

RAINBOW YOUTH CENTRE



YOUTH CARE FALL 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 — 4:45 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

FALL 2026 Program Schedule

September 15 — December 11

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

REC-re-ACTION program 6:30 pm—8:30 pm

Your health matters! Step into *movement* on REC nights.
There will be chasing-running games & throwing-catching games (all non-competitive). Move for the *fun* of it.



ART'nspired program 6:30 pm—8:30 pm

Your ideas matter! Put your *creative* mind to work on ART'nspired nights. There will be craft projects, clay work, cartooning, & story telling. *Express* yourself.



Wednesdays

Thursdays

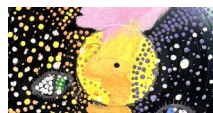
WELL-BEING program 6:30 pm—8:30 pm

Your wellness matters! Learn to use *self-reflection* to understand your relationships, emotions, coping strategies. Be part of respectful and *meaningful* conversations.



Anything Goes program 6:30 pm—8:30 pm

It's Games Nite! **board** games? **card** games? **word** games? **strategy** games? **group** games? **tag** games? **hide 'n seek**?
Spend time getting to know others. Make *connections*.



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 Fall period.

