

KidsFirst Program moves into new space

Rainbow's KidsFirst Program has moved into a new larger space, constructed in the main floor church area of the Centre.

The new facilities include a general office for the six Home Visitors, a separate office for the Coordinator, and a medium sized meeting room.

The meeting room is family friendly, to provide a learning environment for the "Growing Great Kids/Families Curriculum" and the "Ages and Stages Curriculum" with families who would choose to do the program outside of their home.

The KidsFirst summer student position, funded through HRSDC, organized a Community Health Fair on August 23rd. All Rainbow families were invited. Presentations included Child Find, Planned Parenthood, the Diabetes Association, and much more.

KidsFirst is a free and voluntary program for a pregnant family or parents that recently had a baby and live in Al Ritchie, Northeast

area, North Central and Core area.

Having a new baby brings many challenges and obstacles. Home Visitors provide parents with information and skill building opportunities. The goal is to focus on the family's strengths and build on the parents' needs while focusing on the development of children and families.

Over the past year Rainbow's KidsFirst

has expanded its program staff to include five female and one male Home Visitors. It is thought that the inclusion of a male home visitors will encourage the engagement of fathers and help to emphasize the importance of positive male role models when possible.

Rainbow float wins First Place



Rainbow's Takraw team places third at Championships



Rainbow Youth entered a team in the Junior Men's (under 21) Division of the 2005 Centennial Cup Sepak Takraw Championships, held August 2-4 at the Regina Exhibition. The team placed third in their division. Seen here with their medals are team members Joel, Levi, Amos and Jordan.

Rainbow's float in this year's Buffalo Days Parade was awarded First Place in the Service Clubs/Associations category.

With the theme "100 Years of Heart, 23 Years of Spirit", the float took over a week to build on Rainbow's gym floor. Then staff, summer students, volunteers and youth endured a gruelling heat wave to construct the float outside on the site the flatbed was housed.

To celebrate the Centennial, Rainbow emphasized its own 23 years of existence by highlighting major Rainbow programs and when they began. The design recreated Rainbow's gym, complete with the pillars of Rainbow values and cloud border. Bright coloured posters with

program logos and key highlights were carefully designed and coloured by hand, then proudly adorned the float railing.

Once again, a special thank you goes to Pete Johnson of Advance Engineered Products Ltd. for generously providing the rig, flatbed and driver Adrian Dickie, accompanied by his wife Amanda, for the parade.

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

Rainbow youth centre

Phone: 757-9743

977 McTavish St.

Fax: 757-9759

Regina, Sk. S4T 3V2

Web Site: rainbowyouth.com



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 youthC.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 other Rainbow 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.

Team Sport Night

Mondays 6:45 - 8:45 pm

This program is for youth who would enjoy some physical fitness and activity through a variety of sports. Leadership and team-building will be encouraged, and youth will be exposed to a greater variety of sports and physical adventures.

Leaders Now

Tuesdays 6:45 - 8:45 pm

Youth are invited to broaden their horizon through enjoyable empowering activities which will focus on developing leadership skills. The program is split into two groups, one for boys and the other for girls, and is designed to encourage participants to be leaders in the community.

Roots

Wednesdays 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 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.

Fun In Training

Thursdays 6:45 - 8:45 pm

This program will teach combative games (including wrestling techniques) and physical fitness, and at the same time have some fun. There will also be a strong wellness and nutrition component

Movie Night on The BIG screen

Fridays 6:45 - 8:45 pm

Thanks to a grant from the Muttart Foundation, Rainbow now has a video projector, and will be showing its movies on a BIG screen, and with BIG sound. It's a good night to come and enjoy a good show.

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 YouthC.A.R.E. 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. 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. by contacting a YouthC.A.R.E. worker.

Support



**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

YouthC.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.

RTE 8 coming in September

Road to Employment 7 graduation held

The year-long Road to Employment 7 Program wrapped up at the end of June with the graduation of 12 participants.

The Road to Employment Program offers youth 19 – 25 years of age an opportunity to obtain a GED diploma, driver's license and work experience, while sharpening lifeskills and job skills.

The year was filled with numerous achievements for the participants. Several participants have already secured employment as a result of their placements, while others are returning to school.

