



## ABOUT US

**Rainbow Resource Centre (RRC) offers support to the 2SLGBTQ+ community in the form of counselling, education, and programming for individuals ranging from children through to 55±. It also supports families, friends, and employers of 2SLGBTQ+ individuals.**

## COUNSELLING

We provide free single session and short-term counselling to 2SLGBTQ+ people and their partners, parents, and families. We also provide support to rural and northern community members through in-person counselling, phone sessions, and consultation.

For more info:

**<https://rainbowresourcecentre.org/programs/counselling>**

## LIBRARY

We offer an affirming safer space in which diverse sexual and gender identities, orientations, and expressions are represented in a collection of materials containing 2SLGBTQ+ subject matter that promote awareness and education about our community's experiences.

For more info:

**<https://rainbowresourcecentre.org/programs/library>**

## PROGRAMMING

### For Youth (ages 13-21):

We offer safe, accessible, and supportive activities and events for 2SLGBTQ+ and allied youth to connect with their peers. Our goal is to foster resilience, improve mental health and wellbeing, and encourage the development of positive relationships to self, others, and the wider 2SLGBTQ+ community.

For more info:

**<https://rainbowresourcecentre.org/support/groups/youth-program>**

### Camp Aurora (ages 13-19):

Camp Aurora is Manitoba's only summer camp for 2SLGBTQ+ and allied youth. We offer a positive space for youth to enjoy a summer camp experience unique to their needs, and provide a safe, positive, and affirming place in which they can be themselves, connect with peers, and interact with positive role models like our cabin leaders, camp volunteers, Rainbow Resource Centre counsellors and youth programming staff. For more info:

**<https://rainbowresourcecentre.org/programs/camp>**

### Social / Support Groups (18+):

We host a variety of volunteer led social / support groups that help bring people together and foster stronger connections to community. Groups are drop-in based and offer a wide array of activities, discussions, and presentations.

For more info:

**<https://rainbowresourcecentre.org/support/groups>**

### For Older Adults:

We provide 2SLGBTQ+ individuals who are 55± the opportunity to connect with community through a variety of activities, presentations, and our peer-to-peer phone line. Over the Rainbow, a social group which forms the hub of our 55± programming, hosts weekly Coffee & Chats, as well as monthly Lunch and Learns, and intergenerational activities.

For more info:

**<https://rainbowresourcecentre.org/support/groups/over-the-rainbow>**

## EDUCATION

### Workplace Education & Training:

We provide workshops and consultations to not-for-profits, unions, corporate offices, healthcare professionals, service providers, special events staff / volunteers, and post secondary faculty / students to increase awareness about issues related to the health and wellbeing of 2SLGBTQ+ individuals and their families.

### School Outreach:

We provide workshops and consultations to teachers, staff, and administration of elementary to post-secondary schools, as well as adult education centres and youth service providers across Manitoba focused on enhancing the safety and inclusion of all 2SLGBTQ+ students. In addition, we offer support to school guidance counsellors and aid students in the start-up and sustainability of gender and sexuality alliances (GSAs).

For more info:

**<https://rainbowresourcecentre.org/programs/education>**

## OUR MISSION

To provide support, education, and resources to foster a proud, resilient, and diverse 2SLGBTQ+ community.

## OUR VISION

A society in which diverse sexual and gender identities, orientations, and expressions are included, valued, and celebrated as a result of our active commitment to promote and maintain dignity, human freedoms, and human rights.

## HOURS OF OPERATION:

### Monday to Thursday

10:00 AM - 12:30 PM &  
1:30 PM - 5:00 PM

### Friday

1:00 PM - 5:00 PM

**To make an appointment for same-week counselling:  
Call 204-474-0212 ext. 201  
Monday mornings at 10am  
Appointments booked on a first come, first served basis.**

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Rainbow Resource Centre is located on Treaty 1 Territory, original lands of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Metis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous and Two-Spirit communities in a spirit of reconciliation and collaboration.



RAINBOW  
RESOURCE  
CENTRE

## PROGRAMS & SUPPORTS

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