

RAINBOW DAYS
**ANNUAL
REPORT**
2023



A WORD FROM OUR CEO

In 2023, Rainbow Days achieved a milestone by serving over **15,000 children and youth** in the Dallas community alone. We also replicated our impact nationally by training in over **18 states** so teams around the U.S. could provide Rainbow Days **CBSG® Program** to children and youth in their own communities.

As I reflect on the opportunities and challenges we experienced in 2023, the word that comes to mind is **relationships**. In our business, relationships are critical. They are an **essential part of who we are** as an organization, how we accomplish our mission, navigate obstacles, win new opportunities, and achieve success. In fact, relationships are one of our Organizational Core Values, which states: **“We value relationships as we intentionally develop meaningful and enduring connections with our participants, partners, and supporters.”**

The first significant relationship we forge is with counselors, principals, case managers, and contacts at our school, shelter, district, and community-based sites. These **65+ partners** are critical to opening doors and paving the way to make it possible to serve children and youth right where they are or to train others so they can work with children and youth in their own communities. Often, these relationships develop into friendships and become like an extended family to our staff, who have worked with many of the same school counselors, nonprofit staff, and shelter staff for **decades**.

The second essential priority relationship we develop is with the **children and youth** we serve. First, our team shows how much they care, and then they impart knowledge and skills. Theodore Roosevelt aptly says, **“No one cares how much you know until they know how much you care.”** After staff builds these caring relationships, the lessons can be learned, social norms challenged, hard questions wrestled with, and support can be given, so life change can begin to happen.

What fuels both of these relationships and makes our impact possible are our relationships with generous donors, supporters, and volunteers **like you**. With 65% of our organization’s revenue coming from private donations, your gifts to Rainbow Days are vitally important and make a meaningful and profound impact on our organization and those we serve.

If you have not had the chance to see our **2023 Impact Video yet**, you will want to listen to the stories of **Hannah and Desiree**, who are former group participants. They share the critical and life-changing effect that Rainbow Days programs and our caring staff had in their lives during many difficult times, adversities, and challenges they faced at home and school. Today, these girls are ambitious, successful young women dedicated to pursuing their goals for a **brighter future**.

You are helping to make success stories like these possible through your support of Rainbow Days. Your investment is permanently **changing lives**.

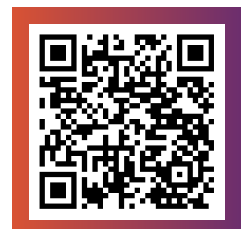
In partnership for a brighter future,



Tiffany Beaudine
CEO, Rainbow Days



**WATCH OUR 2023
IMPACT VIDEO NOW:**



WHO WE ARE

MISSION

To help children and youth in adversity build coping skills and resilience to **create positive futures.**

VISION

A **healthy and promising future** for every child.



CORE VALUES

RESILIENCE & IMPACT

We care deeply about the children and youth we serve and are committed to strengthening their resilience and social emotional health.

INTEGRITY

We have a steadfast commitment to personal and corporate ethical behavior and are accountable to our supporters and those we serve.

EXCELLENCE & INNOVATION

We are committed to providing the highest quality of innovative services and evidence-based materials which follow best practices.

RESPECT & DIVERSITY

We model and demonstrate respect, inclusion and opportunity for all persons. We celebrate diversity and appreciate differences in age, gender, ethnicity, race, culture, religion and ability.

RELATIONSHIPS

We value relationships as we intentionally develop meaningful and enduring connections with our participants, partners and supporters.

FAITH in GOD

We believe that we are spiritually guided and that what we do changes people's lives for the better.

OPTIMISM

We approach our work with a positive and open mindset, guided by hope and a healthy sense of humor.

ABOUT RAINBOW DAYS

THE NEED



1 in 4

children live 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**
- **Anxiety and mental health distress**
- **Emotional or physical abuse**
- **Homelessness**
- **An incarcerated family member**
- **Witness to domestic violence**
- **Trauma**
- **Toxic Stress**
- **Parent(s) struggling with addiction**

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 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*, prevention workshops and nonprofit workforce development.
- Fulfills professional education (CPE/CEU) requirements for various roles.



