

# Youth Programs

## Winter 2023 Registration Guide



Registration  
January 11  
5:30 PM



**Between Friends**  
connect • grow • belong

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Main Line  
403 269 9133



[info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)



Monday - Thursday  
9:00 AM - 4:00 PM

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You can find out more about each program and service in each section, or by visiting [our website](#).



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Monday - Thursday  
9:00 AM - 4:00 PM

# How To Register

## Before Registration Night

**1** Decide the programs you want

**2** Get your 2023 Membership

**3** Test your member login

[Member Portal](#)

Each season, you can register for a **maximum** of:

- 2 **W.E.S.O.A.R!** programs, and
- 2 **Adventurers** Trips, and
- Unlimited **Special Events!**

Be prepared to have backup program choices ready as our programs fill up quick!

## Winter 2023 Registration Night: Wednesday, January 11 at 5:30 PM

### By Phone



**403 508 0110**

Have your payment ready

Have your program choices ready

Call the Registration Line - 403 508 0110

- **Do not call the main line**
- **The line will be open 5:30 - 6:30 PM on registration night**

If you are sent to voicemail, **call back** - don't leave a message

- Leaving a voicemail does **not** confirm registration

OR

### Online

[Member Portal](#)

Have your credit card ready

Have your program choices ready

Log in or refresh the page at 5:30 PM

- **Programs will not show up before 5:30 PM**

If you have trouble, **call the Registration Line**

- (403 508 0110)



# Program Fees

## Paying for Programs

Fees for Between Friends programs are **due at the time of registration**. Credit card, cash, and cheque payments or a fee assistance form must be submitted within **five (5) business days** or registration will be cancelled.

## Fee Assistance

Between Friends does its best to make sure that every member who wants to attend programs is given the chance. In order to be accessible, we subsidize all programs for all participants. Additional Fee Assistance is available for a maximum of:

- 2 Between Friends **W.E.S.O.A.R!** programs, each season
- 2 Between Friends **Adventurers** trips or programs, each season
- 2 Between Friends **Camp Bonaventure** sessions
- 2 Between Friends **G.L.O.W.** offerings, each season

Once your application is submitted, the 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 the [Membership Team](#).

2023  
Fee Assistance  
opens Jan 3

[Apply for Fee Assistance Here](#)



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Monday - Thursday  
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# Important Information

## Program Cancellation

To cancel registration you must contact [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca). 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 canceled due to low registration, you may transfer to another program if space is available, or receive a full refund. We will contact you prior to the start date of the program if cancellation is necessary.



## 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 personnel and volunteers 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/future programs and membership.

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



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# About W.E.S.O.A.R!

Registration  
January 11  
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## Winter W.E.S.O.A.R! 2023

Our **W.E.S.O.A.R!** programs (Weekend & Evening Social Opportunities, Activities & Recreation) meet once a week for 1-3 hours to do a specific activity. Some of our programs do the same activity each week, and some programs change activities each week.

- Winter **W.E.S.O.A.R!** runs for 10 weeks: **February 3 - April 21**
  - Note - there are dates when programs do not run due to holidays/breaks
- Most programs are **in-person**
- **Virtual** W.E.S.O.A.R! (previously known as WeConnect) will have this symbol next to them



## In-Program Support

Each of our **W.E.S.O.A.R!** programs has up to 10 participants, 2 staff, and 1-2 volunteers.

**W.E.S.O.A.R!** runs at a 1:8 to 1:10 ratio (1 staff to 8-10 participants). Swimming activities run at a 1:4 ratio (1 staff to 4 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact the [Membership Team](#).

What are those stars under each program?

Great question! The stars are to help you choose the right program for you based on what you may be looking for in these categories:

**Social:** friendship building, group activities, and time to talk to each other

**Personal Growth:** mindfulness, building identity, and improving YOU

**Active:** the level of physical activity (**note:** all programs are adapted for all levels of mobility)

**Skill Development:** creative, physical, and practical skills

Remember, **1 star** is the lowest amount, and **4 stars** is the highest!

