



# G.L.O.W. Guide

October 12th - December 14th, 2022



**Between Friends**  
connect • grow • belong

# What is G.L.O.W.?



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

This Between Friends service offers growth  
and development workshops in a fun and  
friendly environment.

Please note that we do not  
currently provide medical or  
personal care at G.L.O.W..  
Support people are welcome if  
this is something you need -  
just let us know who is coming  
to support.

## There are 3 types of workshops:

S+E

### 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.

H+W

### 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!

CE

### 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 volunteering or gaining a greater sense of **belonging** in your community.

# Registration

## When?

Wednesday, September 28, 2022  
@ 5:30 PM MST

## How?

Call the registration line: 403 508 0110  
or register online through our  
registration portal:

[CLICK HERE](#)



**Limit of 3 G.L.O.W.  
offerings per person**

This is to make sure that more people get a chance to register. If there's still space after a week or two, we'll remove this limit and let you know!

# 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.

## Fee Assistance and Subsidy

Between Friends does its best to ensure that every member with a wish to attend programs is granted the opportunity. In order to remain accessible, we subsidize all programs and workshops for all participants. Fee assistance is available for two (2) **G.L.O.W.** offerings per season. In order to help more families, we cannot offer 100% fee assistance.

To apply, fill out our online **Fee Assistance Application Form**.

[CLICK HERE](#)

Once your application is submitted, our Membership Team will review your application and contact you once a fee assistance amount has been calculated. For more information about our Fee Assistance Program or how to apply, please contact our Membership Team ([info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)).

# Important Info

## Cancellation Policy

To cancel your registration you must connect with our Membership Team. 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 workshop is cancelled due to low attendance, you may transfer to another workshop if space is available, or receive a full refund. We will make every effort to contact you prior to the start date of the workshop if cancellation is necessary.



## Our Respect Policy

A safe and welcoming space is a shared community responsibility. We expect our members, parents, guardians, caregivers, and support persons to treat Between Friends staff and personnel with respect and dignity.

Behaviors that make anyone feel unwelcome or unsafe will not be tolerated and appropriate steps will be taken to address these behaviors. Between Friends reserves the right to remove anyone not contributing to a safe and welcoming environment from current and future programs and membership.

Thank you for helping us create a community that is inclusive, respectful, safe, and kind.

If you have any questions regarding registration or your membership,  
please contact the Membership Team at:

[info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca) | 403 269 9133

# G.L.O.W.

## Intro to Improv Theatre

\$25

**Option 1:** Wednesday, November 16th @ 6:00 PM - 8:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)

- OR -

**Option 2:** Saturday, December 10th @ 10:00 AM - 12:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)



Join us for a 2-hour workshop with our guest workshop experts from Inside Out Theatre!

Improvistional Theatre, or "Improv", is a fun and creative style of live theatre where things are made up in the moment. This workshop is a great way to practice different social situations and learn how to care for your well-being in conversations and changing circumstances.

Come have some fun, get silly, and try something new!

S+E

**Learn about:** Confidence and flexibility in social situations, conversation skills, working together with other people

# G.L.O.W.



\$25

## Foundation of Feelings

Tuesday, December 6th @ 6:00 PM - 8:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)

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.

S+E

**Learn about:** The Feelings Wheel, identifying emotions, strategies for emotional well-being

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## Healthy Friendships

\$25

Thursday, November 24th @ 6:00 PM - 8:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)

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.

S+E

**Learn about:** Making and keeping friends, setting boundaries



# G.L.O.W.

## Movement and Meditation

\$25

**Option 1:** Saturday, October 29th @ 10:00 AM - 12:00 PM

Location: TBD - may be at Camp Bonaventure if nice out!

- OR -

**Option 2:** Thursday, December 1st @ 6:00 PM - 8:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)



Yo! It's time for yoga! Join our alumni yoga instructor, Brett, as you learn about how movement and meditation can support your physical and mental wellness. Find out about how movement can bring us "good vibes" and help us love and care for the bodies we're in.