PROGRAM HIGHLIGHTS



Kids' University is an educational camp experience for homeless children and youth in partnership with The University of Texas at Dallas. This year, **130 children and youth** participated in fun interactive STEM, art, dance, and financial literacy classes while exploring future career options.



Camp Bravo! is a performing and visual arts camp where children residing in local shelters participated in classes on music, dance, acting, drumming, and various artistic expressions. This year, **161 children and youth** shined brightly on stage, performing "Broadway in Revue" in front of a live audience.



Outdoor Adventure Camp exposed over **150 children and youth** residing in shelters to a traditional outdoor summer camp experience, including swimming, fishing, horseback riding, and archery. These adventures fostered teamwork while exposing children to nature, physical exercise, and a love of the outdoors.



Behavioral Health Promotion Presentations promoted positive behavioral health choices, goal setting, decision-making, and alcohol and drug prevention. Our staff delivered **464 presentations** at schools and community centers.



Mental Health Resource Fairs – Our Community Connection team launched Mental Health Resource Fairs at Middle and High School Campuses, with interactive stations focused on stress management, mindfulness, healthy ways to deal with complex feelings, building self-esteem, and more.



Red Ribbon Week Presentations – To celebrate National Red Ribbon Week in October, we promoted the value and importance of living a drug-free life through presentations to **6,077 students** at ten different schools and community-based sites throughout Dallas.



The Back-to-School Celebration, hosted at Dallas Market Center, provided over **1,000 at-risk and homeless children** with backpacks, school supplies, uniforms and other resources to start school prepared for success.

Saturday with Santa spread holiday joy to **700 children and families** experiencing homelessness by giving out stockings filled with toys, treats and essential tangible items.



A CLOSER LOOK AT 2023

15,200

Unduplicated children and youth served in 2023.

1,411

children and youth served through CBSG® Support Groups

11,317

children and youth participated in alcohol, tobacco and other drug prevention presentations.

1,724

adults attended in alcohol, tobacco and other drug prevention presentations

503

children from local shelters and motels attended one of our summer camps: Kids' University, Camp Bravo! and Outdoor Adventure Camp

787

at-risk or homeless children and youth received uniforms and backpacks filled with school supplies for the year.

142

children and parents living in motels received monthly food services through Project Hope.

262,323

children and youth served by Rainbow Days since 1982.

11,097

children and youth impacted by drug-free activities promoting a alcohol and drug free life, led by Community Connection staff.

1,107

children and youth served at holiday events including Saturday with Santa and Thanksgiving celebrations.

CBSG®

TRAINING

In 2023 Rainbow Days expanded its impact through **training services** making a difference in children's lives throughout Texas and around the nation. **From coast to coast**, Washington to Florida, New Mexico to New Jersey, the CBSG Program has a lasting impact on children and youth nationwide.

219

adults, prevention specialists, teachers, counselors, and other youth serving professionals from **18 states** were trained in the Curriculum-Based Support Group (CBSG®) Program.



CBSG® OUTCOMES

At the heart of Rainbow Days is the unique **Curriculum-Based Support Group (CBSG®) Program**. Developed **40 years ago**, Rainbow Days have now updated, edited and published its 11th edition of the CBSG Program in 2022. As today's youth continue to experience mental health challenges at a staggering rate, the CBSG® Program and the messages that it teaches remain **timeless**, more relevant, important, and needed now than ever.

The CBSG® Program supports, strengthens, and improves the **social, emotional and behavioral health and well-being** of children/youth. Through the CBSG® Program, Rainbow Days fosters and improves children's resiliency and protective factors, teaches healthy coping and self-management skills, promotes positive pro-social behaviors, and prevents substance use and misuse.



Each year, thousands of children and youth in the Dallas community benefit from participating in a CBSG led by Rainbow Days trained and caring direct service staff. Additionally, thousands more children benefit throughout Texas and the U.S. as we train hundreds of school counselors, nonprofit staff and other youth-serving professionals each year in how to implement the CBSG® Program with children in their own community.

