

Summer Youth C.A.R.E. Programs

Drop-in Hours

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

During Rainbow's "drop-in" hours, youth 11-19 can come to the Centre to meet and visit with friends, ask questions, get information, listen to music, play cards, board games, or 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. Activities break from 4:45 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.

Summer Sports Night

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

Youth do not need to be bored this summer! Coming to Rainbow on Monday evenings from May through August means sharing laughter with friends, enjoying the outdoors, and having a ton of fun!! For Summer Sports Night, youth can expect activities such as football, soccer, capture the flag, swimming and slip & slide. Staff are looking forward to all the fun, but don't just take their word for it, youth can come and check it out for themselves!

IM/PACT (15-19 years)

Invaluable Mentors through Peer Action Course Training
Tuesdays 6:45 - 8:45 p.m.

IM/PACT is a skill based learning program designed specifically for youth ages 15 - 19 years to enhance leadership qualities. IM/PACT believes that everyone can be a leader, and is inviting youth to participate in a variety of workshops and community presentations to gain knowledge about issues relevant to living independently. By being involved with IM/PACT, youth will be prepared for life experiences including volunteer and employment possibilities.

Skills for Adolescence

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

Using the 'Character Education' and 'Life Skills' learning component of the Lions Quest curriculum, youth will be given information about handling peer pressures, opportunity to celebrate diversity, and a hands-on community service project. The targeted focus is to help youth with self responsibility, using good decision-making strategies, and always doing their best.

Stepping—Dancing & Evolving

Wednesdays 6:45 - 8:45 p.m.(May & June)

Youth will have opportunity to express themselves through dance. No previous dance experience is required, only a willingness to move one's body. Youth will learn stepping, break-dancing, crip-walk, and hip-hop. Interested youth will be able to create their own choreography. Dancing & Evolving will also connect their interest in dance to job possibilities, and give information about the steps they can take in building a career as a dancer.

Canoeing

Wednesdays 3—9 p.m. (July & August)

Youth ages 11 to 19 years who have an interest in canoeing and being outdoors are invited to join Rainbow for its summer canoeing program! The group will leave the city at 3:00 pm and head to Lumsden Beach. The afternoon will be filled with fishing, swimming, building sandcastles, (and more) along with canoeing. A picnic supper will be provided.

Peer Action Recreation (15-19 years)

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

Youth ages 15-19 years now have a group to call their own at Rainbow Youth Centre. Peer Action Rec will be an activity night organized by the participants to "do" what interests them the most. Youth attending the program will be asked to organize activities by the month. Drawing on their leadership skills, the Peer Action Rec group will organize Centre-wide activities every second week

TV Games Night

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

Youth are invited to join Rainbow every second week for a current affairs twist on famous TV game shows. Hunting through newspapers or using the computer, youth will find current affairs issues and make up questions in whatever "game show" format has been chosen. Fans of Family Feud, Are You Smarter Than A 5th Grader, and Jeopardy will thoroughly enjoy coming up with their own game play, while increasing their awareness of community issues.

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.

Other Programs

Kids First Program

Rainbow's KidsFirst Program provides services and support to parents up to age 25 as they raise young children.

It is a free, voluntary program that utilizes home visitors to help 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 Kids First Program at 757-9743.

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, a Playschool Program is offered in partnership with KidsFirst. This group gives young children an opportunity to develop social skills as they interact and learn with other children.

Childcare, transportation and snacks are provided for all Young Parent Programs. Certificates for attendance are offered upon completion of program. Also, all programs are voluntary.

This summer's programs are:

Mondays - Playschool Program

This program gives children an opportunity to develop social skills as they interact and learn with their peers. Time: 12:30 pm - 3:30 pm.

Tuesdays - Parent Support Group

Parents come together to talk about parenting issues and discuss commonalities in a fun and respectful environment. Time: 1:00 pm - 3:30 pm

Thursdays - Family Fun Outing

Families are invited to participate in outings such as swimming, picnics, day at the beach, community activities, etc.

For information, registration, or referrals, call the Young Parent Program at 757-9743.

Taking C.A.R.E. Program

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 at 757-9743.

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 component, and job skills. Participants are given the opportunity to participate in work placements leading to potential future employment.

For more information, contact the Road to Employment Program at 757-9743.

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 the Youth Skills Program at 757-9743.

The Truth About It!

This educational program is all about drug and alcohol use and abuse, and is designed 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 the Youth Skills Program at 757-9743.

Focused Females

This group focuses on issues such as Bulling, Sexual Health, Suicide, Body Images, Street Safety, Gangs, Women's Rights and Healthy Relationships. Youth will have a opportunity to gain knowledge on these issues and will be able to bring this information back to their community, friends and peers. Call the Youth Skills Program (Brandi or Pam) at 757-9743 to register.

Find us on the Web at www.rainbowyouth.com