

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

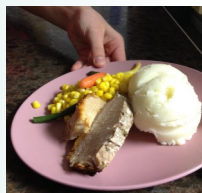


YC MEAL SERVICE [for ages 11-18 years]

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.