Based on Resiliency & Protective Factor research and Social Emotional Learning (**SEL**) principles, The CBSG® Program teaches children/youth valuable lessons on Self-Awareness, Social Awareness & Competence, Relationship Skills, Responsible Decision Making and instills a Sense of Purpose & Future. During support group, children participate in a guided discussion, engage in experiential learning activities and build trust with their peers and caring adult facilitators.

The CBSG® Program is research and evidence-based and has been recognized by the Center for Substance Abuse Prevention as a proven and effective program. After completing the CBSG® Program, children and youth demonstrate an **INCREASE** in the following outcomes:

- Perceived **well-being**
- Understanding of feelings and how to express feelings in **healthy ways**
- Sense of **hope** and purpose for the future
- Knowledge and ability to make **healthy choices**
- Sense of **belonging** with others and social **connectedness**
- Ability to identify safe people to ask for **help**
- **Non-use attitude** toward alcohol, tobacco and other drugs
- **Positive**, pro-social attitudes, behaviors and intentions



Additionally, for nearly two decades, the CBSG® Program has undergone multiple rigorous evaluation studies and reviews, which show that the program reduces isolation and increases hope, optimism and personal resiliency. An independent control group study by researchers at UT Southwestern found that children participating in the program demonstrate the following positive outcomes:

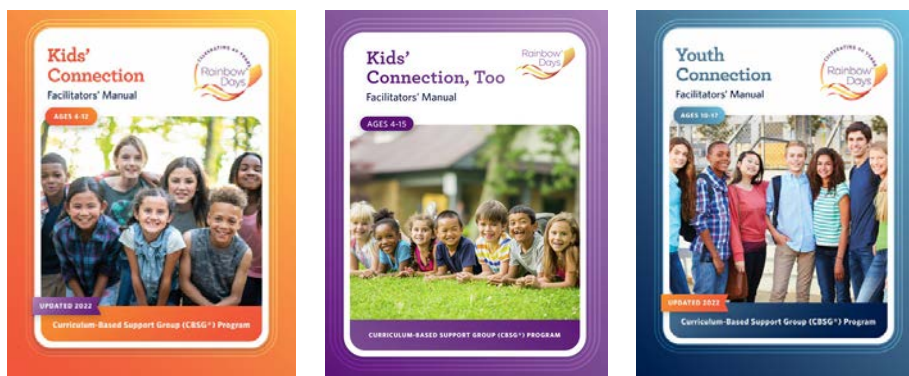
- **90 percent** of children improve their social-emotional competencies
- **91 percent** increase their understanding of and commitment to healthy choices, including adopting a non-use attitude toward alcohol, tobacco and other drugs.

Rainbow Days Training

Curriculum-Based Support Group (CBSG®) Program Facilitator Training

The **CBSG® Program Facilitator Training** prepares youth-serving professionals and volunteers to implement the Rainbow Days CBSG Program. This program is designed for small groups of 6-12 children and youth meeting weekly to learn skills such as how to set and **achieve goals, make healthy decisions, resist negative peer pressure, and cope with challenges** through engaging discussions and fun activities. Spread the word to teachers and counselors you know so they can bring the CBSG Program to their school!

CBSG® VIRTUAL TRAINING



For more information or to register, visit our website, rainbowdaystraining.org, or call 214-887-0726

VIRTUAL TRAINING INCLUDES:



Theoretical foundations, domains and Major Messages of the CBSG Program



Opportunities to see CBSG in action and be part of a mock group.



Risk & Protective Factors and Social Emotional Learning (SEL)



The Facilitator's role in implementing the CBSG Program



Adverse Childhood Experiences (ACEs) and the impact of Trauma and Toxic Stress



Choice of one CBSG Program manual adaptations, including student activity handouts in English and Spanish.

WHO WE SERVE

Rainbow Days is often described as “the charity behind the charity.” By providing site-based **services at schools and shelters** in the community, we overcome the barrier of transportation and meet kids where they already are.

