

RAINBOW YOUTH CENTRE



YOUTH CARE JULY 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 & 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

WEDNESDAYS & THURSDAYS

Wednesdays are Beach / Canoeing outings and Thursdays are Fishing outings.
Check with Sandra about available spots as space is limited due to transportation.
See page 2 for details and contact info.

After School Drop-in Activities

Only Tuesdays & Fridays in July.

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 SUMMER 2026 Program Schedule July 7 — 31

Available only on Tuesdays & Fridays in July

Supper served at **4:45 pm**



Supper is available for youth ages 11—18 years.

AGES
11 - 18



SUMMER Activities **FREE** **306-757-9743**

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

Tuesdays

WELL BEING NIGHT ! 6:30 pm—8:30 pm

Draw, paint, sketch, write, color what you know!

Nature - we will be outdoors enjoying the living skies,
and using *visual arts* to capture what we see, feel, touch.



CANOEING / BEACH DAYS 3:00 pm—8:30 pm

Enjoy being active *outdoors* on the beach or in water!

These are out-of-city day trips to a lake. Paddling info
given every time. Life jackets, meals, transport provided.



Wednesdays

Thursdays

FISHING SUMMER SOLSTICE FUN! 2:45 pm—8:30 pm

It's *back*! The rod & reel action continues. It was so
much *fun* last July it had to be done again. These are
out-of-city day trips. Meals, transport provided.



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 or want to register for Canoeing or Fishing?
call Youth CARE at 306-757-9743 or email Sandra at spfeifer@rainbowyouth.com



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