## Have Questions?

Our Membership Team has answers! Here's how to contact them:



403 269 9133

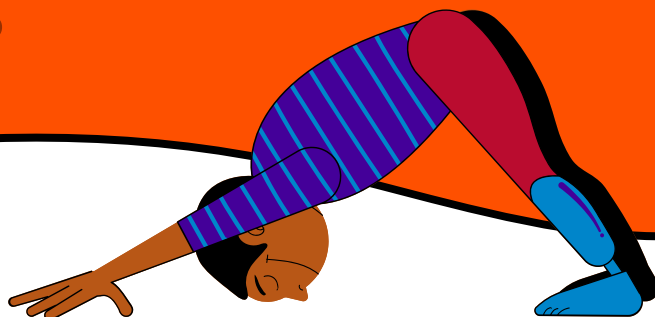


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Monday - Thursday  
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# W.E.S.O.A.R!



## Laser Tag

Ages  
13-17

Friends and laser tag, what could be better?! Practice your laser tag skills and challenge yourself to beat your personal high scores!

Cost	\$190 (\$19/day)
Day	Tuesday
Dates	February 7 - April 18
No Program	February 21 - Reading Week
Time	6:00 - 8:00 PM
Location	Laser City (9950 Macleod Trail S)

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★

## Yoga & Art

Ages  
13-24

Join Brett for an amazing yoga routine, followed by some mindful art activities to round off this relaxing evening program.

Cost	\$190 (\$19/day)
Day	Wednesday
Dates	February 8 - April 19
No Program	February 22 - Reading Week
Time	6:00 - 8:00 PM
Location	Southland Leisure Center (2000 Southland Drive SW)

Social ★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★





# W.E.S.O.A.R!



## Gym & Swim

Ages  
13-17

Alternate weekly between pool time - waterslides, hot tubs, waves, and gym time - basketball, dodge ball, and volleyball. Help the Leaders choose what you want to do!

Cost	\$190 (\$19/day)
Day	Thursday
Dates	February 9 - April 20
No Program	February 23 - Reading Week
Time	5:00 - 7:00 PM
Location	Trico Centre (11150 Bonaventure Drive SW)

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★

## Teen Time

Ages  
13-17

Join us weekly to unwind with your friends! We will be doing a variety of activities each week - you'll enjoy playing games, going to a movie, making crafts, and more! All locations are to be located within the city of Calgary. Locations will be provided to registrants on the schedule at least one week prior to program.

Cost	\$200 (\$20/day)
Day	Friday
Dates	February 3 - April 21
No Program	February 24 - Reading Week April 7 - Easter Weekend
Time	6:00 - 8:00 PM
Location	Various Locations within the City of Calgary limits

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★



# About Special Events

Registration  
January 11  
5:30 PM

## Season **Special Events** 2023

Our **Special Events** are one-time events that happen throughout the year. Most of these programs have a fee, but our **dances/parties** are free as a perk of your membership!

Most of our **Special Events** are **in-person**, but we do have a few **Virtual Special Events** that will take place over Zoom. These programs will have a symbol like this beside them.



## In-Program Support

The number of participants in each **Special Event** will vary, so make sure you check the "Capacity" in the information table. **Special Events** operate at a 1:8 to 1:10 ratio (1 staff to 8-10 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact the [Membership Team](#).

What are those stars  
under each special event?

Great question! The stars are to help you choose the right event for you based on what you may be looking for in these categories:

**Social:** friendship building, group activities, and time to talk to each other

**Personal Growth:** mindfulness, building identity, and improving YOU

**Active:** the level of physical activity (**note:** all programs are adapted for all levels of mobility)

**Skill Development:** creative, physical, and practical skills

Remember, 1 star is the lowest amount, and 4 stars is the highest!

## Have Questions?

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# Special Events



## Valentine's Party

Under  
18

Spend the day with your friends as we make Valentine's Day cards and crafts filled with love that you can give to your mom, dad, sibling, best friend, or anyone else that's special to you! Light snacks and refreshments will be provided. The Special Event Leader(s) information will be provided at least 1 week prior to the party.

Cost	FREE
Day	Saturday, February 11
Time	1:00 - 3:00 PM
Location	Between Friends (205, 8989 MacLeod Trail S)
Capacity	15 participants

Social ★★★★★

Personal Growth ★★

Active ★

Skill Development ★★★★★

## St. Patrick's Day Dance

Under  
18

Don't forget to wear green or you might get pinched by a Leprechaun! We will be dancing all afternoon to current music hits and listening to some traditional Irish music to celebrate St. Patrick's Day! Light snacks and refreshments will be provided. The location of the dance and Special Event Leader(s) information will be provided at least 1 week prior to the dance.