Through partnerships with **65+ different service sites** in 2023, Rainbow Days’ dedicated, caring staff members were able to bring our programs to thousands of local kids. This year’s partners included: elementary, middle and high schools in five school districts; recreation and community centers; alternative schools; homeless and domestic violence shelters; motels; supportive housing sites; and other transitional living centers.

We are also **grateful** for the countless other local organizations — including nonprofits, churches, schools, companies and universities — that generously partnered with us by providing space and other crucial resources needed to support our services.

SERVICE SITES & PARTNERSHIPS

Agape Resource & Assistance Center
Anita Martinez Recreation Center
Annie's House
Barbara Jordan Elementary
Beckley-Saner Recreation Center
Ben Milam Elementary
Birdie Alexander Elementary
Brighter Tomorrows
Buckner
Budget Suites – Multiple Sites
CF Carr Elementary
City House
Dallas Life Foundation
Dan D Rogers Elementary
ED Walker Middle School
Eloise Lundry Recreation Center
Exodus Ministries
Family Hope Center
Family Gateway - Multiple Sites
Family Place - Multiple Sites
Felix Botello Elementary
Fireside Recreation Center
Francisco Pancho Medrano
Middle School
Genesis Women's Shelter
George Bush Elementary
Grauwyler Recreation Center

Greiner Exploratory Arts Academy
Hawthorne Elementary
Hector P. Garcia Middle School
Hiwatha Williams Recreation Center
Hopeful Solutions
Hopes Door New Beginning Center
Housing Crisis
Interfaith Housing
Janie Turner Recreation Center
John Carpenter Elementary
John Neely Bryan Elementary
Jonathan's Place
Juanita Craft Recreation Center
Julian Saldivar Elementary
Kidd Springs Recreation Center
Kleburg-Rylie Recreation Center
Lake Highlands Elementary
Life School Oak Cliff
Lorenzo DeZavala Elementary
Macon Elementary
Maple Lawn Elementary
MB Henderson Elementary
Mosaic Family Services
Nexus Recovery Center
Richardson High School
Ridgewood Park Recreation Center
Salvation Army

Shared Housing
Sheffield Intermediate
Texas Muslim Women's Foundation
Thomas Tolbert Elementary
Tom Field Elementary
Under 1 Roof
Union Gospel Mission
Center of Hope
Vogel Alcove
Whitney Young Elementary
Williams Preparatory



Hannah's Story

Rainbow Days curriculum teaches children a basic set of life skills and how to make **healthy choices**, **set goals** for the future, **handle anger**, and **cope** with difficult situations. **Hannah** is a remarkable young woman whose story captures everything that Rainbow Days hopes to teach children. Please read about her story below.

*"I started being involved in Rainbow Days when I was in **sixth grade**. Where I am from, as soon as you walk out of your house, you are offered drugs. It is that accessible to us.*

*I came from **an abused home**. My mom is an alcoholic, and my brother is a drug addict. I felt helpless because I could not help my mom or brother escape that situation. I had absolutely **no support**, and I could not depend on anyone in my life.*

*Accepting that this was my life's reality was hard, but making a **change was ten times harder**.*

*Rainbow Days' mentors showed they **truly cared** about me. A lot of kids do not have that support from adults. I could **express myself** with them without being judged, which is what meant the most to me.*

***Miss K and Miss Shamila** were everything to me. Their support helped me get through everything that I was going through. Even when I did not believe in myself or that I could be something in life, they saw it in me, and that is what is **pushing me**.*

*There were times when I was worried I would not be alive the next day, but they saw that I could do it. They pushed me to be who I am today. They pushed me to believe in myself. They gave me the courage to stand up. **I completely transformed**.*

*I will be the first person in my family to **graduate from high school and college**. After that, I plan to become a **police officer**.*

I see so many kids struggling, and I know what they are going through. I know these kids have the potential to do something great. It is up to us to be the support for other people. I hope to help kids in the future just like how Miss K and Miss Shamila helped me.

*Even if it is just one day,
you can make a huge difference.
That is what Rainbow Days does."*

We know that Hannah's strength, intelligence, determination, and empathy will take her wherever she wants to go in life, and Rainbow Days is immensely **proud** to be a part of her story.



