



G.L.O.W. Program Guide

April 19th - May 28th, 2022



Between Friends
connect • grow • belong

What is G.L.O.W.?

G.L.O.W. stands for "Group Learning Opportunities and Workshops".

This is a **new** service at Between Friends that offers growth and development workshops to our adult members in a fun and friendly environment. There are three different types of G.L.O.W. workshops:

Social and Emotional Development

These workshops are all about **connecting**! If you're looking to connect with others, or better connect with yourself, these workshops are a great place to start.

Health and Wellness Strategies

If you're interested in **growing** your healthy habits and celebrating the connection between your physical and mental health, these are the workshops for you!

Community Engagement

Would you like to be more involved in your community, but are not sure how to start? Through these workshops you will gain skills that can be applied to work, volunteering, or gaining a greater sense of **belonging** in your community.

In-person or **virtual**? Why not pick what works best for you?!

G.L.O.W. will be offered as a "hybrid program". Your workshop Facilitator will contact you a few days before your workshop to learn whether you will attend in person at the office, or virtually from home,

Registration

NOTE: Only members with an active 2022 Membership are eligible for G.L.O.W.

When?



Wednesday, April 6th, 2022
@ 5:30 pm

How?



All registrations will take place
online through our registration
portal. [CLICK HERE](#)

Program Fees

Fees for Between Friends [G.L.O.W.](#) are due at the time of registration. Credit card, cash, or cheque payments must be submitted within five (5) business days or your registration will be canceled. Online registrations must be paid by credit card in full.

Cancellation Policy

To cancel registration you must connect with our CECs. A 15% fee will apply to all cancellations. Refunds will be provided only when vacancies can be filled, and the office is notified of the cancellation.

If a program is cancelled due to low attendance, you may transfer to another program if space is available, or receive a full refund. We will make every effort to contact you prior to the start date of the program if cancellation is necessary.

If you have any questions regarding registration or your membership please contact your Community Engagement Coordinator (CEC) or contact us at:

info@betweenfriends.ab.ca | 403 269 9133

Social and Emotional Development

These workshops are all about **connecting**! If you're looking to connect with others, or better connect with yourself, these workshops can get you started.

Foundation of Feelings

Tuesday, April 26th 6:00 - 8:00 PM OR
Saturday, May 21st 10:00 AM - 12:00 PM



Interested in learning more about your emotions and where they come from? Join us for our Foundation of Feelings workshop, where we take some time to understand different emotions such as anger, joy, pride, anxiety, and sadness. We will work together to find ways to identify and balance those feelings as we learn strategies that work best for you.

Healthy Friendships

Saturday, April 30th 10:00 AM - 12:00 PM OR
Tuesday, May 17th 6:00 - 8:00 PM

\$25

Learn to make positive connections and maintain healthy boundaries! In this workshop, we'll discuss what makes a good friend, and how to be one. We'll practice navigating awkward situations, building trust, and respecting boundaries.



Health and Wellness Strategies

If you're interested in **growing** your healthy habits and celebrating the connection between physical and mental health, these are the workshops for you!

Food Science

Tuesday, April 19th 6:00 - 8:00 PM OR
Saturday, May 14th 10:00 AM - 12:00 PM



\$25

Have you ever wondered how your body gets energy from food? Let's find out how food can fuel our bodies! This workshop will take a bite out of nutrition as we explore macronutrients (protein, fat, and carbohydrates) and micronutrients (vitamins and minerals), and how they power our bodies.

Happy Bodies

Saturday, April 23rd 10:00 AM - 12:00 PM OR
Tuesday, May 10th 6:00 - 8:00 PM

\$25

We're ready to celebrate all bodies in this workshop! Together, we'll explore some healthy habits to keep our bodies happy. From the impact of sleep on our brains to the "good vibes" we can get from moving our bodies. This workshop will talk about the importance of maintaining our physical health and caring for the bodies we're in.