We would like to thank our community partners who have hosted work placements: Red Feather Spirit Lodge, Fort Qu'Appelle Friendship Centre, Circle Project Daycare, Safety Services, Oyate Safe House, Albert Community School, Transitions to Work Project, Giant Tiger, Salvation Army Thrift store, Regina Food Bank, Community Action Cooperative, SGI, Chip and Dale Housing, Peyakowak, Aboriginal Family Services, Cosmopolitan Learning Centre, Toys 'R Us, Grave Haven, Regina Qu'Appelle Health Region Native Health Services, Piapot Daycare, Claddagh Manor, and Lee's Funeral Home. Without the assistance of these

organizations, this program would not be possible.

Special thanks to the Program funders, *Human Resources and Skills Development Canada* and *Saskatchewan Career and Employment Services*, for their continued and enthusiastic support of the On the Road to Employment Program.

Rainbow's Teen Help Centre kept busy as Buffalo Days sees record turnout

It was a hot and dry week for the 13th Annual Teen Help Centre at the Regina Buffalo Days.

The beautiful weather brought out a record number of people to see the newest rides and attractions. Those working at the Teen Help Centre were kept busy, running around locating and reuniting lost individuals, making youth contacts, and providing information.

A total of 32 volunteers worked during the week of August 2-7, covering the Exhibition from 8pm to 1am daily. Enduring hot evenings and cool nights, they managed to make a total of 2100 contacts.

A big thank you goes out to all of the

Rainbow Youth Centre will be starting its 8th Road to Employment Program this October. Orientation dates, where youth learn about and sign up for the program, will be in early September. If you or someone you know is interested, please call Rainbow Youth Centre at 757-9743 and the Road to Employment staff will gladly answer any of your questions.

dedicated volunteers and Rainbow staff for their commitment, efforts and enthusiasm.

We would also like to extend a sincere thank you to Dan Savoie and the staff at the Regina Exhibition Association for the space, tent, gate admissions, parking passes, and assistance during the week, Rogers AT&T and Rainbow's Kids First Program for the donation of cell phones and air time, AIDS Program South Saskatchewan for condoms and information, and most importantly, Saskatchewan's Community Initiatives Fund, without whose funding the Teen Help Centre would not be able to exist.

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

- Regina Qu'Appelle Health Region
Child & Youth Services
- KidsFirst Regina
- Human Resources & Skill Development Canada
- Service Canada
- Can-Sask Career & Employment Services
- Public Health Agency of Canada
Community Action Program for Children
- Saskatchewan Justice
- City of Regina
Community Services Department
- Saskatchewan Community Initiatives Fund
- Sask. Corrections & Public Safety Services
Young Offenders Program
- United Way of Regina
- CIBC
- Regina Education & Action on Child Hunger
- Community Resources & Employment
Saskatchewan Action Plan for Children
- Saskatchewan Lotteries / SaskCulture
- Sask. Centennial Student Employment Program
- Sears Canada
- Canadian Heritage

and recent financial and in-kind donors

Andre Denis, Herbert Haynes, Walter Logan, Saskatchewan Roughriders Players Association, Steve Rootman, Wade Murray, Dianne Barrow, Carin Bergen, Elizabeth Regina Chapter - IODE, Holy Cross Church, Canada Helps, Farm Credit Corporation, those acknowledged elsewhere in this newsletter, members of Rainbow's Board of Directors, and any others we have inadvertently missed.

Jan. 24, 2005 to Sep 15, 2005

Rainbow *youth centre*



Monday	Tuesday	Wednesday	Thursday	Friday
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 Respite Care & Family Group 1:00 - 4:00 pm	Young Parent Program Nobody's Perfect Parenting Program 1:00 - 4:00 pm		Young Parent Program Nobody's Perfect Parenting Program 1:00 - 4:00 pm	
Supper: 5 pm No one served after 5:15 Supper for 11-19 years old; to age 25 if registered participants in Rainbow programs				
Team Sports Night 6:45 - 8:45 pm	Leaders Now 6:45 - 8:45 pm	Roots 6:45 - 8:45 pm	Fun In Training 6:45 - 8:45 pm	Movie Night on the BIG screen 6:45 - 8:45 pm
Anger Management Education Program 6:45 - 8:45 pm	Substance Use & Abuse Education Pgm. 6:45 - 8:45 pm	Anger Management Education Program 6:45 - 8:45 pm	Skills for Adolescence 6:45 - 8:45 pm	
Saturday	Taking C.A.R.E Activities: 12:30 pm - 4:30 pm (Registration required)			
Address: 977 McTavish St., Regina Sk. S4T 3V2 Phone: (306) 757-9743 E-Mail: rainbow@accesscomm.ca Web Site: 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.	