The Life Change Within Rainbow Days Support Groups.

Ray Riley, a new **Behavioral Health Specialist** who leads Curriculum Based Support Groups in shelters across Dallas and Collin County, shares his thoughts on Rainbow Days' impact.

*"Working with Rainbow Days has been an **eye-opening experience**, unlike anything I have experienced before. I firmly believe that the lives and futures of the children and families served by Rainbow Days are permanently and **positively changed**.*

*I connect with all of the children in my groups, but one participant has made a significant impression on me this school year. **Brooke** is a well-mannered and exceptionally kind twelve-year-old young lady. Brooke has a younger sister, Charlie, who also attends my group sessions.*

When we first started our group sessions in August, Brooke was reluctant to participate and often hid underneath her black hoodie. She rarely made eye contact and kept her head down, but I could tell there was much more to this young girl.

Her face was filled with disappointment about whatever problems she was facing at home or mental struggles that weighed on her mind. Yet, every day that I saw Brooke and Charlie, Brooke always kept an eye out for her little sister. Charlie frequently looked to Brooke for guidance and approving glances as she wondered what to do or say. Brooke was consistently patient and kind with all members of our group. Brooke shared with me one day that the well-being of her sister was what she cared about most in life. I thought this was such a profound and endearing thing to say, especially coming from a twelve-year-old.

I made it a top priority to check in on Brooke and thoroughly engage in any topic she was interested in during our sessions. I make it evident to all my kids that I care about them, and that I am a safe person. I never push on anything they might not want to discuss, but I make it clear that my door is always open.

I noticed throughout the semester that Brooke started to consistently volunteer to help pass out supplies during group, assist other children with our activities, and take the lead during our conversations. She started to abandon the guards she put up and share her feelings with our group topics.

I had the privilege to witness firsthand the life change that happens when children are in Rainbow Days weekly support groups. I have no doubt that Brooke will succeed with whatever she pursues in life. I am so proud of Brooke for committing to grow. I am also very proud to be a part of Rainbow Days and the positive change that we are making daily in children's lives.

Seeing this change makes it easy to be a huge cheerleader for the work that Rainbow Days does."



OUR VOLUNTEERS



Rainbow Days is immensely grateful for all of our volunteers that support our mission and help make our services possible.

This past year, **1,078** dedicated volunteers gave **4,130** service hours to Rainbow Days. In 2023, our volunteers generous time is valued at **\$131,334**. Whether they were stuffing backpacks with school supplies, serving lunch at camp, unloading equipment or simply being positive mentors, these incredible volunteers made a difference in the lives of thousands of Dallas children and youth facing adversity.

This year, we were grateful to count on the support and generosity of volunteers of all ages from more than **41** volunteer community groups, including: companies, schools, churches, universities, mother/son and mother/daughter teams, and more.

POT OF GOLD LUNCHEON

Rainbow Days hosted its **26th annual Pot of Gold Luncheon** at the Westin Galleria Dallas Hotel Dallas Ballroom on May 5, 2023. On this festive Friday afternoon, over **500 supporters and guests** gathered to raise **\$232,428** for Rainbow Days.

Held annually since 1997, the Pot of Gold Luncheon is a cheerful and celebratory event **benefiting Rainbow Days' services**. Each year, the luncheon features an inspiring keynote speaker, performances from Rainbow Days children, moving program testimonials, and silent auction.



Guests enjoyed an engaging keynote address from **Coach Ken Carter**. Coach Ken Carter brought high energy to the luncheon with a message about determination, success, and giving back to the community. Coach Ken Carter is a successful author, speaker, and philanthropist who spreads his message of teamwork, accountability, and leadership. Coach's tough love and mentorship have helped students, such as "Cruz," from his namesake hit movie "Coach Carter," who is now a top medical professional.

