

# Winter 2005 Newsletter

# **Rainbow**

e-mail: [rainbow@accesscomm.ca](mailto:rainbow@accesscomm.ca)  
website: [rainbowyouth.com](http://rainbowyouth.com)

977 McTavish St., Regina Sk. S4T 3V2  
Tel. (306) 757-9743 Fax 757-9759

*youth centre*

## Humourist "Moccasin Joe" to appear at Rainbow's Annual Comedy Dinner



*Leonard Dick, alias "Moccasin Joe"*

The feature entertainer this year will be humourist Leonard Dick, also known as "Moccasin Joe", who has amused audiences for a number of years.

Leonard Dick, a member of the Fort William First Nation, does stand up comedy and conducts workshops dealing with humour and its importance in healing First Nations people.

He draws from his life experiences to develop his fictional character, "Moccasin Joe".

As Moccasin Joe, he becomes a stereotypical Indian, poking fun both at himself and at all the stereotypes.

The evening will also feature a fine buffet meal, an extensive silent auction, door prizes, and other entertainment.

Tickets for this important fundraiser are only available in advance, and can be purchased individually or in groups of eight by calling Rainbow Youth Centre (757-9743)

### YPP partners with Albert Library on computer program

Rainbow's Young Parent Program has partnered with the Albert Community Library to provide computer-based workshops for its young parents.

This partnership allows participants to practice word processing and to enhance internet knowledge through the use of a 10-laptop computer lab.

The lifeskills portion focuses on developing job readiness skills either for further training or for future employment.

Parents under the age of 25 who have an interest in this program should contact the Young Parent Program for more information.

### "Taking C.A.R.E." emphasizes community volunteer work

Rainbow's C.A.R.E. Program has changed its Saturday format.

"Taking C.A.R.E." is a Saturday afternoon program that provides youth with an introduction to volunteer experiences and to positive leisure activities.

The program is an opportunity for youth to be involved with building community in our city. The valuable skills youth learn from **Creating A Respectful Environment** assist them with goal-setting and decision-making.

"Talking with youth, we found out that on weekends, they find it harder to occupy their

time in a positive way" said YouthCARE worker Brandi MacKinnon.

To take part in these activities, youth must register with the YouthC.A.R.E. staff at the Centre.

#### Rainbow's 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

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## **WINTER 2005 PROGRAMS**

Programs are free of charge to all youth 11-19  
(and up to 25 in certain programs)

Rainbow is a supervised environment promoting  
a safe and positive atmosphere.

Youth are expected to be at Rainbow by 4:45 pm for supper  
and by 6:30 pm if attending an evening program.

## **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 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 youth C.A.R.E. worker.

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

The membership, tour, and orientation process are also available at this time.

Drop-in activities break from 4:45 pm to 5:30 pm for supper.

## **Free Hot Supper**

**Weekdays at 5 pm**

Every weekday Rainbow provides a hot nutritious meal, served at 5 pm to youth (ages 11-19) 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.

## **Computers**

**Monday to Friday 3:30 - 6:30 pm (except 4:45 - 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.

## **Roots**

**Mondays 6:45 - 8:45 pm**

Have you ever woken up in the morning, and looked in the mirror and thought "What makes me ME?" This new program won't be a discussion group - youth will use other ways to look inward. Drawing, painting, photographing, filming... whatever they do, it will just have to be about them.

## **V.I.P.**

**Tuesdays 6:45 - 8:45 pm**

Youth are invited to broaden their horizon through enjoyable empowering activities designed to make them feel like a Very Important Person. The program will be split into two groups, one for boys and the other for girls. V.I.P. will focus on developing leadership skills.

## **In Motion**

**Wednesdays 6:45 - 8:45 pm**

This program is for youth who would enjoy some physical fitness and activity. They will be learning how to stay physically fit through sport and exercise. They will also learn about nutrition and eating a well-balanced diet. The program will show that being "in motion" can be more fun than sitting around.

## **Hip Hop Mania**

**Thursdays 6:45 - 8:45 pm**

In conjunction with CommonWeal's Prairie Roots Project, this program will give the youth an opportunity to learn about hip-hop holistically, from DJ to freestyling, break-dancing, etc. Youth will be encouraged to explore their creative side and express their inner feelings in this idiom. There will even be a visit to a professional studio, with all the equipment to produce hip-hop music. This program is eight weeks in length, ending in mid-March.

## **"Bow" Night**

**Fridays 6:45 - 8:45 pm**

Friday nights are FUN! Youth are invited to come to the "Bow" for an evening of excitement. Activities may include improv, sports, special events, and the ever-popular videos & popcorn.

## **Other services available at Rainbow**

- Volunteer opportunities
- Learning/mentoring opportunities for work experience placements & practicums (both high school and university)
- Youth placements for community service orders and fine option programs.

