



Youth C.A.R.E

2018 Winter (January 9 to April 23)

Schedule of Activities for Youth 11—19 years

Youth C.A.R.E *After School Activities* including access to gym area
Tuesdays, Wednesdays, Thursdays, Fridays between 3:30 pm and 6:30 pm.

All After School Activities stop from 4:30 pm to 5:30 pm for supper.
Supper served at 4:45 pm sharp.
Supper is available for youth ages 11—18 years.

<p>Mondays</p>	<p>Tuesdays</p>	<p>Wednesdays</p>	<p>Thursdays</p>	<p>Fridays</p>
<p>NO YOUTH C.A.R.E SERVICES</p>	<p>M.A.D. Skills 6:45—8:45 pm (arrive at 6:30 pm)</p> <p>You are Awesome!! Be part of a group that helps everyone discover how awesome they really are.</p> <p>Activities focus on improving the life skills needed to do well in school, work, & life.</p> <p>Find your path. Reach your Awesome. STRIVE & SUCCEED !</p>	<p>RANDOM ACTS 6:45—8:45 pm (arrive at 6:30 pm)</p> <p>Kindness counts !! Discover your talent for sharing kindness.</p> <p>Activities help you find out how community involvement helps everyone live in wellness.</p> <p>Caring matters. Be kind-hearted. Create smiles. SHARE & SUCCEED !</p>	<p>REC NIGHT 6:45—8:45 pm (arrive at 6:30 pm)</p> <p>Ready Set Move !! Find the joy in being physically active ... run, hop, skip, climb, jump, kick, catch, swim your way to fun.</p> <p>Join us for non-competitive gym & sporting activities that keep you moving.</p> <p>Take on the challenge. Bring on the fun. STRIDE & SUCCEED !</p>	<p>ANYTHING GOES 6:45—8:45 pm (arrive at 6:30 pm)</p> <p>Friday Evening is GAMES NIGHT at the Bow!</p> <p>The Choice is Yours!!</p> <p>... 100, Bump, Banana-grams, Settlers of Catan, RISK, Monopoly, Cards, Pickle Ball, President ...</p> <p>Teach us your favorite. Share the laughter. SHUFFLE & SUCCEED !</p>

Taking C.A.R.E. Activities: Saturday 12:30 pm — 4:30 pm (Closed Group — by Invite Only).

Rainbow Youth Centre 977 McTavish Street Regina, Saskatchewan S4T 3V2
Phone Number: 306-757-9743 Fax: 306-757-9759
Website: www.rainbowyouth.com
LIKE and FOLLOW us on Facebook <https://www.facebook.com/RainbowYouthCentre>

Rainbow Youth Centre

977 McTavish Street Regina, Saskatchewan S4T 3V2 Telephone: 306-757-9743 Fax : 306-757-9759

Youth C.A.R.E Program

AFTER SCHOOL Activities: Youth are able to hangout, be on the gym floor and play basketball, join in on various board games (such as RISK, Monopoly, Apples to Apples, Chess), draw, play piano, make friends, and talk with Youth C.A.R.E staff.

EVENING PROGRAM Hours: Tuesday, Wednesday, Thursday, and Friday evening activities start at 6:45 pm & end at 8:45 pm. No pre-registration needed however it is recommended that youth arrive at 6:30pm. Youth can start any day during the month. On their first visit, youth are asked to bring their health card.

M.A.D. (My Awesome Development) SKILLS TUESDAYS

Youth C.A.R.E supports youth in attaining their academic and or vocational goals.

M.A.D skills uses experiential learning activities to help youth enhance seven life skills: attentiveness, work ethic, engagement, scripting, overcoming barriers, meaningful help, and empathy. M.A.D Skills is supported by the Saskatchewan Ministry of Justice — Community Justice Program.



Saskatchewan
Ministry of
Justice and
Attorney General

RANDOM ACTS WEDNESDAYS

Youth C.A.R.E promotes the well being of youth through the development of character.

Youth C.A.R.E staff organize projects where youth can showcase their kindness towards others through random acts. Each week youth will explore their understanding of empathy through activities that involve discussion, creative arts, meeting new people, and community involvement.