Community Engagement

Would you like to be more involved in your community, but you're not sure how to start? Through these workshops you will gain skills that can be applied to work, volunteering, or gaining a greater sense of **belonging** in your community.

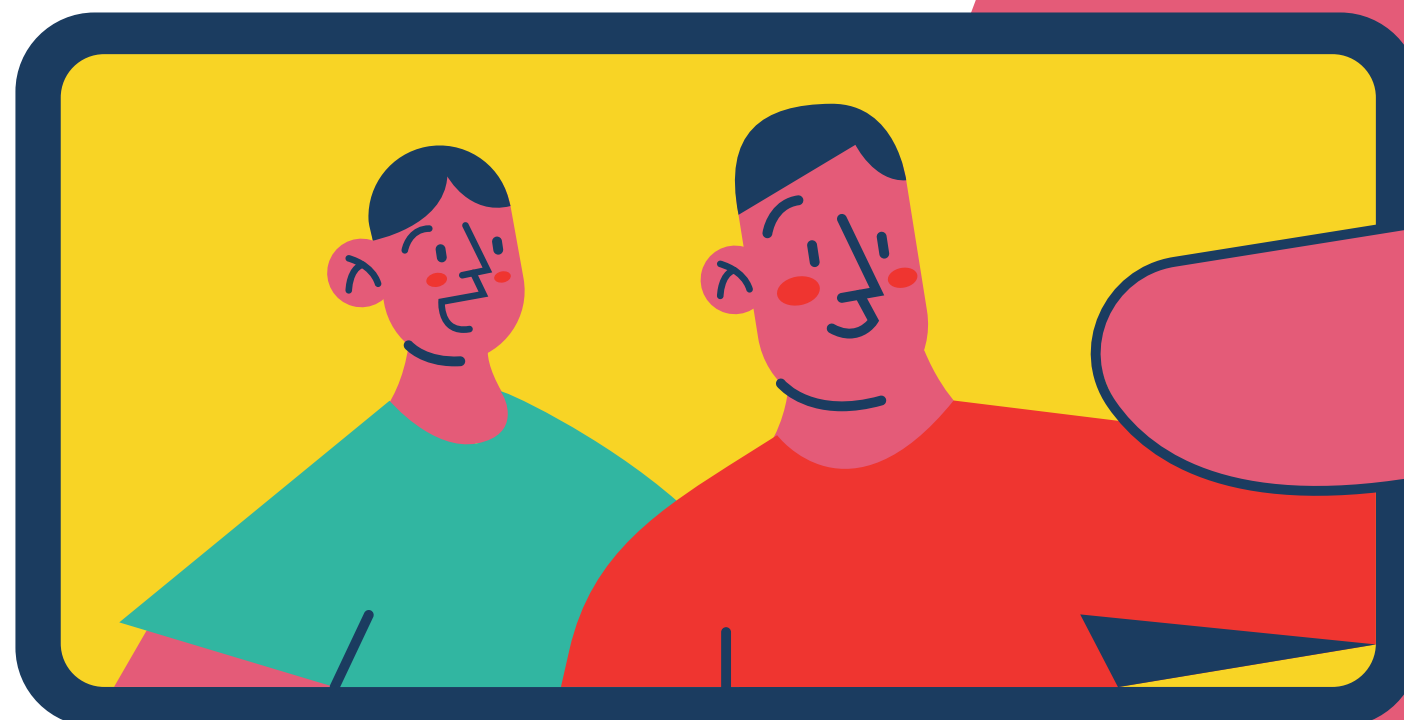
Cyber Safety

\$25

Tuesday, May 3rd 6:00 - 8:00 PM OR
Saturday, May 28th 10:00 AM - 12:00 PM

We understand the importance of online community and connection!

Whether you choose to connect with others over Zoom, surfing the web, social media, or email, we have some tips and tricks to get the most out of screen time and make sure you're having fun safely.



Psst... we'd love to hear from you!