Cost	FREE
Day	Saturday, March 18, 2023
Time	3:00 - 5:00 PM
Location	Community Hall (Location TBA)
Capacity	15 participants

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★



# About Adventurers

Registration  
January 11  
5:30 PM

## Winter **Adventurers** 2023

Our **Adventurers** trips offer you a chance to take a vacation! We offer a few different lengths of trips. Some are day trips, and some are overnights. Check out the information table next to each trip to learn more.

You'll notice the following symbols next to each trip. These symbols tell you about the type of trip:

### Day Trips



### Sleeping in Tents



### Sleeping in a Hotel



## In-Program Support

Each **Adventurers** trip will have up to 8 participants and 4 staff/volunteers. Trips typically operate at a 1:4 ratio.

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact the [Membership Team](#).

What are those stars  
under each trip?

Great question! The stars are to help you choose the right trip for you based on what you may be looking for in these categories:

**Energy:** how much energy you will use. Hiking takes more energy than watching movies

**Adaptations:** some trips need adaptations to make them more accessible for you (ex. an off roading wheelchair for hikes)

**Independence:** how much time you get to yourself on the trip

**Skill Development:** independent skills like using money and ordering food

Remember, **1 star** is the lowest level, and **4 stars** is the highest!

## Have Questions?

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# Adventurers



## Brunch and Games



Ages  
11-17

Groups will head to Deerfoot City to enjoy brunch at IHOP. Around 11:00 AM, they will walk over to the Rec Room to play games and enjoy a late snack.

Cost	\$150
Dates	Saturday, February 4
Length	9:00 AM - 4:00 PM
Location	Deerfoot City IHOP and Rec Room
Capacity	8 participants

Energy ★★★★★

Adaptations ★

Independence ★★★★★

Skill Development ★★

## Creative Kids Museum



Ages  
11-17

Join us at Telus SPARK to hang out and get creative! We will be spending the day learning about Science and free playing in the Open Studio and Creative Kids Museum. Lunch is included!

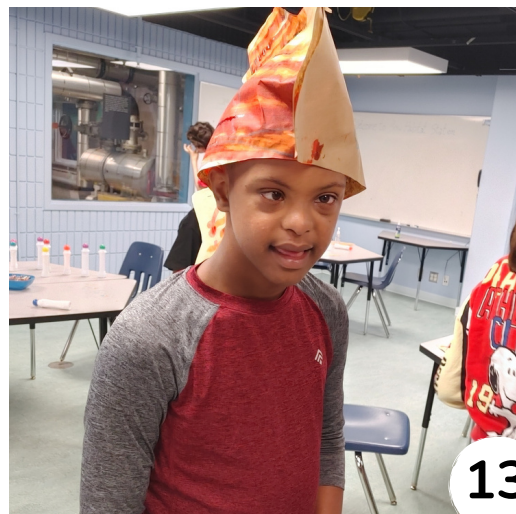
Cost	\$150
Dates	Friday, March 10
Length	9:00 AM - 4:00 PM
Location	Telus Spark (220 Saint George's Drive NE)
Capacity	8 participants

Energy ★★★★★

Adaptations ★★

Independence ★★

Skill Development ★★★★★





# About I.C.A.N!

Register  
Anytime!

## What is I.C.A.N!?

**I.C.A.N!** (Inclusive Community Activities with No barriers) is a **free** service offered to our members as a part of our Inclusion Services. With **I.C.A.N!**, participants are accompanied to a program in their community with a Rec Buddy, who will help create an inclusive space for the participant and the community program to grow.

**Note:** we have limited spaces available.

## What Does a Rec Buddy Do?

A Rec Buddy's main purpose is **inclusion** in a recreation setting. They will help your participant work toward their social and personal growth. Together with the community program, Rec Buddies will support and facilitate to ensure the program is a welcoming space for all.

A Rec Buddy is **not** a support aide. They do not provide personal care or behaviour support. If you need the additional support from a support aide, a Rec Buddy can still accompany you and your support aide to build the inclusive space.

How do I sign up for  
I.C.A.N!?

Registration for **I.C.A.N!** is **ongoing!**

If you're interested, you can reach out to the Membership Team.

