



**Don Burnstick**

## **Youth inducted into RTE 6 and MOVEUP work & study programs**

On March 3<sup>rd</sup>, twenty-eight youth started day-programming activities with Rainbow's Road to Employment Program and the MOVEUP Homelessness Project.

Twenty youth started in the sixth edition of RTE, a 66 week program designed to help them get extensive lifeskills training, their GED or Grade 12 equivalency, much-needed work experience, and that ever-so-desired driver's license.

Eight youth have joined MOVEUP for six months, which will include a month of lifeskills and work training, followed by five months of work experience doing door to door housing surveys, helping with exterior housing inspections, and working with the CPTED (Crime Prevention Through Environmental Design) Program.

## **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

# **Burnstick's back!**

## **Humourist returns for annual fundraiser**

Following a sellout performance at last year's Rainbow Benefit Dinner, aboriginal comedian and educator Don Burnstick has agreed to return for another Rainbow fundraiser, this year being held on Friday May 2<sup>nd</sup>.

The Comedy Benefit Dinner 2003, to take place again at the Delta Regina (1919 Saskatchewan Drive), will also be a celebration of Rainbow Youth Centre's 20<sup>th</sup> anniversary.

Major sponsors of the event are SaskEnergy, SaskTel, Z-99 and Global Television.

The performance will be preceded by a full course meal, and other entertainment. There will also be an extensive silent auction.

A Cree from the Alexander First Nation in Alberta, Burnstick has a background in holistic education and training.

He has been involved in the wellness

and healing movement for the past seventeen years, using humour as a facilitation method at conferences and training workshops throughout North America.

Don takes a humorous look at people, their habits, likes, and dislikes. His high energy takes the audience on a non-stop rollercoaster ride of laughter.

Last year, Don also hosted the Aboriginal Achievement Awards, broadcast on the C.B.C. in April.

Tickets, both corporate and individual, are available by contacting Danielle or Maya at Rainbow (757-9743).

Arrangements should be made well in advance, as some people were disappointed last year when they came at the last minute and found no more tickets were available.

Also, tables are able to be reserved in advance, so groups can sit together.



*A view of Rainbow's awesome float for last summer's Buffalo Days Parade, featuring plenty of youth in their personally-designed Rainbow t-shirts. Thanks to Redhead Equipment Ltd., who donated the truck, Barry Bogden, who donated the trailer, and Don Daymon who put the whole deal together for the event.*

## Rainbow Staff

full and part-time  
as of February 28, 2003

**Executive Director:**

Danielle Sweatman

**Administrative Coordinator:**

John Dufort

**Office Assistant**

Maya Sharma

**Program Coordinator:**

Sandra Pfeifer

**Attendance Centre Facilitator**

Monique Fisher

**Youth Work Coordinator:**

Gwen Desjarlais

**Youth Workers:**

Germaine Coates

Webster Lee

Terrance Sunshine

**Young Parent Program**

**Coordinator:**

Kim Wolbaum

**Young Parent Program**

**Co-facilitator:**

Nadine Egler-Wiome

**CARE Outreach Program**

**Coordinator:**

Derek Csada

**CARE Outreach Workers:**

Randy Constant

Brandi McKinnon

**Road to Employment Program**

**Coordinator:**

Raylene LeBlanc

**Road to Employment Program**

**Co-facilitator:**

Jen Reid

**MOVEUP (Homelessness) Project**

**Coordinator:**

Tammara Tesar

**MOVEUP (Homelessness) Project**

**Co-facilitator:**

Jeff Dudar

**Kids First Staff:**

Michelle Bell

Amy Maple

**Cook:**

Alex Pelletier

**Building Maintenance:**

Marvin Abrahamson

# Do we make a difference?

A young person came to Rainbow's Young Parent Program dealing with several issues and obstacles.

She was a young mother-to-be who was struggling immensely with poverty, inadequate housing, spousal abuse, low self-esteem, and unsure about parenting a child alone.

She was living in an area where she felt unsafe, an unhealthy environment where prostitution was on her street every night.

She suffered extreme abuse from her ex-boyfriend on several occasions.

The Teen and Young Parent Program has been a stepping stone, providing support for her in many different ways.

She joined the 14-week parenting group, which offers parenting skills, life skills, social development, as well as pre-natal and post-natal care. We also provided referrals for her to access other needed community resources.