Youth Week focuses on building developmental assets

During the first week of May, Rainbow celebrated International Youth Week by hosting three days of events focussing on the Search Institute's framework of 40 developmental assets that every youth needs to thrive.

Rainbow has been celebrating Youth Week since 1994, inviting youth and community members to participate in raising positive awareness regarding youth.

To set the stage for this year's events, Rainbow's youth created posters for each of the 40 assets.

The week itself kicked off on May 3rd with Rainbow's Annual Youth Symposium. Partnering with the YMCA, over 80 youth and 25 adults spent an intensive and exciting day learning about asset building, and then creating action plans to utilize the assets to develop youth leadership in Regina.

On May 4th, Rainbow promoted *Regina's In-Motion* physical activity for life movement. Two teams comprising 17 participants challenged themselves and each other during an intense but fun-filled night of cup stacking.

On May 5th, the Centre opened its doors to the community for a multicultural night of dancing. Over 86 youth and community members enjoyed an evening of entertainment, featuring pow wow, Thai, Spanish, and break-dancing. Afterwards, everyone had the opportunity to tantalize their taste buds with ethnic food.

Saturday's Taking C.A.R.E. program experiences success

The Saturday afternoon Taking C.A.R.E. program continues to experience success providing an introduction to volunteer experiences and positive leisure activities for adolescents.

Since first implemented in November 2004, the program has included volunteer activities with the Humane Society, nursing homes, senior activity centres, and other places of benefit to the community.

Staff of the program comment that one of the great things of the Taking C.A.R.E. program is watching the youth interact with the seniors, with each other, and with the animals while learning valuable skills about becoming young adults.

Three new Board members elected at RYC Annual General Meeting

Rainbow's 2005 Annual General Meeting was held Thursday June 23rd at the Centre. Of note was the election of three new Board members, two former youth members and a recently retired person who has had a long association with the Centre.

Donna Mae Delorme was a youth member for many years, a frequent participant in general Rainbow programming. She and Beata Sugar have both participated in Rainbow's Young Parent Program and our Road to Employment Program. Both are expected

to provide strong input based on their youth experience.

Dianne Barrow has been a long-time member of Rainbow Youth Centre, and was our SGEU union representative for most of the time since Rainbow was unionized. In that time, Dianne proved to be a fair and constructive informational asset in the development and functioning of the Centre's collective agreement between staff and management. Now that she is retired, she hopes to take on some innovative Board projects. She is sure to be a valuable asset.



KidsFirst held a Community Health Fair at the Centre on August 23rd.

Rainbow celebrates Aboriginal Day

Tuesday June 21st was National Aboriginal Day, and Rainbow organized two events to commemorate the occasion.

In the afternoon, the St. Augustine Community School Dancers & Shadow Performers demonstrated Metis dancing, and performed the shadow play "Inuit Legend". Teacher Karen Goodon directed.

After a supper which featured Métis Tacos, the Young Dog Society & Powwow Dancers performed traditional dances, while M.C. Larry Anaquod explained the origin of each dance, and their meaning.

The two events were attended by a total of 126 people.

Thank you's are extended to the Saskatchewan's Community Initiatives Fund for sponsoring the event.

