

# 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.

### Youth CARE Schedule 3:30 pm — 8:30 pm

**FALL**

2024

**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** for youth ages 11—18 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)

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# YOUTH CARE

## FALL 2024 Program Schedule

### Sept 17 — Dec 13

#### 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

WEDNESDAYS

THURSDAYS

FRIDAYS

No  
EVENING  
PROGRAM

Close at 6 pm.



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**

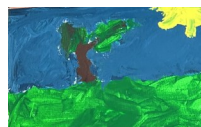
Move every day.



WELL-BEING

6:30 pm—8:30 pm

Discover & Connect!



Develop the qualities  
and life skills to

**strengthen**

connection to others.

Learn how to  
be self aware,  
improve thinking skills,  
& show kindness.



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.

