

RAINBOW YOUTH CENTRE



YOUTH CARE WINTER 2026

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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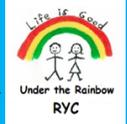
YOUTH CARE WINTER 2026 Program Schedule January 13 — May 1

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

POWER PLAY ! 6:30 pm—8:30 pm

Breath - Think - Do. Gain the information you need to be a learner, a critical thinker, a master problem solver. Learn to *calm* the *body* & *activate* the *mind*.



Saskatchewan

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

Consider, Care, & Connect! Increase your ways of knowing to improve thinking skills, relationships, & living safely. *Strengthen* your healthy lifestyle actions.



REGINA

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**?



Saskatchewan

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.

