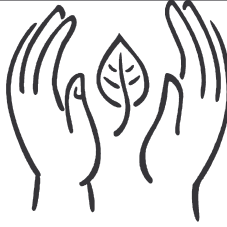


**Rainbow**  
*youth centre*



**FALL 2006  
PROGRAMS**

### **Drop-in Hours**

*Weekdays 3:30 to 6:30 p.m.*

During Rainbow's "drop-in" hours youth come to the Centre to meet and visit with friends, ask questions and get information, listen to music, play cards/board games/ping pong, read magazines or books, use the telephone, draw, work on special projects, work on their resume, do homework, or talk with a Youth C.A.R.E. worker.

Our facility has gym space, and youth are welcome to come shoot hoops or take part in other gym activities during drop-in. The membership, tour, and orientation process are also available at this time. Drop-in activities break from 4:45 pm to 5:45 pm for supper.

### **Free Hot Supper**

*Weekdays at 5 p.m.*

Every weekday Rainbow provides a hot nutritious meal, served at 5 p.m. to youth (ages 11-19) and other Rainbow participants. Young people can enjoy supper in a supportive, family-like environment.

Rainbow is proud of the youth members who regularly volunteer to help with supper preparation and cleanup! (Note: Persons over 19 years old who are not involved with Rainbow programming cannot be served). Supper is not served after 5:15 p.m.

### **Computers**

*Monday to Friday 4:30 - 6:30 p.m.  
(except 4:45 - 5:30 p.m.)*

Computers are available to youth during "drop-in" hours. Many educational and skill-building programs are offered. The Centre also has internet access. Computers can be booked for a half hour at a time. The computer area is supervised by staff, volunteers or student placements, who are available to help.

### **Other Services Available at Rainbow**

- Volunteer opportunities
- Learning/mentoring opportunities for work experience placements & practicums (both high school & university).
- Youth placements for community service orders and fine option programs.

For more details, contact Youth C.A.R.E. Coordinator Sandra Pfeifer at 757-9743 or E-mail: [spfeifer@rainbowyouth.com](mailto:spfeifer@rainbowyouth.com)

### **Sports 'N Rec**

*Mondays 6:45 - 8:45 p.m.*

Monday evenings will be dedicated to Team Sport Nights and other recreational activities. Youth wanting to be *IN MOTION* with physical activity are welcome to join the fun. Bring a friend.

### **Passport to the World**

*Tuesdays 6:45 - 8:45 p.m.*

In Passport to the World, youth explore different cultures. Each participant receives a free passport in which they will record what they have discovered about different lands—their foods, ethnicities, symbols, and other features that make up their cultures. Youth who enjoy exploration and trying something new will really enjoy this program.

### **P.E.A.C.E.**

**(People Everywhere Accepting Cultural Equity)**

*Wednesdays 6:45 - 8:45 p.m.*

Ever wonder what P.E.A.C.E. is about? In P.E.A.C.E., youth will explore the meaning of acceptance and how they can be promoters of peace. Youth will organize a number of fun activities regarding P.E.A.C.E. including ideas for community action. Bonding people with differences as one human race is the goal. "Peace Out".

### **H<sub>2</sub>M<sub>2</sub>**

**(Hip Hop: Music & More)**

*Thursdays 6:45 - 8:45 p.m.*

Working with local hip hop artists, youth will explore this movement's past and present. Youth ideas will be combined with the hip hop artists' know-how to put together new rhymes, dance moves, and art in an exploration of hip hop culture, positive self expression, and a whole lot of fun!

### **Movie Night on the BIG screen**

*Fridays 6:45 - 8:45 p.m.*

No greater fun for a Friday night than movies and popcorn! The BIG screen with BIG theatre sound awaits. Youth are welcome at Rainbow on Friday nights to enjoy a good flick on the 40 foot BIG screen. Loud munching of popcorn allowed.

Find us on the Web at [www.rainbowyouth.com](http://www.rainbowyouth.com)

### **Kids First Program**

The KidsFirst Program provides services and support to parents as they raise young children.