Rainbow Staff

full and part-time as of August 29, 2005

Executive Director:

Danielle Pass

Administrator:

Marty Spreacker

Office Assistant

Maya Sharma

YouthCARE Coordinator:

Sandra Pfeifer

YouthCARE Workers:

Emmanuel Otitoju

Brandi McKinnon

Ivan Ng

Rob Lang

Attendance Centre Program

Coordinator

Terrance Sunshine

KidsFirst Coordinator:

Monique Fisher

KidsFirst Home Visitors:

Michelle Bell

Michelle Phillips

Chasity Delorme

Janelle Legault

Rodney Keewatin

Young Parent Program Coordinator:

Kim Wolbaum

Young Parent Program

Co-facilitator:

Laurie Beck

Childcare Staff:

Myriam Strachan

Victoria Dieter

Amanda Murray

Danielle Kaytor

Road to Employment Program

Coordinator:

Raylene LeBlanc

Road to Employment Program

Co-facilitators:

Jeff Dudar

Chantelle Butt

Cook:

Jennet McGillis

Rainbow raises \$17,600 at Comedy Fundraiser

Rainbow held another very successful Comedy Benefit Dinner and Silent Auction on April 8th, and ended up with a surplus from the event of over \$17,600.

Held at Queensbury Centre, and featuring comedian Moccasin Joe, the event was attended by over 450 people.

Main sponsor of the evening was SaskEnergy. Other major sponsors included Conexus Credit Union, SaskTel and SGI. Major in-kind sponsors included Rawlco Radio (Z99, CJME & Rock94), Global Television, the Leader Post, WestJet, and Print-It Centres/Signature Graphics.

Other sponsors included Circle Project, Consumer's Cooperative Refineries, Crown Investments Corporation, First Nations & Metis Relations, Nexen Canada, Ochapowace First Nation, Ochapowace Kahkewistahaw Home Care, the Royal Canadian Mounted Police "F" Division, RCMP Cadets, Regina 35 Lions Club, SaskTel Aboriginal Employees Network, SaskTel Pioneers, and SaskPower Diversity. We would also like to acknowledge the purchase of corporate tickets by Ranch Ehrlo, Saskatchewan Lotteries, and Sandra Morin, MLA for Regina Walsh Acres.

Special thanks are extended to the Regina Police Choral Group, who entertained the crowd before supper.

Silent Auction and door prize contributors included Hockey Canada, Portraits by Heather, Labatt Brewery, YMCA, Regina Folk Festival, Basket Cases, Danielle Pass, PHD Salon & Spa, Regina Honda, North Central Community Police Office,

SCN Primetime, Emerald Park Golf and Country Club, Scholastic Canada, Walter Selke, Regina Pats Hockey, Saskatchewan Roughriders, RCMP Depot Academy, Ramada Hotel, Dilawri Nissan, Access Communications, City of Regina Public Affairs Office, Gloria Desjarlais Glassworks, the Travel Gallery, Sunshine & Ski, Regina Little Theatre, Vision Electronics, The Glen Scrimshaw Gallery, Creative Kitchens, Myrna Oppenboen, California Fitness, Dilawri Nissan, Silverado Jewelry Company, Triple 7 Chrysler, Ryan Arnott, Office Depot, Mediterranean Bistro, Ms. Anne McLellan, Mallabar Apparels, Suds Full Service Car Wash, Pasta Prima & Southland Cineplex, Simone McLeod, YWCA, Globe Theatre, Joyce Ripplinger, Travelodge South Hotel, Memories from Yvonne, Plant Ranch, Berting Glass, Royal Regina Golf Course, Marilyn Muir, City of Regina Sportplex, Book & Brier Patch, Regina Inn, and Ms. Audrey West.

To all of the above, to our hard-working Board of Directors, and to anyone we have inadvertently missed, much thanks are accorded.

Notice

The Audited Financial Statements for 2004-05 and the Annual Report of Rainbow Youth Centre Inc. are available at the Centre during business hours.

Next Comedy Fundraising Dinner to feature comedian DerRic Starlight



DerRic Starlight, an up-and-coming comedian from the Tsuu T'ina Nation west of Calgary, has been booked to perform at the next Rainbow Comedy Dinner and Silent Auction, to be held Friday May 26, 2006 at Queensbury Centre.

DerRic's stand-up comedy routines are hilarious and universal in theme, geared for people of all ages, children and adults alike.

He will also be providing a motivational workshop earlier that day. His workshops relate to his experiences in the entertainment business, as well as drug and alcohol free and positive lifestyles.