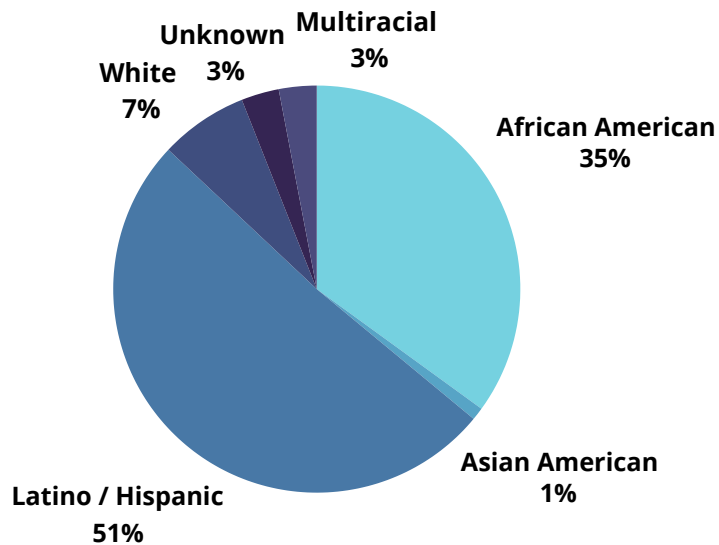
Another highlight of the luncheon program included a **performance** by a group of current Rainbow Days program participants from a local shelter. The 2023 Pot of Gold Luncheon was made complete with a heartfelt invocation by Reverend Ken Crawford from Northway Christian Church and Fox 4 Anchor Shannon Murray, who emceed the event.

This year's event was made possible through the hard work, time, and resources of the 2023 Pot of Gold Luncheon Committee members. Event leadership included Luncheon Chairs, **Brittany and Caleb Bachelor** and Auction Chair, **Abby Waterstreet**.

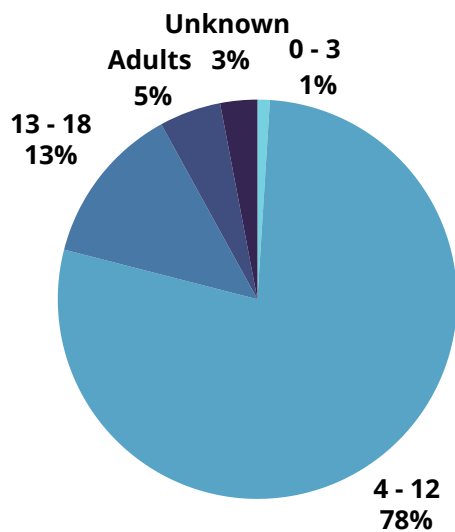
DEMOGRAPHICS

Demographics of the children, youth and parents Rainbow Days serves.