H+W

**Learn about:** Accessible yoga, meditation, celebrating diverse bodies



## Fresh Air & Feathered Friends

\$25

Saturday, October 15th @ 10:00 AM - 12:00 PM

Location: Inglewood Bird Sanctuary (2425 9 Ave SE)

Reconnect with nature and our local wildlife! Join us as we move together through the Inglewood Bird Sanctuary enjoying the fresh air together. Bring your binoculars, sketchbooks, and cameras - we'll make time to learn about and enjoy birdwatching while we recharge our batteries outside.

H+W

**Learn about:** Birdwatching, connecting with nature, a free and local "gem"



# G.L.O.W.

## Eating Well for Good Health

\$25

Tuesday, November 29th @ 6:00 - 8:00 PM

Location: Virtual Program

YUM! Have you ever wondered what food can do for your body? Come and learn from an AHS expert! We have the Alberta Healthy Living Program as a guest workshop expert to give us the inside scoop on how food can give us energy and keep us going through the day. This virtual workshop is a quick and easy way to learn about food and health.



**Learn about:** healthy eating, food as fuel, AHS resources



Healthy Albertans.  
Healthy Communities.  
Together.



## Exploring the Confluence

\$25

Thursday, October 27th @ 1:00 PM - 3:00 PM

Location: Fort Calgary Parking Lot (750 9 Ave SE)



Photo credit to Fort Calgary

The land where the Bow and Elbow rivers meet has been an important place for many peoples. Join us as we tour the area and learn about the importance of this area, past and present, to the Blackfoot, Tsuut'ina, and Métis Nations. We'll explore this area together with the help of an audio tour by local Knowledge Keepers, storytellers, and historians.



**Learn about:** the history of where we live - Mohkinsstsis (Blackfoot), Wîchîspa (Nakoda), Guts'ists'i (Tsuut'ina)



# G.L.O.W.

## Art & Emotion

\$75

Saturday, November 19th @ 1:00 - 3:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)

**AND**

Saturday, November 26th @ 1:00 AM - 3:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)

**AND**

Saturday, December 3rd @ 1:00 AM - 3:00 PM

Location: Esker Foundation (1011- 9th Avenue S.E.)

