

RAINBOW DAYS, INC.

Giving Children Hope for a Promising Future

Mission

To inspire and prepare children to live a life filled with hope and promise.

Major Messages

I AM likeable, capable unique and valued.

I CAN treat others like I want to be treated.

I HAVE strengths, capabilities and people who care about me.

I WILL make healthy choices and be alcohol, tobacco and drug free.

I BELIEVE I have a purpose.

From the Children:

"Thank you Rainbow Days for letting me come to Outdoor Adventure Camp, you filled an empty week with productive things to help me learn."
Anonymous

"Rainbow Days group was really helpful for me because it wasn't only talking about drugs and alcohol. We got to learn about our feelings and ways that we can handle our feelings even when we're mad. We got to learn about ourselves and our dreams and about each other." – Adrianna, age 12



About Rainbow Days, Inc. (RDI) – Rainbow Days gives children *hope for a promising future* by providing the skills and support they need to make healthy choices, stay drug free and believe they have a purpose. Since the first support group in 1982, Rainbow Days has directly served more than **107,000 children in the Dallas Metroplex** and **trained over 30,000 helping professionals** to facilitate Rainbow Days' award-winning Curriculum-Based Support Group (CBSG®) Program and other prevention programs locally, as well as state and nationwide. Through our work, Rainbow Days has positively impacted hundreds of thousands of children.



Children, Youth & Family Services

Through two core programs, *Community Connection & Family Connection*, Rainbow Days teaches important life skills and gives support to children, youth and families living in high-risk situations in the Dallas area. Rainbow Days serves **over 9,500 children and youth and over 200 parents** at more than 80 different community-based sites including local elementary schools, homeless shelters, transitional living centers, domestic violence centers, after-school programs, and recreation centers in the 4-county Dallas area. Rainbow Days core programs include: Curriculum-Based Support Groups (CBSGs®), Classroom-Based Education Courses, Smoking Prevention Education Classes, Mentored Arts Retreats, Summer Camps, Family Outings and a host of other Drug-Free Activities and Supportive services. Through these innovative programs, children learn how to: **make good decisions with regard to alcohol, drugs and tobacco, set and achieve their goals, deal with problems and emotions effectively, resist peer pressure and identify ways to live a healthy and drug-free life.**



Training Services

Through our Training Services Division, Rainbow Days expands the scope and impact of our Dallas area prevention services by training over 600 youth-serving professionals each year throughout Texas and the United States in how to implement our Curriculum-Based Support Group (CBSG®) Program. In addition, training is offered to more than 2,000 individuals each year in how to implement other evidence-based prevention programs and a variety of topics related to prevention workforce development.

Effective Outcomes

Rainbow Days' programs work! Through an extensive evaluation process, we are proud to share that our programs are making a significant difference in children's lives. Children who participated in a support group demonstrated the following outcomes this past year:

- Participants are more assertive, empathetic, cooperative and better able to manage their anger and emotions
- Participants are less likely to rebel and act out
- Participants are committed to making healthy choices, including not using alcohol, tobacco or other drugs