It is a free, voluntary program that utilizes home visitors to help guide families in making healthy choices. They provide help to access services such as childcare and parent support groups, early learning opportunities for children, help regarding literacy, nutrition, transportation and specialized counselling services, and specialized services for children with potential or existing developmental disabilities. The wishes of each family are respected. Help and assistance is provided to build on strengths and to address each family's own needs.

For more information, contact the Monique at 757-9743 or E-mail [mfisher@rainbowyouth.com](mailto:mfisher@rainbowyouth.com)

### **Road to Employment Program**

The Road to Employment Program (RTE) is for youth 19 to 25 years of age who are unemployed and on social assistance, who have not finished high school, have a lack of job experience, and do not have a drivers license.

The objective of the program is to remove these barriers that some youth face in finding employment. The program includes group sessions to increase living and personal development skills, a driver training and driving-without-impairment program, and the opportunity to achieve their GED12. Participants are also given the opportunity to participate in work training leading to long-term employment.

For more information, contact Raylene at 757-9743 or E-mail [rleblanc@rainbowyouth.com](mailto:rleblanc@rainbowyouth.com)

### **Young Parent Program**

Rainbow's Young Parent Program (YPP) provides a wide range of services and supports to young parents up to age 25.

A comprehensive 14 week parenting group is offered twice a year, as well as summer and winter workshops. Topics may include childhood development, budgeting, first aid, nutrition, play & learn, parent effectiveness training, and self-esteem for the family.

In addition, we offer a Parent-Infant Play Group in partnership with Kids First. This group provides parents an opportunity to take an active role in helping their infants learn through play. Childcare and transportation are provided for all Young Parent Programs.

For information, registration, or referrals, call the Kim at 757-9743 or E-mail [kwolbaum@rainbowyouth.com](mailto:kwolbaum@rainbowyouth.com)

### **Taking C.A.R.E. Program**

The C.A.R.E. Program focuses on crime prevention, and includes an outreach component. Taking C.A.R.E. occurs on Saturday afternoons, and involves youth volunteer experiences and positive leisure activities. Youth must register in advance for Taking C.A.R.E. by contacting a Youth C.A.R.E. worker or Sandra at 757-9743 or e-mail [spfeifer@rainbowyouth.com](mailto:spfeifer@rainbowyouth.com)

### **Anger Management**

This is an experiential learning program aimed at helping young people deal effectively with conflict and anger. Participants learn about emotions and their link to behaviour. They will learn to identify their own sources of anger, to understand the positive and negative aspects of anger, and to find new and more appropriate ways to express anger.

The program is six weeks in length. **The program runs either Mondays or Wednesdays from 6:45 to 8:45 pm depending on age groups.** For upcoming program start dates, or to make referrals, call 757-9743 or e-mail [jdudar@rainbowyouth.com](mailto:jdudar@rainbowyouth.com)

### **Substance Use and Abuse**

This is an educational program to help participants understand the affects chemical substances have on their health, relationships and life plans. Participants learn to realistically assess their own use of chemicals, to understand family dynamics when living with a chemical-dependent family member, and to learn about healthy lifestyle choices and community resources. The goals of this program are prevention, education and awareness. **The program runs Tuesdays from 6:45 to 8:45 p.m.,** and meets once weekly for six weeks. For upcoming program start dates, or to make referrals, call 757-9743 or E-mail [jdudar@rainbowyouth.com](mailto:jdudar@rainbowyouth.com)

### **Skills for Adolescence**

Rainbow's Skills for Adolescence Program provides an opportunity for young people to gain skills in getting along with others, communicating effectively, solving conflicts and thinking critically.

The program is structured to distribute the curriculum over two themes:

- 1) Communication and Self-awareness; and,
- 2) Decision-making.

Each theme consists of four 2-hour sessions, once a week. **The program runs Thursdays from 6:45 to 8:45 p.m.** E-mail [jdudar@rainbowyouth.com](mailto:jdudar@rainbowyouth.com)



Rainbow Youth Centre is a  
United Way Agency