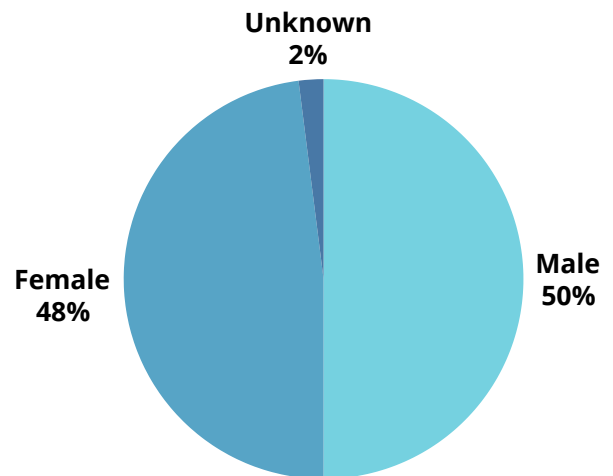
Race / Ethnicity



Age Range



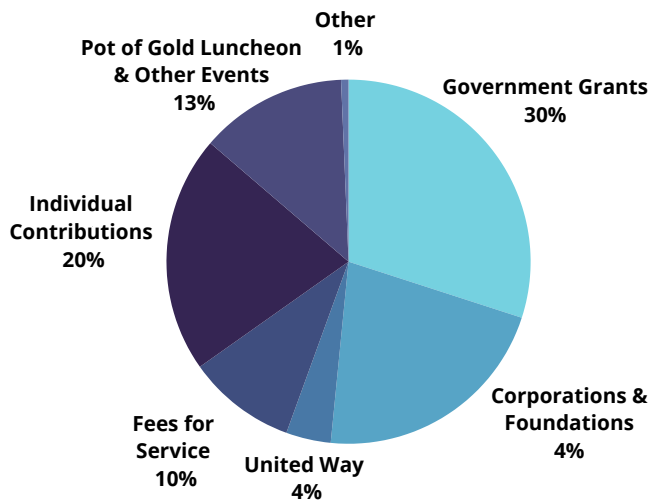
Gender



FINANCIAL SUMMARY

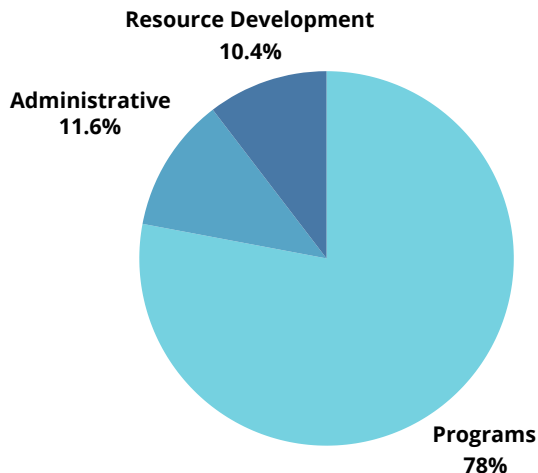
Summary of Revenue and Expenses for the Fiscal Year 2023:
September 1, 2022 - August 31, 2023

REVENUE: \$1,758,043



Government Grants	\$527,110	30%
Corporations/Foundations	\$379,428	22%
United Way	\$69,989	4%
Fees for Service	\$169,818	10%
Individual Contributions	\$370,558	20%
Pot of Gold Luncheon & Other Events	\$229,582	13%
Other Income (Investments & Other)	\$11,558	1%
Total Revenue	\$1,758,043	100%

EXPENSES: \$1,895,826



Programs	\$1,477,947	78%
Administrative	\$220,814	12%
Resource Development	\$197,065	10%
Total Expenses	\$1,895,826	100%

FINANCIAL DONORS

Rainbow Days is immensely **grateful** for our generous donors who contributed **\$1,007,639.43** in private financial contributions to help fund our mission and services in Fiscal Year 2023! Rainbow Days' work would not be possible without the hundreds of **individuals, corporations, foundations and United Way donors** who faithfully invest in our mission.

\$100,000 AND ABOVE

Nancy Ann & Ray L. Hunt

\$40,000 - \$94,999

Citi

Dale & Jill Hurd

Dallas Mavericks Foundation

United Way of Metropolitan

Dallas

\$10,000 - \$39,999

Aegon Transamerica Foundation

Baron and Blue Foundation

Capital for Kids

City of Plano

Dallas Independent School District
(DISD)

Elsie & Marvin Dekelboum Family
Foundation

Enterprise Holdings Foundation

Graham & Carolyn Holloway Family
Foundation

Harold Simmons Foundation /
Simmons Sisters Fund

Harry W. Bass, Jr. Foundation

Insurance Industry Charitable
Foundation

Katherine Carmody Trust

Metrocrest Hospital Authority

Miramar Equity Partners

Summer Gell

The Dallas Foundation

W.P. & Bulah Luse Foundation

Women of Saint Michael

\$5,000 - \$9,999

Allison Spence

Blackbaud

Cheryl Goris

Cynthia Marshall

Greg Wood

In-N-Out Burger Foundation

Joy & Roger Beless

Julia & Walter Hunt

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\$1,000 - \$2,499

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Bridget Hunt

Bonnie & Bruce Shaw

Burley Walker

Brittany & Caleb Bachelor

Charles & Matthew Eldridge

Christine Anderson

David Coligado

Dawn Ragan

Karin & Donald Wood Memorial
Fund

FINANCIAL DONORS



A special THANK YOU from Clarissa, age 9.

