch set out to see the city attractions in one of our 15-seater vans. Discussions will take place on such topics as awareness, leadership, respect, and being a community member. Their minds and focus will be broadened while the wheels are in motion. Space is limited.

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## The Surfing Mouse

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### Mondays, 6:45 - 8:45 pm

An evening program designed to help youth with computer knowledge and Internet exploration. Regular participants may be eligible to have their name entered into a draw for a computer of their own.

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## Swimming

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### Tuesdays 6:45 - 8:45 pm

Youth leave Rainbow at 6:45 pm, accompanied by staff and volunteers, to use the pool facilities at the Sandra Schmirler or Doug Wickenheiser Leisure Centres. Rainbow has swim suits and towels to lend youth for this popular program. Youth are transported to and from the pool, and are supervised there to ensure everyone has a positive experience.

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## Gym Nite

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### Wednesdays, 6:45 - 8:45 pm

Being healthy is being active. Youth are welcome to join us in Rainbow's own gym space for a variety of recreation and gym activities such as floor hockey, basketball, volleyball, relays, and hopefully some special presentations to help keep healthy and fit.

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## Urban Teen Final Edition

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### Wednesdays 6:45 - 8:45 pm

Youth are invited to check out and contribute to the final edition of Rainbow's Urban Teen, a magazine by and for young people. We seek budding journalists, artwork, story tellers, editors, joke writers, photographers, and production people. No experience is necessary, and it promises to be lots of fun.

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## Teen Scene

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### Thursdays 6:45 - 8:45 pm

Boys night out! Girls night out! A great night of fun is promised, with two group activities running at the same time. That's right, a group for females and a group for males. There will be a range of activities, including occasional outings, and some great presentations too. Ideas for the programs will be youth driven, and based on specific needs of the males and females.

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## Video Night

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### Fridays 6:45 - 8:45 pm

A quiet night to pop some popcorn, relax and enjoy a good show together. Staff chooses the videos, but suggestions are always welcome. We like to laugh, nail bite through suspense, and sometimes get choked up with a good tearjerker. We are not the gory, horror and violent types. Video picks try to reflect Rainbow's safe and positive environment.

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## Basketball

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### Fridays 6:45 - 8:45 pm

If watching a video is not of interest, then youth can gather some friends and get their game on for some basketball on the RYC court. Sorry, popcorn is only for the video buffs.

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## Young Parent Program

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Rainbow's Young Parent Program provides a wide range of services and supports to young parents under the age of 25.

A comprehensive parenting group is offered twice a year, as well as summer and winter workshops. Topics may include childhood development, budgeting, first aid, nutrition, play & learn, parent effectiveness training, and self-esteem for the family.

Childcare and transportation are provided for all Young Parent programs.

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

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## Peer Helping Program

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The Peer Helping Program trains youth ages 14 to 25 in peer helping, assertiveness training, self-esteem building, leadership development, combating racism, awareness of 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 been involved with theatre productions, where they learned and practiced drama techniques and performed plays on relevant youth issues. The group also organizes Rainbow's annual Youth Week (which celebrates the positive contributions made by youth in Regina), and 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.

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## Road to Employment

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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 drivers license. The objective of the program is to remove these barriers that 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).

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## C.A.R.E. Outreach Program

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The C.A.R.E. Program involves two aspects: Community Liaison and Street Outreach. The objective of the Community Liaison component is to involve community members of high crime areas in developing proactive crime prevention strategies. The Street Outreach component provides a "presence" on the street, as well as immediate counselling, crisis intervention and referral services. An outreach van roams the streets Tuesday through Thursday evenings from 8 pm to 1 am, and on Friday and Saturday evenings from 9 pm until 2 pm. Outreach workers can be reached at their cell phone up to 1 hour before and after their time on the street. The number is 537-3170.

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## Anger Management

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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.

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## Skills for Adolescence

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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.

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## Substance Use and Abuse

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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 six weeks. For upcoming start dates, or to make referrals, contact the Program Coordinator at 757-9743.

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## Referral Services

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Youth workers are always available to support youth 11 to 19 years old who are 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. Rainbow is knowledgeable in the variety of youth services available in the Regina area. Appropriate referrals are made based on the needs of the youth.



Rainbow Youth Centre is  
a United Way Agency

# **Rainbow** *youth centre*



## Winter Programs

|               |                |                  |                 |               |
|---------------|----------------|------------------|-----------------|---------------|
| <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> |
|---------------|----------------|------------------|-----------------|---------------|

**Drop-in Hours** Mon. to Fri., 3:30 - 6:30 pm

**Computers/Gym Time** Mon. to Fri., 3:30 - 6:30 pm

|  |   |  |  |  |
|--|---|--|--|--|
|  | <b>Young Parent Program</b><br>1:00 - 3:30 pm | <b>Young Parent Program</b><br>1:00 am - 3:30 pm | <b>Young Parent Program</b><br>1:00 am - 3:30 pm |  |
|--|---|--|--|--|

**Supper: 5 pm**

|   |   |  |   |   |
|---|---|--|---|---|
| <b>Swimming</b><br>6:45 - 8:45 pm                 | <b>Cooking/Photography</b><br>6:45 - 8:45 pm                      | <b>Outdoor Fun/Bowling</b><br>6:45 - 8:45 pm | <b>Teen Scene</b><br>6:45 - 8:45 pm             | <b>Video Night/Basketball</b><br>6:45 - 8:45 pm |
| <b>The Surfing Mouse</b><br>6:45 - 8:45 pm        | <b>Peer Helping Program</b><br>6:45 - 8:45 pm                     | <b>Drama</b><br>6:45 - 8:45 pm               | <b>Peer Helping Program</b><br>6:45 - 8:45 pm   |   |
| <b>Anger Management Program</b><br>6:45 - 8:45 pm | <b>Substance Use &amp; Abuse Education Pgm.</b><br>6:45 - 8:45 pm | <b>Urban Teen</b><br>6:45 - 8:45 pm          | <b>Skills for Adolescence</b><br>6:45 - 8:45 pm |   |

**C.A.R.E. Outreach Van - Cell: 537-3170**

Tues. - Thurs., 8 pm - 1 am,  
Fri. & Sat. 9 pm - 2 pm

**Address: 977 McTavish St., Regina Sk. S4T 3V2**

**Phone: (306) 757-9743 E-Mail: rainbow@accesscomm.ca**

**Web Page: www.cableregina.com/nonprofit/rainbow**