The Centre provided support for her to find the adequate housing she now lives in. While she and a member of the program staff were searching for housing, she commented: "My daughter and I deserve better than what we were living in!" This was a very powerful statement from a person who, when she joined the program, had very little self-esteem.

Since completing the Teen and Young Parent Program, this strong woman is proud when speaking of her accomplishments, and of her ability to overcome the numerous obstacles preventing her from moving on with her life.

She no longer has contact with her ex-boyfriend. She is at a place in her healing journey where she feels comfortable speaking with others in her support group about the abusive relationship she was in.

She has actually taken on a supportive role, and is helping other women who are living similar stories.

Rainbow Youth Centre recognized this person's strength and potential, interviewing and hiring her for a position at the Center.

Recently, we are proud to report that she has obtained full-time employment with the Government.

Needless to say, this remarkable young woman's story is a true example of how community agencies can help make a difference in young people's lives.

In guiding, supporting and mentoring, we are able to help young people recognize their own potential and inner strengths.

As this woman has demonstrated, once given the tools, they are able to find new and healthy ways to meet life challenges.

## Peer Helpers host Eleventh Annual Teen Help Centre

Once again, Rainbow's Peer Helper Program hosted the Teen Help Centre at the Regina Buffalo Days Exhibition, which was held July 30<sup>th</sup> to August 4<sup>th</sup>.

The Teen Help Centre is an on-site crisis intervention tent offering services such as crisis counseling, referrals to other community agencies, contraception information, and general information about various health topics.

The Teen Help Centre is a youth-run operation. Volunteers between 14 and 25 years of age, trained in peer counseling, staffed the tent and walked around the Exhibition site.

Equipped with cell phones, flashlights, a list of emergency phone numbers and their infamous bright yellow shirts, the Peer Helpers made themselves available to the patrons of the Exhibition to assist in



**Tent and Staff**

all sorts of situations.

Established in 1992, influenced by Linda Smith a year after her daughter was procured into prostitution at the Regina Exhibition and subsequently murdered on the streets of Victoria, the Teen Help Centre has strived to provide a safe and accessible location for youth at the Exhibition.

Open from 6 pm until closing, the Centre's Peer Helper team made 3,234 contacts at the six day fair.

Rainbow Youth Centre is  
a United Way Agency



# Christmas Party features rap, improv and Santa

Over 200 persons attended Rainbow's Annual Youth Christmas, held this year on Wednesday, December 18<sup>th</sup> at the Centre.

Again this year, youth were treated to a wonderful meal of turkey, ham, perogies, and all the other traditional trimmings, served up by distinguished guests including Mayor Pat Fiaco, Hon. Ralph Goodale, City Councillor Rob Deglau, MPP Warren McCall, Assistant Police Chief Rod Sawatzky, as well as Roughriders Ron Estay, Tim Kearse, and Vic Stevenson.

Entertainment followed, consisting of the Scott Collegiate Improv Team, followed by local rap group *Da Squadron*. Both were exceptionally well received.

A highlight of the evening was the appearance of Santa, first to the young moms and their children, and then to the general youth in attendance. He handed out bags, filled with many small gifts.

The Christmas Party was only made possible because of the many contributions, financial and in-kind, that were provided. We at Rainbow Youth Centre would like to thank the following for their generous support.

## Financial contributions:

Spring Services, Wesley United Church, Dwaine & Barbara Dornan, Beatrice McBeath, Regina Police Association, Regina Centre Provincial NDP, Taylor Volkswagen, Labbatt Breweries, Carrie Bourassa, Ron's Car Cleaning Service, Bellamy Kia, M.C. Painting and Body Works, Warner Industries, Queen City Auto Body, Custom Creations, Fibrenew Industries, Vacuum Master, Shenher Insurance, Loraas Disposal, Anderson Auto Sales, Miracle Auto Touch, Custom Silkscreening, Murrays Auto Sales, HK Insurance, Truck Brite, Car Brite, Saturn Isuzu, Jim & Doreen Wyatt, Taylor Lexus Toyota, Exodus Technologies, Phil & Colleen Lundeen, St. George Orthodox Cathedral, Jason Yee, St. James United Church, Blair Bergen.

## Christmas gift and food donations:

Lakeview United Church, Sunset United Church, St. James United Church, Wesley United Church, Supreme Basics, Office Depot, Knight Archer Insurance, Marie & Jim Cummings, Dr. C. Ibbott, Camilla

McCabe, Rootman Agencies, Dr. G. White, SaskTel, CIBC, Rainbow Cinemas, SGEU, Casino Regina, Pepsi Bottling Group, Sherwood Dental, Sherwood Credit Union, Z-99, Old Dutch Foods, Weston Bakeries, Kraft Canada, Mitchell's Gourmet Foods.