**I.C.A.N!** may be a great fit if...

- You have a community program and are looking for support from a Rec Buddy

-OR-

- You want to join an inclusive community program, but aren't sure where to start

## Have Questions?

Our Membership Team has answers! Here's how to contact them:



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info@betweenfriends.ab.ca



Monday - Thursday  
9:00 AM - 4:00 PM

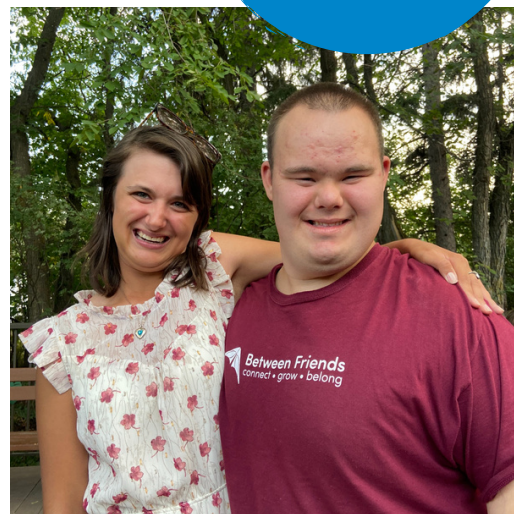
# Volunteering

Register  
Anytime!

## Volunteer in Training

Volunteer in Training (**VIT**) is a **free** service offered by Between Friends, that help our members gain the skills they need to become volunteers.

**VITs** will have the opportunity to volunteer in a full session of either **W.E.S.O.A.R!** or **Camp Bonaventure** and have the support of a VIT Leader. The VIT Leader will provide coaching support and ensure an inclusive learning environment so that **VITs** can develop the skills to confidently volunteer anywhere!



## Aktion Club YYC

Aktion Club YYC is a **free** club that meets once a month to plan volunteer initiatives. They also meet up a few times a year to do a fun, social night together to celebrate! 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.

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Monday - Thursday  
9:00 AM - 4:00 PM



# Ways You Can Give

Between Friends is where people with disabilities can feel connected, empowered, and have meaningful experiences through social and recreational programming. Consider giving today and help Between Friends continue to be a place where our participants can connect, grow and belong.

Visit: <https://betweenfriends.ab.ca/ways-to-give/>

Click the  
circles to  
learn more!



Build a Friends  
in Motion  
Team

Financial  
Contribution

Legacy  
Giving

Volunteer  
With Us

Sponsor an  
Event

Host a  
Fundraiser

Skip the  
Depot



# Important Dates

Download a  
calendar  
of all  
programs

## JANUARY

January 3	Between Friends Office Re-Opens
January 11	Winter Program Registration @ 5:30 PM • Note - phone line registration option will be open from 5:30 - 6:30 PM
January 18	Camp Bonaventure Guide Released

## FEBRUARY

February 3 - February 9	First week of Youth W.E.S.O.A.R! programs
February 4	Youth Adventurers Winter Day Trip
February 8	Camp Bonaventure Registration @ 5:30 PM • Note - phone line registration option will be open from 5:30 - 6:30 PM
February 19 - February 25	NO PROGRAMS - Reading Week
February 20	OFFICE CLOSED - Family Day

## MARCH

March 10	Youth Adventurers Winter Day Trip
March 15	Youth Programs - Spring Registration Guide Released
March 29	Spring Program Registration @ 5:30 PM • Note - phone line registration option will be open from 5:30 - 6:30 PM

## APRIL

April 7 - April 10	NO PROGRAMS & OFFICE CLOSED - Easter Weekend
April 18 - April 21	Last week of Youth W.E.S.O.A.R! programs
April 19	Youth Programs - Summer Registration Guide Released



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Monday - Thursday  
9:00 AM - 4:00 PM

# Important Dates

Download a  
calendar  
of all  
programs

## January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Office Opens	4	5	6	7
8	9	10	11 Register Winter Programs	12	13	14
15	16	17	18 Camp B Guide Out	19	20	21
22	23	24	25	26	27	28
29	30	31				

## February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Start of WESOAR	4
5	6	7	8 Register Camp B	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
No Program	No Program	No Program	No Program	No Program	No Program	No Program
26	27	28				

## March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Spring Guide Out	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Register Spring Programs	30	31	

## April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 No Program	8 No Program
9 No Program	10	11	12	13	14	15
16	17	18	19 Summer Guide Out	20	21 End of WESOAR	22
23	24	25	26	27	28	29
30						