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 Telisa & James Schelin
 The Craig and Kathryn Hall .
 Foundation
 The Murrell Foundation
 Walmart Foundation
 Wendy Nevitt
 William Toles

\$500 - \$999

100 Men of Dallas
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 Asina Gant

Bob Baillargeon
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IN-KIND DONORS

Rainbow Days is also thankful for our **in-kind supporters**, who donated goods and services valued at **\$282,917.75** in Fiscal Year 2023. These generous donations included school supplies, clothing, toys, food, printing services, auction items and more! We are truly grateful for these special donors who supported Rainbow Days and the children we serve through tangible items and discounted professional services. There is a smiling child behind each of these donations. Those who made in-kind contributions valued at \$400 and above are recognized here.

\$400 AND ABOVE

Alice Catalano
Alicia Cummings
Amy Harris
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Ann Blevins
Anne Hudnall
Anonymous
Avantax Wealth Management
Aysha Johnson
Bank of America
Barbara Podbelsek
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Cortney Vogel
Dallas ISD

Dallas Market Center
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Ellen Sutton
Erika Cruz
Ferguson Bath, Kitchen &
Lighting Gallery
Fidel Gonzalez
Gail Hasson
Genesis Women's Shelter
GES
Hartman Income Reit
Hearts of Servants
Helen Dorsey
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Hillary Rivera
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Insha Luthra
Intrinsic
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ITC Cutting Edge
James Avery
James Harrison
Janet Cunningham
Janet Davis
Jay Gerik
Jen Mahowald
Jenna Sampson
Jenni and Brendan Roy
Jennifer Timmons
Jessica Thorne
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Joseph Kalinowski
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WHAT PEOPLE ARE SAYING

"I would say to any superintendent or principal, "You need this curriculum because it's going to change the whole tenor of your school. It's going to move your children from a place of being scared and afraid to a place of power and sense of belonging. The guided implementation and practice of the program's tenants - I Am, I Can, I Have, I Will, I Believe - will transform your campus to a place no one will recognize."

Valorie Horn, Program Director, V.O.I.C.E.

"Rainbow Days Back-to-School Celebration was the best day of my life! This was the best day of summer! I LOVE Rainbow Days!"

-Valencia, age 7

"The Rainbow Days SEL Program has empowered our students to develop their social emotional learning skills and to strengthen the parent-child-teacher relationship as evidenced by decreased behavior problems and more positive interactions among peers and staff. Rainbow Days has also helped to increase our student's self-awareness, utilization of healthy coping skills, and positive interactions with their peers and staff. We LOVE Rainbow Days!!! "

Latreece Ross, Counselor at John Carpenter Elementary

"Rainbow Days is a great introduction to not only mental health for our children and youth, but it is a safe haven to learn about oneself with guidance. The staff is simply amazing to take this mission with."

Londrea Johnson, Counselor at MB Henderson Elementary

"Rainbow Days is an extremely vital part of our campus and our day-to-day work with students and families. Thomas Jefferson is a safer place because of Rainbow Days." **Paige Zumberge, Assistant Principal at Thomas Jefferson High School**

"Every school NEEDS Rainbow Days for their students."
- Oscar Aponte, Maple Lawn Elementary School Principal



"Rainbow Days has **changed my life** and given me a brighter future" **-Savannah, age 12"**



MAJOR MESSAGES

I AM likeable, capable, unique and valued.

I CAN treat others like I want to be treated.

I HAVE meaningful relationships and people who care about me.

I WILL make healthy responsible decisions.

I BELIEVE in my purpose and future.



ABOUT RAINBOW DAYS:

When children experience adversity, there are lifelong effects for them, their families and their communities. **Rainbow Days breaks these cycles** by creating meaningful connections through support groups, camps, positive mentored experiences and training for other providers. Through our programs, at-risk and homeless children and youth learn and practice healthy self-management, relationship and decision-making skills alongside positive adult role models. They can rise above life's challenges by being equipped with coping abilities and resilience to create promising futures. Since 1982, Rainbow Days has positively impacted the lives of over **262,000 children and youth** in Dallas and millions more through Rainbow Days Training.

CONNECT WITH US!



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