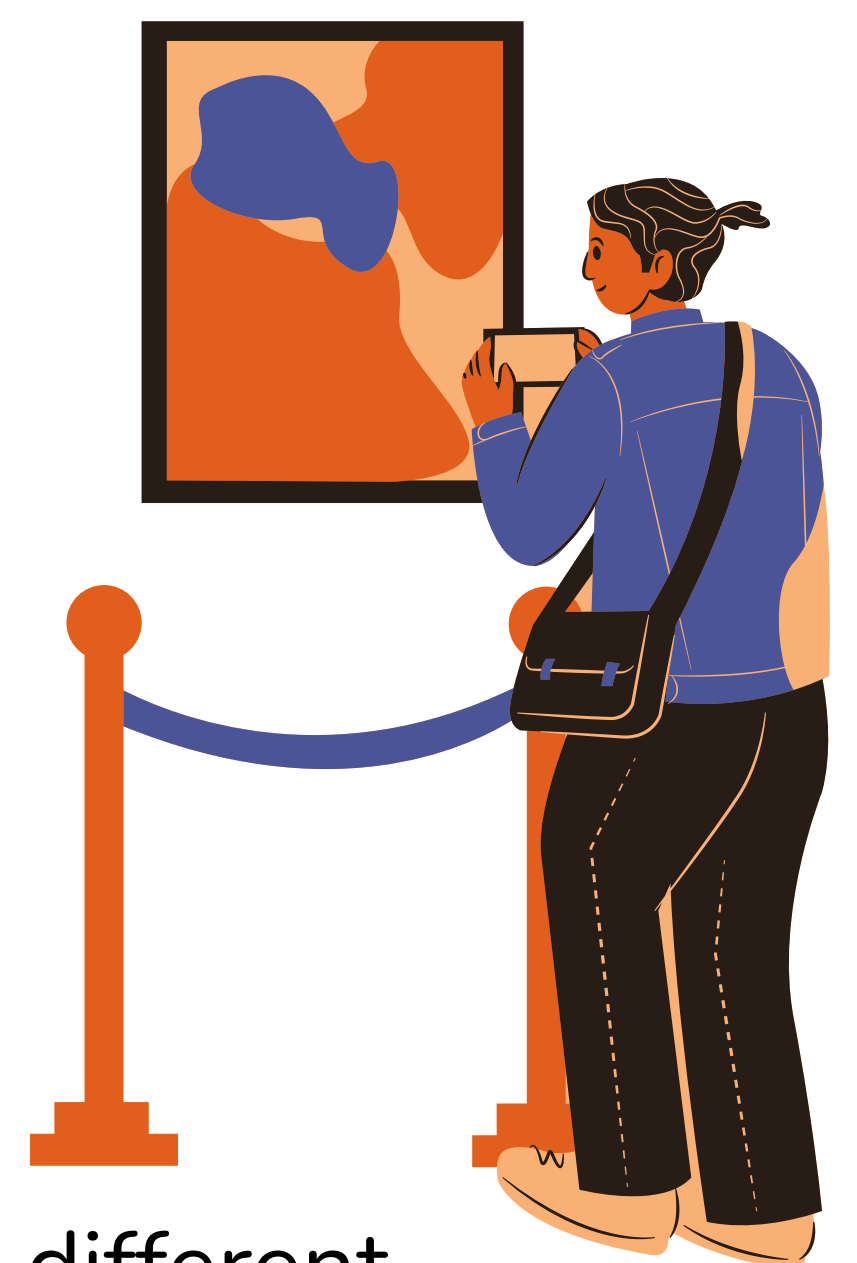
Join us as we explore the connection between art and emotions! This G.L.O.W. offering meets three times on Saturday afternoons to enjoy art available in Calgary. After viewing the art, we'll chat about how it made us feel and what we think the artist was trying to communicate to us. Think of this like a book club - for art! The art styles we'll check out include film, poetry, and contemporary art.

Here's what we're planning:

**Session 1:** Watching Quickdraw Animation Society Short Films together.

**Session 2:** Poetry time - let's learn about some Calgary poets, and create some of our own poetry.

**Session 3:** Touring a local art gallery in Inglewood - let's check out the Esker Foundation!



CE

**Learn about:** local Calgary art, emotions, different perspectives, communication through art

# Aktion Club YYC

## Try It: Aktion Club YYC

FREE

Monday, October 24 @ 6:00 PM - 8:00 PM

Location: Virtual - we'll send you a link after registration

Are you interested in learning more about this club? Join us for one of our regular meetings to learn what the buzz is all about! After that, you can decide if you'd like to join us.

Our 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.

CE

**Learn about:** a great social group - Aktion Club YYC!



Follow us on Instagram

[AktionClub.YYC](#)

and Facebook

[AktionClubYYC](#)

Questions about Aktion Club YYC? Contact Nikki!  
[nstevens@betweenfriends.ab.ca](mailto:nstevens@betweenfriends.ab.ca) | 403 508 0114

# 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.

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## 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, September 28th** - Registration for **G.L.O.W.**

**Friday, September 30th** - Truth & Reconciliation Day No Program

**October 8th - October 10th** - Thanksgiving weekend No Programs

**Wednesday, October 12th** - **G.L.O.W.** starts!

**November 6th - November 12th** - Fall Break No Programs - the office remains open!

**Wednesday, December 14th** - Last day of **G.L.O.W.**

## Contact Information

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

**Meghan Owen - Team Lead, Community Development & Education**  
mowen@betweenfriends.ab.ca | 403 305 4415

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If you have any questions regarding registration or your membership please contact our **Membership Team**:

info@betweenfriends.ab.ca | 403 269 9133



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