



Dear Rainbow Friends,

We thank you for another great year! With 2022 drawing to a close, we wanted to reach out to our community and let you know all of the wonderful things that we've been up to as we get ready to welcome in the new year.

Your support makes a difference

As a not-for-profit program, every contribution goes a long way in helping to invest in a bright future for our girls. So, how do donations make a difference?

• **\$2/week (\$104 per year)** provides updated resources, books and activities to help encourage inclusion and a celebration of diversity within our program

• **\$5/week (\$260 per year)** provides a "Calming Corner" in the program room as an opportunity for the girls to have a break from group activities; equipped with a soft rug, beanbag chairs, floor cushions, a relaxation CD and player, headphones, and books

• **\$10/week (\$520 per year)** provides 15 pairs of much needed indoor running shoes for the junior girls, ages 6-7

• **\$25/week (\$1300 per year)** ensures 15 of our senior girls, ages 8-9 years old, will receive a healthy snack two days per week over the program year



We recognize that these can be challenging times for everyone and that resources are limited. Just know that every contribution, no matter the size, has a direct impact on each and every program participant and is deeply appreciated. If you are interested in supporting Reaching for Rainbows, please visit our [website](https://www.reachingforrainbows.com) or connect with us at info@reachingforrainbows.com.

Or if you'd like to support the program by donating supplies or activities, please get in touch. We'd love to collaborate with you! Donation cash 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.

Singing some praises

In November, our friends at St. Andrew's teamed up with some very talented local musicians to host A Canadian Song Celebration; a benefit concert for Rainbows. Approximately 90 attendees were treated to a wonderful afternoon of music, raising \$2,000 for the program! A sincere thank you to everyone who joined us, to St. Andrew's for organizing the event and being ongoing champions for us, as well as a very special thank you to the following folks for so generously giving their time: Tom Leighton, Jake DeVries, Tom Dietzel, Mark Despault, Rick Zimmerman, Tom Harris, Brian Mitchell, Ruth Dwight, Michelle Found, Janine Dudding, MaryKay Morris, Micheline Cox, and Lynne Donovan.



Our Rainbows in action

Since the program started in October, we've done lots of fun activities to get to know each other, including an All About Me tree. At Halloween, the girls got into the spirit by pairing up to solve clues on a special scavenger hunt. Our theme of Dream Big in November was a unanimous hit, and the girls shared their dreams with each other in different ways

through the activities offered. Everyone looks forward to the end of each month as they get to bring home a new book donated from [County Kids Reads](https://www.countykidsreads.com). Thank you, County Kids Reads for your generous support!

Throughout December, our theme is Be the Light, which focuses on sharing our kindness with others. We also hosted a winter celebration to bring all our Rainbows families together that was so much fun. The girls were so proud to introduce each other to their family members and share their special space. Check out our social media for photos!

Volunteer with us!

We're looking for volunteers to help in our playroom one day a week from Monday to Thursday, 2:00 -5:00 p.m. Support the girls as they navigate positive peer interactions through play, crafts, fun activities and help with snacks. Interested in joining the fun? We'd love to hear from you! Reach out to us at info@reachingforrainbows.com or **613-438-6469** to learn more.

We wish you all the joys of the holiday season, and all the very best for 2023!



*The Reaching for Rainbows
Board of Directors*

