



Summer 2022

Dear Rainbow Friends,

We did it! It feels like only yesterday that we were eagerly anticipating the return of our girls in the fall of 2021 following a pandemic-related pause, and now here we are wrapped up for another year and preparing for another cohort of young learners in September. And what a year it's been. While operating during a global pandemic posed some challenges, we found our footing, adapted to the circumstances, and ended the year stronger than ever. We are grateful to continue to be able to operate Rainbows, and are encouraged to build upon the momentum that we've achieved in offering a well-rounded, inclusive and meaningful program.



Become a volunteer

Our program's success is driven by the support and energy of our loyal volunteers! Are you interested in being a part of the Reaching for Rainbows team? We are looking for volunteers to help in our playroom, Monday to Thursday 2:00 - 5:00 p.m. Duties include supporting the girls as they navigate positive peer interactions through play, crafts, fun activities and helping with snacks. If this sounds like the right fit for you, we'd love to hear from you! Reach out to us at info@reachingforrainbows.com or 613-438-6469 to learn more.



The past year has seen the Reaching for Rainbows program evolve to "Rainbows 2.0." The reason we have been able to create the new and invigorated program is because of those who built it and have supported it during the past years, and we appreciate this more than we can express. Your collective efforts, generosity, and unwavering commitment have

made this possible, and is helping to create positive change for future generations. We are so grateful to be able to mentor, encourage and support our girls and their families, especially as our community faces additional economic challenges and constraints as we emerge from the pandemic.



Your support in action

We are inspired by all of the support from the community, staff and our volunteers, and thanks to your generosity, we are able to keep the program running. In addition to our legacy and private donors, we'd like to express our deep and heartfelt gratitude to all of the champions who've helped to support the program this year.



Your time, energy and financial support helped us to provide a safe space for learning and discovery, and the necessary resources to keep our program up and running. We're also excited to have been recently selected as one of 12 local not-for-profit organizations to be awarded a grant through the Resilient Communities Fund, as part of the Ontario Trillium Foundation. These funds will go a long way in helping Rainbows continue to operate, and we are proud to be amongst the other esteemed recipients.

Program highlights

We identified early in the year that the girls in our program were seeking guidance to help them navigate their stress and anxiety, and build resiliency. To support them in this, we introduced a series of themes, including "Safety - How to Be and Feel Safe", "Relaxation and Stress Reduction", "Learning to Nourish - Body, Mind, Spirit, and Earth", and "How Can I Be Courageous". The girls thoroughly enjoyed the conversations we facilitated on these themes, as well as the accompanying activities, such as making their own stress tool kits that included handmade slime, stress balls, and sensory jars. We were also fortunate to welcome local artist Giles Miramontes, who provided an art sketch class. In addition, the Prince Edward County Arts Counsel and Arwyn Carpenter provided dance classes for the senior girls.

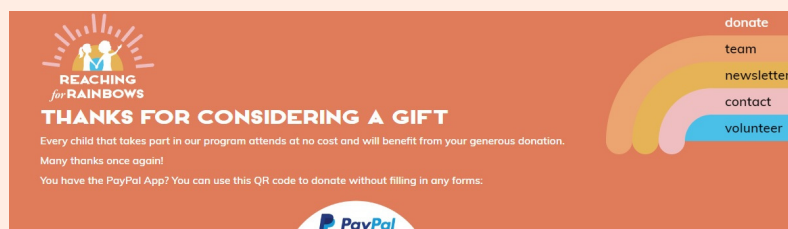




Exploring our outdoor space was a favourite aspect to the program as well, and the girls greatly enjoyed the new outdoor toys that we were able to purchase through the Community Foundation here in Prince Edward County. The girls and their families also had an opportunity to attend a Wellington Dukes Game and meet the players, which was greatly appreciated by all. By encouraging experiential learning and cultivating creative development, our girls were able to acquire new skills, and positive outlets for exploring the world, all thanks to your generosity.

Our Website has a new look!

Another priority for us over the past year has been updating our website to reflect our new logo, refreshed mission statement and program offering. We continue to make refinements, and further position the site as a central hub for everything the community should know about the program, with intuitive navigation to help visitors access resources and content. Visit us at www.reachingforrainbows.net, and be sure to check us out on Facebook and Instagram @reaching_4_rainbows to keep on top of all the great things we're up to and working on.



Program space opening up this Fall

On May 28, we celebrated our 2021/22 graduation on the beautiful grounds of our host site at



St. Andrew's Church in Picton. The afternoon reflected the very best parts of our program: happy, engaged and confident young girls and their families, committed and creative volunteers, skillful, caring and talented staff, and focused and dedicated board members. And thanks to everyone's generosity, we had an impressive assortment of food to help it feel like a party! It was so special to gather together to wish our girls well for the summer, and in some cases, say goodbye to the senior group of girls who will be moving on in the fall, and a new cohort of girls who will be joining us.

If you are interested in learning more about signing up to participate in the Reaching for Rainbows program, please contact us at info@reachingforrainbows.com.

Exciting things to come...

So what does the summer hold for our team here at Rainbows? The program pause allows us to regroup and reflect upon the opportunities that lay ahead, and explore ways to build on the success that we have enjoyed. As a Board, we will be focused on strategizing over the summer in preparation for the coming year, and identifying ways to be present in the community at a time that being part of a support network is something we know our girls and families need more than ever.

One of the most exciting events that we have planned for the fall is a music event. Mary Kay Morris, Mark Despault and Michelle Fraser Found, enthusiastic supporters of Rainbows have reached out to a fabulous group of musicians and are spearheading this event for early November 2022. Held at St. Andrew's Church, it will enable us to welcome back our girls and their families in the spirit of celebration. Please watch for more details as we hope to see you there!

Interested in helping? Here's how

As a not-for-profit program, every bit of support makes a difference and helps girls in our community build their confidence and foster relationships that they may not be experiencing outside of Rainbows. The impact not only affects the girls directly, but we have heard from schools and families about how the positive outcomes from our program has been recognized in those settings as well. We are aware that these are challenging times for everyone and that resources are limited. Just know that every contribution makes a difference in investing in a bright future for these girls and is appreciated beyond measure!

If you are interested in supporting Reaching for Rainbows in other ways, such as program supplies or activities, please connect with us info@reachingforrainbows.com. We'd love to collaborate with you! Donation boxes can also be found around at one of our following community partners: Beacons, Bikes & Brew in Picton, Bloomfield Public House & Market in Bloomfield, and The Good Place in Wellington.

We thank you for another great year, and it is because of you that we can get ready to welcome our girls back again in the fall. Wishing you all a healthy and fun summer and some much needed time to recharge. We look forward to touching base with you again in the fall to update you on all the exciting developments to come for the year ahead!



*The Reaching for Rainbows
Board of Directors*

