

RAINBOW YOUTH CENTRE



YOUTH CARE SPRING 2025

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

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

After School Drop-in Activities

3:30 pm to 6:15 pm

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

Saskatchewan!

In Youth CARE ...



stay active



develop skills



access support



have fun



stay for a little
or a long time!



connect with
other youth

SEE REVERSE SIDE FOR EVENING ACTIVITY DETAILS

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

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

Website: www.rainbowyouth.com

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YOUTH CARE

SPRING 2025 Program Schedule

June 3 — June 27

All Drop-in Activities stop from 4:30 pm to 5:15 pm
so **Supper** can be served at **4:45 pm**



Supper is available for youth ages 11—18 years.

AGES
11 - 18



Evening Activities

FREE

306-757-9743

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

Tuesdays

TRY IT !

6:30 pm—8:30 pm

Adventure awaits! Take a step into being more active.
Try a *new-to-you* recreation, sport, hobby, art,
Or, 'that sounds fun to me' session. Be daring. Show up!



Community
Initiatives Fund

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-balance-climb-throw-dodge-catch*. Move every day!



Wednesdays

Thursdays

WELL-BEING

6:30 pm—8:30 pm

Discover & Connect! Learn to be self-aware, supportive,
improve thinking skills, and use coping strategies.
Strengthen your ability to make connection to others.



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?



Fridays

Need more information? call Youth CARE at 306-757-9743
or email Sandra at spfeifer@rainbowyouth.com



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

