

Adult Programs

Spring 2023 Registration Guide



Registration
March 29
5:30 PM



Between Friends
connect • grow • belong

TABLE OF CONTENTS

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

4

How to Register

A step-by-step guide to registering for your programs

5

Program Fees

How to pay, when to pay, and fee assistance

6

Important Information

Cancellation policy and respect policy

7

Special Events

One-time events to celebrate seasonal festive fun!

10

Adventurers

Day trips and overnight trips



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

TABLE OF CONTENTS

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



I.C.A.N!

Inclusion support in community programs



Volunteering

Group volunteering or learn how to be a volunteer



Ways You Can Give

How to give back to Between Friends



Important Dates

View all the important dates in a calendar



All Programs Calendar

Download a calendar with ALL programs and services



Main Line
403 269 9133



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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](#)

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

- 2 **Adventurers** Day Trips, and
- 2 **Adventurers** Overnight Trips, and
- Unlimited **Special Events!**

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

Spring 2023 Registration Night: Wednesday, March 29 at 5:30 PM

By Phone



403 508 0110

OR

Have your credit card ready (Visa or Mastercard)

Have your session choices ready

Call the Registration Line - 403 508 0110

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

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

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

Online

[Member Portal](#)

Have your credit card ready

- Visa or Mastercard

Have your session 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 your 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 **Adventurers** trips or programs, 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](#).

[Apply for Fee Assistance Here](#)



Main Line
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info@betweenfriends.ab.ca



Monday - Thursday
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Important Information

Program Cancellation

To cancel registration you must contact 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 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.

About Special Events

Registration
March 29
5:30 PM

Spring **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 amount 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?

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



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

Special Events



Jackbox Game Night

Join us for the ultimate Jackbox showdown! See if you can beat your high score while laughing with your pals! This event will take place virtually.

Cost	\$10
Day	Saturday, April 22
Time	6:00 - 8:00 PM
Location	Virtual
Capacity	12 participants

Social ★★★★★

Personal Growth ★★

Active ★

Skill Development ★★

Spring Fiesta Dance

Get ready to celebrate spring by wearing your brightest, most festive clothes as we boogie the night away! We will have a DJ and fun musical games. 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, May 6
Time	6:00 - 8:00 PM
Location	TBD
Capacity	40 participants

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★

Jeopardy Night

"What is... a night of fun?" - That is the correct answer! Bring your thinkin' caps because tonight we will be competing in a couple rounds of Jeopardy! Rounds may vary from popular songs, Disney movies, animals, and more. You will have the option to play solo or in partners. This event will take place virtually.

Cost	\$10
Day	Saturday, June 10
Time	6:00 - 8:00 PM
Location	Virtual
Capacity	12 participants

Social ★★★★★

Personal Growth ★★

Active ★

Skill Development ★★

Special Events



Awards & AGM Ceromony

Join us on Saturday, May 27 as we celebrate our accomplishments and personnel, donor, and subcontractor awards for 2022. This event will be held in-person with a special celebration of our 40th Anniversary.

Mark this date in your calendar. This event will not be available for registration at this time. A formal invite for all members and their families to come!

SAVE THE
DATE:
**Saturday,
May 27**

Social ★★ ★

Personal Growth ★

Active ★

Skill Development ★★

Between Friends Open House

Come say "Hi!" to your pals, leaders, and office staff at this fun and engaging open house. We will have a variety of booths showcasing our partners, subcontractors, additional disability-specific information, and more! Stay tuned for the location.

Mark this date in your calendar. This event will not be available for registration at this time. A formal invite for all members and their families to come!

SAVE THE
DATE:
**Saturday,
June 3**

Social ★★ ★ ★

Personal Growth ★

Active ★★

Skill Development ★★



About Adventurers

Registration
March 29
5:30 PM

Spring **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 1:2 - 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?

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



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9:00 AM - 4:00 PM

Adventurers



Theatre & Dinner



Join us for a theatrical experience with the Alberta Theatre Projects, "Teenage Dick". Taunted with the nickname, "Dick" and bullied because of his disability, Richard, the charismatic anti-hero is determined to have his revenge and plots a path to power in a dramatic student council election at his school. We will follow this Shakespearian modern revamp with dinner and an after-play discussion at a nearby restaurant.

The location and Adventurers Leader(s) information will be provided at least 1 week prior to the trip.

Cost	\$150
Dates	Saturday, April 22
Time	1:00 - 7:00 PM
Location	Martha Cohen Theatre & local restaurant (TBD)
Capacity	8 participants

Energy ★★★★★

Adaptations ★★★★★

Independence ★★★★★

Skill Development ★★

Calgary Staycation



A Calgary Staycation that includes shopping, a hotel stay with swimming and hot tub, dining out and a dinner show at Stage West! We will be seeing the hilarious, "9 - 5, The Musical", based on the Twentieth Century Fox Film, with music and lyrics by Dolly Parton.

Details and Adventurers Leader(s) information will be provided at least 1 week prior to the trip.

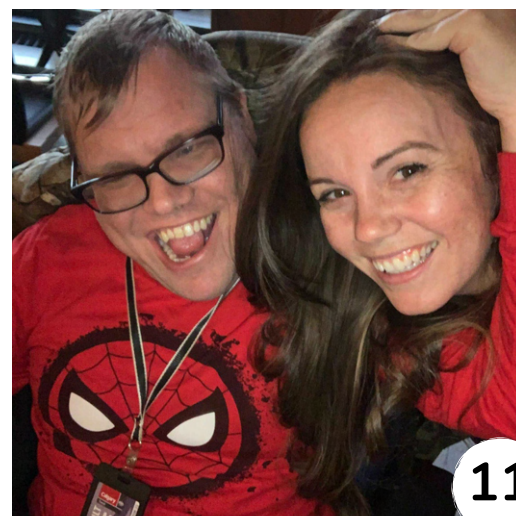
Cost	\$450
Dates	Tuesday, May 16 @ 10:00 AM - Wednesday, May 17 @ 2:00 PM
Length	2 days, 1 night
Location	Calgary, Alberta
Sleeping	Hotel
Capacity	8 participants

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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Volunteering

Register
Anytime!

Volunteer in Training

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

VITs 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 volunteer as a group. 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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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

MARCH

March 29	Spring Program Registration @ 5:30 PM <ul style="list-style-type: none">Note - phone line registration option will be open from 5:30 - 6:30 PM
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APRIL

April 7 - 10	NO PROGRAMS & OFFICE CLOSED - Easter Weekend
April 18 - April 23	Last Week of Winter Programs
April 19	Adult Programs - Summer Registration Guide Released
April 22	Adventurers Spring Day Trip

MAY

May 3	Summer Program Registration @ 5:30 PM <ul style="list-style-type: none">Note - phone line registration option will be open from 5:30 - 6:30 PM
May 16- 17	Adventurers Spring Overnight Trip
May 22	OFFICE CLOSED - Victoria Day
May 27	Awards & AGM Ceremony

JUNE

June 3	Between Friends Open House
June 4	Start of Summer Adventurers Trips
June 5	Start of Summer W.E.S.O.A.R! Programs



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Monday - Thursday
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Important Dates

Download a
calendar
of all
programs

MARCH

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

MAY

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

JUNE

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