RANDOM ACTS is supported by City of Regina 2017 Community Investment Major Grant, Social Development Stream.



City of Regina

REGINA
A COMMUNITY OF OPPORTUNITIES

REC NIGHT THURSDAYS

Youth C.A.R.E. promotes being physically active with youth at any performance level.

A wide range of recreation and sport activities are planned, including a series of fitness movements to increase physical literacy levels. Key factors of the program are cooperation, team work, and having fun in the attempt. **REC Night** is supported by City of Regina 2017 Community Investment Minor Grant, Sport & Recreation Stream.



City of Regina

REGINA
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ANYTHING GOES FRIDAYS

Youth C.A.R.E encourages fair play among friends with a night of nothing but GAMES. On the schedule will be the playing of favorite Board Games, Card Games, Brain Teaser Games, and Team Building Games. The choices are endless.

All programming activities are **FREE** to youth (ages 11—19 years)!

website: www.rainbowyouth.com <https://www.facebook.com/RainbowYouthCentre>

Rainbow Youth Centre

EMPOWERED

YOUTH  FAMILY  COMMUNITY

Youth C.A.R.E

Creating A Respectful Environment

Youth C.A.R.E Mission Statement:

Provide opportunities for youth to explore aspects of personal growth
in an environment that promotes physical and emotional safety.

- What We Do -

free services for youth aged 11–19 years.

YC AFTER SCHOOL DROP IN SERVICE

3:30 pm—6:30 pm

Tuesdays, Wednesdays, Thursdays, Fridays

Youth are able to hang out with peers and be active in a variety of activities including:

Open Gym, Music Corner, Use of Computers & Internet access, Board Games, Card Games, Puzzles, Books, and hangout with friends



YC MEAL SERVICE [for ages 11-18 years]

Tuesdays, Wednesdays, Thursdays, Fridays

A hot meal is served at
4:45 pm (sharp).

Youth are expected to
volunteer for cleanup chores.



YC SATURDAY TAKING C.A.R.E

12:30 pm—4:30 pm (by invitation)

Youth are able to gain
volunteer experience by
doing acts of kindness
in the community.



YC CASE MANAGEMENT SERVICE

3:30 pm—6:30 pm

Tuesdays, Wednesdays, Thursdays, Fridays

Youth are able to access
supportive counselling services,
on an individual and as needed basis,
to address mental health & wellness issues.

YC EVENING PROGRAM SERVICE

6:45 pm—8:45 pm

Tuesdays, Wednesdays, Thursdays, Fridays

Each evening youth are able to join in
on group activities that promote wellness,
and include recreation and life/social skills.
Call or go to the website to see the schedule and
find out what activity is planned for what night.
Arrive for group before 6:30 pm.
A youth can start any day during the month.



Youth Skills Schedule

WINTER 2018

***Youth Skills* – ANGER MANAGEMENT EDUCATION PROGRAM (AMEP) 16-19 years
Wednesdays (5 weeks)**

Start Date: January 17, 2018

Session Dates: January 17, 24, 31, February 7, 14 2018

***Youth Skills* – ANGER MANAGEMENT EDUCATION PROGRAM (AMEP) 13-15 years
Thursdays (5 weeks)**

Start Date: January 18, 2018

Session Dates: January 18, 25, February 1, 8, 15 2018

***Youth Skills* – TRUTH ABOUT IT (Substance Abuse Prevention Program)
Wednesdays (5 weeks)**

Start Date: February 28, 2018

Session Dates: February 28, March 7, 14, 21, 28 2018

***Youth Skills* – ANGER MANAGEMENT EDUCATION PROGRAM (AMEP) 16-19 years
Thursdays (5 weeks)**

Start Date: March 1, 2018

Session Dates: March 1, 8, 15, 21, 29 2018

To register a youth, complete the Registration Form and send to
Youth Skills by:

Email: spfeifer@rainbowyouth.com

OR Fax: 306-757-9759 to the attention of *Youth Skills*

OR Telephone: 306-757-9743 and ask for *Youth Skills*.

Rainbow Youth Centre

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