



Fall 2010 Activities Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Youth C.A.R.E. Drop-in Hours Mon. to Fri., 3:30 pm -6:30 pm				
Youth Express Drop-In (for housing issues) Mon. to Fri., 9 am - 9 pm Youth Express - "What's Cooking?" Tuesday from 6 pm to 8:30 pm - registration required				
Young Parent Program Play School 12:30 pm - 3:30pm	Young Parent Program Life Skills 1 pm - 3:30pm		Young Parent Program Anger Management for Parents 1 pm - 3:30pm	
	Computer/Gym Time Tues. to Fri., 3:30 pm -6:30 pm All activities stop from 4:30 to 5:30 for supper Supper Served at 4:45 pm sharp. Supper is available for youth ages 11-19 years. YPP, RTE, and Kids First participants must make arrangements to attend supper program			
	SFA Sean's Favourite Activities 6:45 pm to 8:45 pm	Dance It Up 6:45 pm to 8:45 pm	Focus! On Life Lessons 6:45 pm to 8:45 pm	Movie Night on the BIG Screen 6:45 pm to 8:45 pm
	Anger Management Education Program (16-19 years) 6:45 pm to 8:45 pm	Anger Management Education Program (13-15 years) 6:45 pm to 8:45 pm	The Truth About It! Program (11-19 years) 6:45 pm to 8:45 pm	
Saturday	Taking C.A.R.E. Activities: 12:30 pm to 4:30 pm (registration required)			
Address: 977 McTavish Street, Regina, Saskatchewan, S4T 3V2 Phone: (306) 757-9743 Fax: (306) 757-9759 E-mail: inquiries@rainbowyouth.com Web Site: www.rainbowyouth.com			Rainbow Youth Centre programs are free of charge to youth, and are supervised to ensure a safe and positive atmosphere.	

FALL YOUTH C.A.R.E. PROGRAMS

Drop-in Hours

Tuesday to Friday 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 4:30 to 5:30 pm for supper.

Free Hot Supper

Tuesday to Friday at 4:45 p.m.

Every weekday Rainbow provides a hot nutritious meal, served at 4:45 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 p.m.

Computers

*Tuesday to Friday 3:30 - 6:30 p.m.
(except 4:30 - 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.

SFA

Sean's Favourite Activities

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

Youth C.A.R.E. staff share some of their favourite recreation activities with youth in SFA. Youth can expect activities such as soccer, basketball, physical conditioning exercises, and swimming. Youth are invited to "stay in motion". The goal is to get and keep everyone in shape!

Dance It Up

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

Youth are invited to join a dance group like no other in Regina. Every month a new cultural dance style will be explored where youth will be encouraged to learn new dance steps as well as learn the history of the dance. Prospective dance styles include: Aboriginal, Afro-Cuban, Ballroom, Highland, Latin, and Métis jiggling. Youth will learn about a world of music, song, & dance.

Focus! on Life Lessons

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

Focus! is a skill-based program designed to enrich the learning experiences of youth. The first part of the night will be for students to work on school assignments, and gain study skills. The second part will involve youth in lifeskill sessions to enhance their personal development. Examples of sessions include: goal setting, money management, communication, and job search. Youth will be encouraged to live as lifelong learners.

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.

Taking C.A.R.E. Program

Saturdays 12:30-4:30 p.m.

Taking C.A.R.E. occurs on Saturday afternoons, and involves youth volunteer experiences and positive leisure activities. Participants share a meal together, and then participate in a volunteer activity. After completing volunteer work, the group participates in a leisure activity.

Youth must register in advance by contacting a Youth C.A.R.E. worker at 757-9743.

Find us on the Web at www.rainbowyouth.com

Other Services available at Rainbow Youth Centre

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

Please enquire at Rainbow
for more details

757-9743

RAINBOW PROGRAMS

Road to Employment Program

The Road to Employment Program 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 RTE at 757-9743.

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 Kids First at 757-9743.

Young Parent Program

The Young Parent Program addresses the needs of young parents (to age 25) through group learning sessions.

Sessions focus on development of enhanced self-esteem, positive parenting skills, promoting healthy bonding and attachment relationships, understanding the stages of child development, relationships, abuse issues, alcohol and drug issues, nutrition, legal information, welfare rights and healthy leisure-time activities.

Additional support provided includes informal counseling, advocacy, problem solving, identification of community resources, and referrals.

Transportation, childcare, and/or snacks are provided for participants in group sessions. Certificates of Completion are given for all programs offered.

This fall, the Young Parent Program is again offering their Anger Management group for parents. As well, they will be running a newly-designed lifeskills group on Tuesday afternoons.

A Playschool Program will again be offered in partnership with KidsFirst. This group, running Mondays from 12:30 to 3:30 pm, gives young children an opportunity to develop social skills as they interact and learn with other children.

New this year, YPP will be offering individual programs in Violence Prevention, Anger Management and Self-Esteem. The uniqueness of these programs is for each individual to be able to work at his or her own pace, and still receive the information that they would receive in a group setting.

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

Youth Express Program

Youth Express focuses on locating stable housing for youth ages 16-25. From 9 am to 9 pm Monday to Friday, youth can drop in and receive assistance from staff with regard to housing and household management. Youth Express staff are available to assist youth in getting to and from appointments to secure their basic needs.

Youth Express is based on a service broker approach, so that the youth can be linked to the best possible resources to suit their needs. We can and do advocate for youth, and help to show them how to navigate through the sometimes over-whelming 'red-tape' of Social Services, Rentalsman, low income housing agencies, and other hurdles which stand between them and decent affordable accommodations.

Youth will also have the opportunity to create a budget that they can maintain. Staff are on hand to answer questions concerning the rights and responsibilities of tenants and landlords, with our *The Landlord & You Program*.

Youth Express also offers a program entitled *What's Cooking?!*. The program takes six participants at a time on an eight week journey that deals with menu planning, shopping on a budget, and easy, healthy food preparation.

The aim is to provide basic skills and techniques in the kitchen, and education on how to prepare meals nutritiously and economically on a minimal budget. As well, participants get to take home a wonderful meal for their family.

The program, open to anyone 16 to 25 years, runs every Tuesday from 6 pm to 8:30 pm. Space for each session is limited, so persons need to register in advance with Youth Express.

Youth Skills Program

Anger Management

This is an experiential learning program aimed at helping young people 11-19 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. It runs either Mondays or Wednesdays from 6:45 to 8:45 pm depending on their age.

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 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.

The program also engages youth in healthy recreational activities. The goals of this program are to provide prevention-based education, raise self-awareness, and discuss healthy lifestyle choices.

The program runs Thursdays 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.