## Volunteers:

Scott Aspeletier, Marie & Jim Cummings, Carol Fisher, Joe Hoffman, Laureen LaBrash, Dan McGill, Jason Pass, Owen Sweatman, Marcel Toupin, Carrie & Chad Bourassa, Walter Selke, Lance & Debbie Dudar, Audra Young, Mavis Tremblay, Heather Johnson, Don Dupasquier, Russell Vandevord, Erica Reid, Meghan Saunders, Shirley Bonk, Taylor Bellegarde, Angelique Corrigan, Alma Zimmerman, Diane Weibel, Jody Burnett, Brenda Campeau.

To all these people and organizations who made this very successful event possible, and to any other contributors we may have missed, our sincere gratitude and thanks.

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

- Regina Health District
- Human Resources Development Canada
- Health Canada - Community Action Plan for Children
- Saskatchewan Corrections & Public Safety Services
- City of Regina
- Saskatchewan Justice
- Can-Sask Career & Employment Services
- KidsFirst Regina
- United Way of Regina
- Regina Education & Action on Child Hunger
- Saskatchewan Community Initiatives Fund
- Saskatchewan Action Plan for Children
- Saskatchewan Associated Entities Fund
- Canadian Heritage
- SaskCulture
- Industry Canada
- Norman M. Paterson Foundation
- Saskatchewan Lotteries
- Womans' Secretariat
- Eastview Rotary Club
- Regina Treaty & Status Indian Services
- The Muttart Foundation
- Linking Community Voices
- Regina Housing

## and recent financial and in-kind donors

Andre Denis, Blair Bergen, Janis Nichols, Al Orban, Pam Ward, Vada Wooley, Jason Yee, Marueen Matthew, Claire O'Connor, Shirley Good, Rudy Tollman, Holy Cross Church, St. George's Charity Fund, St. Peter's Catholic Womens League, All Saints Anglican Church, Little Flower Parish, Holy Trinity Roman Catholic Parish, Sifton United Church Women, Fort Qu'Appelle Womens Talking Circle, Fort Qu'Appelle Spirit of the Valley, Elizabeth Regina IODE, Sask. Girl Guides, the tradesmen from the Co-op Upgrader, SaskEnergy, G & R Mechanical Contractors, Crystal Ice, SaskTel Pioneers, CGI, TD Canada Trust, Nortel Networks, Royal Bank, Frank Buck, AMJ Campbell Van Lines, others acknowledged elsewhere in this newsletter, the members of Rainbow's Board of Directors, and any others we have inadvertently missed.



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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**Drop-in Hours** Mon. to Fri., 3:30 - 6:30 pm

**Computers/Gym Time** Mon. to Fri., 3:30 - 6:30 pm  
All activities stop from 4:45 to 5:30 for supper

	Young Parent Program 1:00 - 4:00 pm		Young Parent Program 1:00 am - 4:00 pm	
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**Supper: 5 pm** No one served after 5:15  
Supper for 0-19 years old; to age 25 if clients of certain Rainbow programs

<b>Swimming</b> 6:45 - 8:45 pm	<b>World Wide Experience</b> 6:45 - 8:45 pm	<b>PAC Personal Acceptance &amp; Change</b> 6:45 - 8:45 pm	<b>Rainbow Time</b> 6:45 - 8:45 pm	<b>Video Night</b> 6:45 - 8:45 pm
<b>Anger Management Program</b> 6:45 - 8:45 pm	<b>Substance Use &amp; Abuse Education Pgm.</b> 6:45 - 8:45 pm	<b>Anger Management Program</b> 6:45 - 8:45 pm	<b>Skills for Adolescence</b> 6:45 - 8:45 pm	

**C.A.R.E. Outreach Van - Cell: 537-3170**  
Tues. - Thurs., 7 pm - Midnight  
Fri. & Sat. 8 pm - 1 am

Address:  
977 McTavish St., Regina Sk. S4T 3V2  
Phone: (306) 757-9743 E-Mail: rainbow@accesscomm.ca

Rainbow's programs are free of charge to all youth 11-19 (up to 25 in certain programs), and are supervised to ensure a safe and positive atmosphere.