

For nearly 40 years, Rainbow Days has been creating meaningful connections with children in high-risk situations to help develop the social and emotional skills they need to build positive futures.

Rainbow Days' comprehensive approach is unique for our expertise in each phase of programming, including:

- ◆ Data-driven, proven Curriculum-Based Support Group (CBSG®) Program delivered through peer-to-peer model
- ◆ Nationally recognized training program that equips teachers, counselors and youth-serving professionals
- ◆ Trained staff specialists who mentor, offer emotional support and foster relationships with children facing adversity

The Need



1 in 4
children lives in poverty



45%
of children in the U.S. have experienced at least one Adverse Childhood Experience (ACE)



18.25 million
children in the U.S. have an addicted parent(s)



2.5+ million
children in the U.S. experience homelessness during a year's time, including over 6,000 in Dallas alone

Who We Serve

Rainbow Days equips children and youth with the skills and emotional support they need to make healthy choices despite the adversities they face, such as:

- ! Poverty
- ! Homelessness
- ! Trauma and toxic stress
- ! Anxiety and mental health distress
- ! An incarcerated family member
- ! Emotional or physical abuse
- ! Witness to domestic violence
- ! Parent(s) struggling with addiction

Rainbow Days is designed for delivery in any setting where children and youth gather on a regular basis, including:

- 🍏 Schools
- 👉 Shelters
- 👨‍👩‍👧 Youth service organizations
- 🏠 Transitional living settings
- 🏀 Recreation/community centers and camps
- 🏢 Juvenile detention centers

What We Offer

CBSG® Program

Rainbow Days developed the CBSG® Program to provide social-emotional support, skill building and practice for children and youth in a peer-to-peer support group setting. All support groups are led by trained staff facilitators, who serve as positive mentors and allow children to share their feelings in a safe space.

Supportive Services

Rainbow Days offers a host of services, events and activities that complement our support groups and the core messages we teach:

- ◆ Classroom presentations
- ◆ Summer day camps
- ◆ Family outings
- ◆ Positive mentored activities
- ◆ After-school support
- ◆ Tangible items to meet basic needs

Training

To broaden our reach, Rainbow Days leads a nationally recognized training program that equips teachers, counselors and volunteers with our curricula and best practices.

- ◆ Includes CBSG® Program (in person and virtual), prevention workshops and nonprofit workforce development
- ◆ Fulfills professional education (CPE/CEU) requirements for various roles

Rainbow Days Core Messages:



Our Impact

↑ CBSG® Program participants demonstrate an increase in:

- Anti-substance Use Attitudes/Intentions
- Coping Skills
- Self-Awareness/Confidence
- Healthy, Responsible Decision Making
- Problem-Solving Skills
- Giving/Receiving Help
- Improved Classroom Behavior/Academic Success
- Linking Behaviors/Consequences*
- Positive Behaviors/Self-Control**
- Positive Relationships/Empathy
- Hope for the Future

* Positive and negative consequences, **Decreased rebellious, delinquent behavior



Each year, Rainbow Days meets the social, emotional, mental and behavioral health needs of over 9,000 children and youth, ages 4-17, living in the Dallas area.



Since 1982, Rainbow Days has served 220,000+ children and youth in the Dallas community and trained 55,000+ individuals globally to implement Rainbow Days' CBSG® Program or other accredited prevention programs.