Have a suggestion about what kinds of workshops you'd like to see in the fall? Email info@betweenfriends.ab.ca

Community Engagement

Volunteering: Volunteer In Training (VIT)

\$25

Saturday, May 7th 10:00 AM-12:00 PM OR

Wednesday, May 18th 6:00 - 8:00 PM

Interested in getting some volunteer hours under your belt at Between Friends? Hoping to set some goals and learn the ropes? Join us as we train for volunteering at Between Friends programs.

PLEASE NOTE: This training is mandatory for anyone registered in our VIT program, but not a requirement for participation - all members are welcome.

Volunteering: Calgary Community

\$25

Wednesday, April 27th 6:00 - 8:00 PM



This workshop is a great option for anyone looking to refresh their volunteering skills before heading out into the Calgary community. We'll cover how to find, start, (or end!) a volunteering role in Calgary, and share some tips and tricks about what can be expected of you while you're there.

Volunteering: Get on Board with Boards!

\$25

Tuesday, May 24th 6:00 - 8:00 PM



Ready to take your volunteering to the next level? Come learn what it takes to join a Board of Directors! Get the scoop on what applying to and volunteering on a Board could look like - in your community, at a company, or right here at Between Friends!

Aktion Club YYC

Aktion Club YYC members develop initiative and leadership skills, give back to their community, integrate into society, and gain new experiences. In partnership between Kiwanis Club of Calgary Northmount and Between Friends, Aktion Club YYC provides opportunities for adults with disabilities to demonstrate the dignity and value of citizens living with disabilities.

NOTE: Current opportunities are virtual only, however, we will be exploring the possibility of in-person initiatives & meetings later in 2022!



New members are always welcome! For more information about Aktion Club or how to join, please contact

Nikki Stevens

nstevens@betweenfriends.ab.ca | 403 508 0114



Follow us on Instagram

[AktionClub.YYC](#)

and Facebook

[AktionClubYYC](#)

How to Help?

Between Friends relies heavily on the generosity of donors! Donations allow us to provide quality programming for children, youth and adults with disabilities.

Thank you to our donors and supporters! Between Friends subsidizes all programs and provides fee assistance to ensure our programs are accessible and affordable to all participants.

Given the challenging economic times we have experienced over the past few years, we must look for creative and alternative ways to improve our financial sustainability. Please consider making a donation and/or suggesting that others in your network invest in the work of Between Friends, to ensure our programs remain affordable.

Ways to Help

- Make a donation, big or small, to Between Friends or become a monthly donor
- Host an event (birthday or anniversary party, movie night, etc.) to raise money on behalf of Between Friends
- Ask your employer if their community investment plan aligns with Between Friends values – encourage them to donate, match your donations, or group volunteer at Between Friends
- Plan your corporate team building activities by attending one of our special events, or participate in our annual Friends in Motion Bowl-A-Thon!



Important Dates

Wednesday, April 6th - Registration for **G.L.O.W.** and **Adventurers**
Spring Trip

April 15 - 17 - Easter Break - no Between Friends programs

Tuesday, April 19 - **G.L.O.W.** starts!

Wednesday, April 20th - Summer **W.E.S.O.A.R!** and **Adventurers**
Program Guide shared with Members

Wednesday, May 4 - Summer **W.E.S.O.A.R!** and **Adventurers** registration

Saturday, May 28 - Last day of **G.L.O.W.**

Contact Information

If you have any questions, concerns, or ideas regarding our
G.L.O.W. Program, please contact:

Meghan Owen - Community Engagement Coordinator
mowen@betweenfriends.ab.ca | 403 305 4415

If you have any questions regarding registration or your membership
please contact your **Community Engagement Coordinator (CEC)**:

Lucy Diep ldiep@betweenfriends.ab.ca | 403 930 3851
Meghan Owen mowen@betweenfriends.ab.ca | 403 305 4415
Alex Woelfle awoelfle@betweenfriends.ab.ca | 403 540 1096



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