

# Youth Programs

## Spring 2023 Registration Guide



Registration  
March 29  
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](#)

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](#)



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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 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 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



## PJ Movie Party



Ages  
3-12

Wear your comfiest PJs, find the best spot on your couch, and bring your favourite snack! Tonight, we will be watching a movie either on Netflix or Disney+ (and if you don't have either platforms, we will stream the movie over Zoom). You won't want to miss this!

Cost	\$10
Day	Saturday, April 15
Time	5:30 - 8:00 PM
Location	Virtual
Capacity	12 participants

Social ★★

Personal Growth ★

Active ★

Skill Development ★

## Spring Fiesta Dance

Ages  
13-17

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	3:00 - 5:00 PM
Location	TBD
Capacity	20 participants

Social ★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★





# Special Events



## Musical Theatre

Ages  
11-17

Come explore the wonderful world of Broadway with us! Learn skills in singing, dancing, and acting in a fun and supportive environment by rehearsing musical theatre excerpts that will be shared for a small audience during the final class. As a bonus, students will learn skills that build confidence and coordination that can be transferred to everyday life!

<b>Cost</b>	<b>\$125 (\$31/session)</b>
<b>Day 1</b>	Sunday April 23, 9:30 - 11:30 AM
<b>Day 2</b>	Sunday, April 30, 9:30 - 11:30 AM
<b>Day 3</b>	Sunday, May 7, 9:30 - 11:30 AM
<b>Day 4</b>	Sunday, May 14, 9:30 - 11:30 AM
<b>Location</b>	Storybook Theatre (375 Bermuda Dr NW)
<b>Capacity</b>	12 participants

This event is a series of four classes. That means you get to go to all four of them.

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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# Adventurers



## Alberta Ballet in BOTERO



Ages  
11-17

Join us for an afternoon out on the town! We will start off watching a show at the Jubilee Auditorium, and then head to a nearby restaurant for dinner! We will watch and learn about BOTERO - a unique style of Ballet. Botero is a playful vision of Ballet, sure to bring laughter and life on the stage. It is choreographed by Annabelle Lopez Ochoa.

Cost	\$100
Dates	Saturday, May 13
Time	1:00 - 6:00 PM
Location	2415 14 Ave NW
Capacity	8 participants

Energy ★★ ★

Adaptations ★★

Independence ★

Skill Development ★★

## Spring Sleepover



Ages  
11-17

Spend a magical day with us as we enjoy outdoor games and activities, have dinner over a fire, and set up a mock camping trip indoors.

Cost	\$250
Dates	Friday, June 9 @ 9:00 AM - Saturday, June 10 @ 4:00 PM
Length	2 days, 1 night
Location	Richmond Knob Hill Community Association
Sleeping	Tents, Indoors
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!



## Interested in Volunteering?

We'd love to have you! Reach out to our Membership Team to get started:



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

## Volunteer with Us

Volunteering is a great way for anyone to join our programs. Whether you're a parent, guardian, sibling, friend, or even a member who is ready to volunteer independently, we would love to have you join the team!

Volunteers at **Camp Bonaventure** must be at least 12 years old, while volunteers in **W.E.S.O.A.R!** must be at least 16 years old. We have many more volunteer opportunities including **Special Events**, helping out in our garden, casino nights, and so much more!



# 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"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
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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	Youth Programs - Summer Registration Guide Released

## MAY

May 3	Summer Program Registration @ 5:30 PM <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
May 13	Adventurers Spring Day Trip
May 22	OFFICE CLOSED - Victoria Day
May 27	Awards & AGM Ceremony

## JUNE

June 3	Between Friends Open House
June 4	Start of Summer Programs (Special Events and Youth Adventurers)
June 9 - 10	Adventurers Spring Overnight Trip
June 29	Caregiver Night - Camp Bonaventure



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



# 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 Caregiver Night	30	