**For more details,  
contact the Program Coordinator**

## Young Parent Program

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

A comprehensive 14 week 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.

In addition, we offer a Parent-Infant Play Group in partnership with Kids First. This group provides parents an opportunity to take an active role in helping their infants learn through play. Childcare and transportation are provided for all Young Parent programs.

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

## KidsFirst

The KidsFirst Program provides services and support to parents as they raise young children.

It is a free, voluntary program that utilizes home visitors to help guide families in making healthy choices. They provide help to access services such as childcare and parent support groups, early learning opportunities for children, help regarding literacy, nutrition, transportation and specialized counseling services, and specialized services for children with potential or existing developmental disabilities. The wishes of each family are respected. Help and assistance is provided to build on strengths and to address each family's own needs.

For more information, contact KidsFirst at Rainbow Youth Centre.

## 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 drivers license.

The objective of the program is to remove these barriers that some youth face in finding employment. The program includes group sessions to increase living and personal development skills, a driver training and driving-without-impairment program, and the opportunity to achieve their GED12. Participants are also given the opportunity to participate in work training leading to long-term employment.

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

The C.A.R.E. Program focuses on crime prevention, and includes an outreach component. The C.A.R.E. van provides a presence on the street Tuesday through Friday evenings from 9 pm to 12 midnight. Outreach workers can be reached at their cell phone (537-3170). Taking C.A.R.E. occurs on Saturday afternoons, and involves youth volunteer experiences and positive leisure activities. Youth must register in advance for Taking C.A.R.E.



Rainbow Youth Centre  
is a United Way Agency

## 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 two themes: 1) Communication and Self-awareness; 2) Decision-making.

Each theme consists of four 2-hour sessions, once a week. The program runs **Thursdays from 6:45 to 8:45 pm.**

Skills for Adolescence also includes two Canadian Red Cross *RespectED* presentations - It's Not Your Fault (child abuse prevention), and What's Love Got To Do With It (relationship violence prevention). Youth who participate in these presentations learn about issues relating to abuse, neglect and dating violence, learning skills that help them develop healthy relationships. Each *RespectED* presentation is 2 1/2 hours (6:45 to 9:15 pm).

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

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

## Referral Services

Youth C.A.R.E workers are always available to support youth 11 to 19 years old who are experiencing challenges 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. Referrals are made based on the needs of the youth.

Support



# 237 youth attend Christmas party

Rainbow Youth Centre successfully hosted its Annual Christmas Party December 21st with 237 youth, 51 volunteers and 20 staff in attendance.

With the expansion of Rainbow's KidsFirst Program, there was a noticeable increase in the numbers of babies and toddlers.

Supper was as fine as ever, with turkey and dressing, ham, veggies, perrogies, salads, and dessert.

Canadian Idol contestant Solomon Cyr performed after supper, followed by a Christmas Carolling Contest. A dance ensued, ending up with Santa handing out gift bags to all youth. Youth also had the opportunity to get their picture taken with Santa.

Many people and organizations helped make the evening a success.

## Volunteers

We would sincerely like to thank our volunteers for the evening: the Hon. Ralph Goodale, Canada's Minister of Finance, MPs Dave Batters, Tom Lukiwiski and Andrew Scheer, Regina Mayor Pat Fiocco, Councillors Mike Badham and Wade Murray, Rainbow Board Members Joe Hoffman, Dan McGill, Lance Dudar, Shawn Lemay, Carin Bergen, and Marguerite Porter, as well as JoAnne Phillips, Jason Pass, Russell Vandevord, Erika Reid, Taylor Bellegarde, Martin & Giselle Croteau, Solomon Cyr, Randi Sunshine, Lorraine



*Some of the crowd waiting for supper at Rainbow's Christmas Party.*

Delorme, Carrie Kulycum, Debbie Dudar, Warren Dudar, Don Ozga, Marie Cummings, Alyssa Scott, Russell Walker, Mitchell Walker, Jackson Campbell, Colin Billet, Susanna Klassen, Shelley Campbell, Janet McMurchy, Aidan MacNab, Lindsay Millar, Jeff Millar, Erin Schwindt, Kristin Kuntz, Andrea Smotra, Lisa Baumgart, Dave Robinson, Lisa Phillips, Sean McEachern, Del Hammerlin, Diana Kerr, Trish Wrishko, Danielle Jangula, Keith Jeannot, Randy McMillan, Andrea McGill, Ashley Steven, Dawn Kesslering, Rick Heidt, and Mike Boyer. Many of these came as part of the Canadian Progress Club-Assiniboine, Direct West, and Sunset United Church.

