

# **iRainbow** *youth centre*

## **Annual Report 2016-2017**

**M** **MISSION:**  
To engage, educate, and inspire youth and families to lead healthy lives.



**EMPOWERED**

**YOUTH**  **FAMILY**  **COMMUNITY**

## Youth C.A.R.E. Program:

- ◇ Youth C.A.R.E. services were accessed by 256 individual youth on 213 days.
- ◇ 2532 meals served in 189 days.
- ◇ 35 individual youth participated in the Saturday Taking C.A.R.E. volunteer service, performing 206 hours of volunteer hours in the community.
- ◇ Total of 11,334 service contacts with youth, including meals, recreational activities, social interaction opportunities, access to computers, skill-based learning activities and informal supportive counselling.

## Youth Skills Program:

- ◇ Youth Skills received 169 referrals for evening programming.
- ◇ 16 workshops were delivered to schools and community agencies., with a total of 226 community youth participating.
- ◇ Be the One complete workshop was developed and launched. The program is geared toward male youth and address topics of social integrity, sexual consent and male leadership development. The youth that attended the program gained perspective on sexual consent and communicated that they had never learned about it before and appreciated the opportunity to learn about and have discussions on the important topic.



## Young Parent Program:

- ◇ In evaluations, parents consistently reported that they received support in their role as parents, gained confidence and learned parenting skills such as attachment and connection, sleep patterns, soothing, empathy, temperaments, stress, resiliency, active play, nutrition and food safety.
- ◇ Parents gained valuable skills and certificates for program completion, which they can include in their portfolios.
- ◇ Families had access to cultural programming such as storytelling and art exhibits.

## KidsFirst:

- ◇ All families that entered into the KidsFirst program at Rainbow Youth Centre in the year were under the age of 22.
- ◇ In addition to regularly receiving curriculum based home visits, families had the following successes: 5 mothers earned their driver's license, 6 mothers completed their grade 12 or GED, 3 mothers graduated from trade schools, 9 mothers celebrated their first jobs, 19 families became first-time home renters.
- ◇ 14 children in KidsFirst families registered in and attending preschool.

## Road to Employment:

- ◇ 86 youth expressed interest in the 18th cycle of the Road to Employment program.
- ◇ 10 participants completed Road to Employment 17 in October, with 5 employed and 2 furthering their education at the end of the program.
- ◇ 5 participants earned their full GED .
- ◇ 5 participants achieved their driver's license.

## Our Impact ...

In June 2016 a youth (age 12 years) attended the Wednesday Evening program (known as 'YOLO') to perform the random act of handing out free lemonade to people using Wascana Park. The youth had no hesitation in telling *everyone* who walked by about the free lemonade. In the van on the ride back to the Centre, the youth commented "I had more fun doing that than I would have staying home and watching YouTube. That was fun. It was fun. It was really fun. It was super fun."

"I joined the Young Parent Program during a very chaotic time in my life. I was 19, pregnant and had never even held a baby before. The classes gave me the skills and confidence to eventually move out on my own with my daughter and raise her on my own. The program is great and I would recommend it any young parent."

A 24 year old single mother of a young daughter entered RTE 17 without her license, GED, or a stable job. She had recently moved to Regina from Toronto where she had been experiencing homelessness and addiction issues. By the end of the program, she had attained her driver's license, achieved her GED and numerous certificates, and was hired on with the employer she had successfully completed a work placement.

A 17 year old entered the KidsFirst program having just had her first baby with her 16 year old partner. Both parents were attending school with no source of income. She did not think she would graduate, did not believe that she had the capabilities to be a good parent and had low self-esteem. With the support of her home visitors, both parents graduated and they connected with cultural practices. She also earned her driver's licence. The couple is now married with two beautiful children and they graduated from the KidsFirst program in January.

### ***Thank you to our major funders:***

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- ◇ Regina Qu'Appelle Health Region,
- ◇ KidsFirst Regina,
- ◇ Community Initiatives Fund,
- ◇ United Way of Regina,
- ◇ Public Health Agency of Canada,
- ◇ City of Regina

***and, many thanks to all of our community partners and supporters!***



*Audited financial statements can be obtained on our website at [www.rainbowyouth.com](http://www.rainbowyouth.com)*