

RCC Services

Kind Hearts Program for Seniors and People living with HIV/AIDS: weekly food pantry, twice monthly home deliveries, home visitors, monthly **Poz** Dinner, and various monthly and **HIV** support groups for both men and women.

Rainbow Counseling Services: Individual, couples and family counseling, support groups and “coming out” groups, referrals to local providers and support for parents of LGBTQ Youth.

Youth Programs: Fostering a positive self-identity for all LGBTQ youth, RCC offers structured programs, social activities and a youth drop-in center.

Senior Services: Senior lunches, food pantry, social groups and outings are some of the services supporting our senior community.

Health and Wellness Services: Including HIV Rapid Testing Clinics, safe sex supplies and information, and information about domestic violence prevention and support services (Safe Haven).

Social & Support Groups: Peer-led and professionally facilitated support groups, recovery groups, social groups and activities for people of various identities.

Social Activities: Movie nights, game nights, Pride Picnic, outings, Crab Feed, and more!

Volunteer Opportunities: Volunteering provides a special opportunity to give back to our community.

Please visit our website www.rainbowcc.org for more information about RCC services

RCC Vision Statement

The Rainbow Community Center of Contra Costa County envisions a society that embraces acceptance, safety, and equality for all, regardless of sexual orientation or gender identity/expression.

RCC Mission Statement

The Rainbow Community Center of Contra Costa County builds community and promotes well-being among Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning persons and our allies.

RCC Funding

Our Programs are supported by the generosity of individual donors, funds from federal, state, and county initiatives; and private foundations; and individual donors, including: Contra Costa County Mental Health, Contra Costa County Health Dept. AIDS Program, Contra Costa County Dept. of Conservation and Development Community Development Block Grant Program, Kaiser Permanente Foundation, Horizons Foundation under a grant from The California Wellness Foundation, The San Francisco Foundation, The Bay Area Physicians for Human Rights.

Business Hours:

RCC is open Mon-Fri, from 1-6 PM and many groups meet during evening and weekend hours. Please call, e-mail, visit our website, or stop by the Center for information about specific days

Rainbow Community Center (RCC)

2118 Willow Pass Road, Suite 500
Concord, CA 94520

Website: www@rainbowcc.org

Confidential Counseling Referral Line

925.692.2056

Rainbow Counseling Services



Serving Contra Costa's Lesbian, Gay,
Bisexual, Transgender, Queer and
Questioning (LGBTQ) Community

Rainbow Counseling Services

Rainbow Counseling Services provides quality mental health counseling to members of the LGBTQ community and their families, and to those who are questioning their sexual and/or gender identity.

We aspire to provide services in an atmosphere of tolerance and acceptance. Our professional staff and interns are committed to serving each client with understanding and sensitivity.

Due to the experiences of rejection and discrimination encountered by LGBTQ individuals, forming a positive identity can be challenging. Coming out can be a time when extra support is needed. There are often many family issues that come up at this time. We offer a helping hand when it is most needed.

We especially welcome LGBTQ youth and their families, and through the assistance of the Family Acceptance Project, we hope to provide services that will help to keep families together and communicating effectively.

Services pertaining to access to housing, finances, insurance and medical services are available through our on-site case management program. These services are accessible in conjunction with counseling or separately and may be requested at the number below.

Please call our Counseling Program to discuss services at:

925-692-2056

For a person, couple or family to be eligible for our services the following criteria should be met:

- ▼ Presenting problem does not include psychosis, or immediate threat to self or others.
- ▼ Willing to commit to at least one hour per week of therapy.
- ▼ Common presenting problems might include: depression, anxiety, behavioral problems, gender issues, coming out issues, relationship issues or family problems.

Fees for our counseling services are based on your income.

Other Rainbow Community Center Services

RCC also offers a number of support groups that can be a helpful addition to therapy. Here is a partial listing of some of our groups. For more information please check our website at www.rainbowcc.org.

- ▼ **Youth Drop In**
- ▼ **Queer Talk** - Support group for all LGBTQ youth.
- ▼ **HIV+ Men's Group**
- ▼ **Positive Women's Tea**
- ▼ **Women's Group**
- ▼ **Ending Relationships**
- ▼ **Grief and Loss**
- ▼ **Transgender Support Group**
- ▼ **12 Step Groups**

Community Services You Should Know About

Contra Costa Crisis Center

Trained Counselors are available to provide emergency support:

Suicide Prevention (24/7)
800-273-TALK
800-SUICIDE

Contra Costa County's Mental Health Access Line

888-678-7277

LGBTQ culturally competent support workers are available Monday through Friday from 8 am to 5 pm. Screening, brief phone counseling, crisis intervention and referral.

211 Phone Access Line

www.211database.org

Information available 24/7 for local health and social services. Contra Costa Crisis Center responds to these non-911 calls.

Eastbay Pride

WWW.EASTBAYPRIDE.COM

Online information & referral for the LGBTQQI2-S Bay Area Community.

Family Acceptance Project

<http://familyproject.sfsu.edu>

FAP is developing the first family model of wellness, prevention and care for LGBT children and youth.