## Donations

We would also like to thank the individuals, churches, organizations and

companies for their generous donation of money or items for the event. These included Marie Cummings, Dwaine & Barbara Dornan, C. Ibbott, Cassie Ozog, Maxine Laidlaw, Trevor Owen, Lakeview United Church, St. George Orthodox Cathedral, Sunset United Church, Wesley United Church, All Saints Anglican Church, the Regina Police Association, Casino Regina & Casino Moose Jaw, Giant Tiger, Office Depot, Percival Ford Lincoln Inc, Saturn Isuzu, Wal-Mart Canada, SGI, Bloomers Traditions, En Vogue, Chatters, Childrens' Advocate Office, Conexus Credit Union, Dewdney Avenue Drugs, Burger King, Regina Fire Department, Golden Mile Shopping Centre, 4th Avenue Hair Co., SaskTel, Primavera Floral Studio and SaskEnergy.

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

- o Regina Qu'Appelle Health Region
- o Human Resources & Skill Development Canada
- o Health Canada
- o Saskatchewan Corrections & Public Safety Services
- o City of Regina
- o Saskatchewan Justice
- o Can-Sask Career & Employment Services
- o KidsFirst Regina
- o United Way of Regina
- o Regina Education & Action on Child Hunger
- o Saskatchewan Community Initiatives Fund
- o Saskatchewan Action Plan for Children
- o Canadian Heritage
- o Saskatchewan Lotteries / SaskCulture
- o and to CIBC for a special donation on the re-opening of their downtown branch.

## and recent financial and in-kind donors

*Vada Wooley, Doreen McCrystal, Maureen Matthew, Andre Denis, St. Peter's Catholic Women, Little Flower Church, RCMP Chapel Fund, All Saints Anglican Church Social Justice Committee, Holy Trinity Knights of Columbus, Sifton United Church Women, those acknowledged elsewhere in this newsletter, members of Rainbow's Board of Directors, and any others we have inadvertently missed. We would especially like to thank Russ Hamann for clearing the snow in our parking lot after the Christmas deluge, and the City of Regina for clearing McTavish Street in front of the Centre.*

# **Rainbow** *youth centre*



## WINTER 2005 PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Drop-in Hours</b> Mon. to Fri., 3:30 - 6:30 pm				
<b>Computers/Gym Time</b> Mon. to Fri., 3:30 - 6:30 pm All activities stop from 4:45 to 5:30 for supper				
<b>Parent-Infant Play Group</b> 4:30-8 pm	<b>Young Parent Encounter</b> 1:00 - 3:30 pm		<b>Young Parent "Changing Course" Program</b> 10 am - 3 pm	
<b>Supper: 5 pm</b> No one served after 5:15 Supper for 11-19 years old; to age 25 if registered participants in Rainbow programs				
<b>Roots</b> 6:45 - 8:45 pm	<b>V.I.P</b> 6:45 - 8:45 pm	<b>In Motion</b> 6:45 - 8:45 pm	<b>Hip Hop Mania</b> 6:45 - 8:45 pm	<b>"Bow" Night</b>  6:30 - 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	
<b>C.A.R.E. Outreach Van - Cell: 537-3170</b> Tuesday - Friday, 9 pm - 12 midnight Taking C.A.R.E Activities: Saturday, 12:30 pm - 4:30 pm				
<b>Address:</b> 977 McTavish St., Regina Sk. S4T 3V2 <b>Phone:</b> (306) 757-9743 <b>E-Mail:</b> rainbow@accesscomm.ca <b>Web Site:</b> www.rainbowyouth.com			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.	



*Elder Harold Henderson (right) meets Hon. Ralph Goodale, Federal Minister of Finance, at the food line. That's Mayor Pat Fiacco to Goodale's left.*

## Rainbow Staff

*full and part-time as of January 25, 2005*

### **Executive Director:**

Danielle Pass

### **Administrative Coordinator:**

John Dufort

### **Office Assistant**

Maya Sharma

### **Program Coordinator:**

Sandra Pfeifer

### **YouthCare Workers:**

Emmanuel Otitoju

Randy Constant

Brandi McKinnon

Ivan Ng

Janelle Legault

Rob Lang

Kent Klippenstine

### **Young Parent Program**

#### **Coordinator:**

Germaine Neapetung

### **Young Parent Program**

#### **Co-facilitator:**

Laurie Beck

### **Childcare Staff:**

Delores Kennedy

Charmaine Grey

Tracey Moise

### **KidsFirst Coordinator (Acting):**

Cari Scott

### **KidsFirst Home Visitors:**

Michelle Bell

Kelly Ivanochko

Michelle Phillips

Chasity Delorme

### **Road to Employment Program**

#### **Coordinator:**

Raylene LeBlanc

### **Road to Employment Program**

#### **Co-facilitators:**

Jeff Dudar

Terrance Sunshine

#### **Cook:**

Jennet McGillis

### **Building Maintenance:**

Marvin Abrahamson