



# RAINBOW YOUTH CENTRE

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**Youth CARE Program**  
providing opportunities for youth (ages 11—19 years)  
to explore aspects of personal growth  
in an environment that promotes physical and emotional safety.

**YES!!!**  
**WE ... ARE ... OPEN**

**Schedule for July 2021**  
**3:30 pm—8:15 pm**

3:30 pm — 6:15 pm	Drop in Activity
4:45 pm — 5:30 pm	Supper & Supper Cleanup
5:30 pm — 6:15 pm	Drop in Activity
6:30 pm — 8:15 pm	Evening Activity
8:15 pm	End of Night & Cleanup

**Need information?**  
call Youth CARE at 306-757-9743  
or email Sandra at [spfeifer@rainbowyouth.com](mailto:spfeifer@rainbowyouth.com)

## SEE REVERSE SIDE FOR JULY 2021 PROGRAMMING

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

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Website: [www.rainbowyouth.com](http://www.rainbowyouth.com)

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# YOUTH CARE PROGRAM SCHEDULE July 13 — 30, 2021

We have **NEW** Hours !  
**3:30 pm—8:15 pm**

Youth ages 11—19 years, please join us!!!

Youth CARE *After School Activities* (including access to gym area)  
Tuesdays, Wednesdays, Thursdays, Fridays between **3:30** and **6:15** pm.

All *After School Activities* stop from 4:30 pm to 5:30 pm for supper.  
**Supper** served at **4:45** pm sharp.

## Evening Activities

**Mondays**

**No YOUTH CARE Services**

**Tuesdays**

**REC-re-ACTION - STEP & SIT** 6:30 - 8:15 pm

Take it outside ! Take part in outdoor activities and leave the electronics indoors. Keep your heart healthy with physical activity and your brain working with mindfulness activities.

**Wednesdays**

**REC-re-ACTION - SWEAT** 6:30 pm—8:15 pm

Movement time ! Get 60 plus minutes of movement.  
Be active in non-competitive gym and rec activities .  
Everyone moves—run, jump, skip, climb, chase, throw, catch.

**Thursdays**

**REC-re-ACTION— STEP & SLEEP** 6:30 pm—8:15 pm

Take care ! Be part of physical activities that promote wellness plus learn about sleep hygiene  
(including information about coping strategies for relieving stress).

**Fridays**

**ANYTHING GOES** 6:30 pm—8:15 pm

It's games night! Help decide the FUN!  
... board games? card games? word games? strategy games?  
group games? tag games?