

# RAINBOW YOUTH CENTRE



## YOUTH CARE

providing opportunities for youth  
(ages 11—18 years)  
to explore aspects of personal growth  
in an environment that promotes  
physical and emotional safety.

**WINTER 2024 !!**

### Youth CARE Schedule

**3:30 pm — 8:30 pm**

TUESDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS

3:30 pm — 6:15 pm	Drop in Activity
4:45 pm — 5:15 pm	Supper & Supper Cleanup
5:15 pm — 6:15 pm	Drop in Activity
6:30 pm — 8:30 pm	Evening Activity
8:30 pm	End of Night & Cleanup

Need more information?

call Youth CARE at 306-757-9743

or email Sandra at [spfeifer@rainbowyouth.com](mailto:spfeifer@rainbowyouth.com)

All programming activities are *FREE* to youth ages 11—19 years

**SEE REVERSE SIDE FOR PROGRAMMING DETAILS**

Rainbow Youth Centre 977 McTavish Street Regina, Saskatchewan S4T 3V2

Phone Number: 306-757-9743 Fax: 306-757-9759

Website: [www.rainbowyouth.com](http://www.rainbowyouth.com)

LIKE and FOLLOW us on Facebook <https://www.facebook.com/RainbowYouthCentre>



# YOUTH CARE

## WINTER 2024 Program Schedule

### Jan 16 — May 3

### After School Drop-in Activities

3:30 to 6:15 pm

Tuesdays, Wednesdays, Thursdays, Fridays.  
Drop in any time to use the gym, computers,  
music corner, play games, hangout with friends,  
and talk with Youth CARE staff.



All Drop-in Activities stop from 4:30 pm to 5:15 pm  
so **Supper** can be served at **4:45**  
Supper is available for youth ages 11—18 years.



### Evening Activities FREE

306-757-9743



Please be on time for the evening activities by arriving at least 15 minutes before start time.

#### TUESDAYS

##### CREATIVE SPIRITS

6:30 pm - 8:30 pm

Need a hobby?  
Something relaxing  
for the mind?



Learn how to  
knit, crochet, bead,  
bake, do string art  
while practicing  
*mindfulness*.  
Improve your ability  
to focus and adapt.



#### WEDNESDAYS

##### REC-re-ACTION

6:30 pm—8:30 pm

Be active ! Live well !  
*Join* REC night for  
heart pumping ,  
physical movement  
activities.  
(non-competitive)



*run-jump-skip-climb*  
*throw-dodge-catch*

Move every day.



#### THURSDAYS

##### WELL-BEING

6:30 pm—8:30 pm

Reach Out & Connect!



Develop the qualities  
and ways people can  
*strengthen*  
connections to others.  
Learn how to  
identify feelings,  
be self aware,  
show kindness.



#### FRIDAYS

##### ANYTHING GOES

6:30 pm—8:30 pm

It's Games Nite !  
*You* choose the *FUN*.



**board** games?  
**card** games?  
**word** games?  
**strategy** games?  
**group** games?  
**tag** games?  
**hide 'n seek**?



Youth can start coming to Evening Activities at any point in the program period.

