

Youth Programs

Fall 2023 Registration Guide



Registration
August 23
5:30 PM



Between Friends
connect • grow • belong

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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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Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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All Programs Calendar

Download a calendar with ALL programs and services



Main Line
403 269 9133



info@betweenfriends.ab.ca



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 **W.E.S.O.A.R!** programs, and
- 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!

Fall 2023 Registration Night: Wednesday, August 23, at 5:30 PM

By Phone



403 508 0110

Have your credit card ready

- Visa or Mastercard

Have your program 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

OR

Online

Member Portal

Have your credit card ready

- Visa or Mastercard

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 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 **W.E.S.O.A.R!** programs, each season
- 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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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.



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

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Fall 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.

- Fall **W.E.S.O.A.R!** runs for 8-10 weeks: **September 17 - December 3**
- There will be **no programs** September 30, October 7-9, and November 11-17
- 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 have 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).

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:



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



Teen Time North/Central

Ages
13-17

Join us weekly to unwind with your friends! We will be doing a variety of activities each week such as playing games, going to a movie, making crafts, and more! All locations will be located in the north/central side of the city of Calgary. Program locations will be provided at least one week before the program.

Cost	\$200 (\$20/day)
Day	Tuesday
Dates	September 19 - November 28
No Program	November 14
Time	6:00 - 8:00 PM
Location	Various locations in Calgary

Social ★★ ★

Personal Growth ★★ ★

Active ★★

Skill Development ★★

Teen Time South/Central

Ages
13-17

Join us weekly to unwind with your friends! We will be doing a variety of activities each week such as playing games, going to a movie, making crafts, and more! All locations will be located in the south/central side of the city of Calgary. Program locations will be provided at least one week before the program.

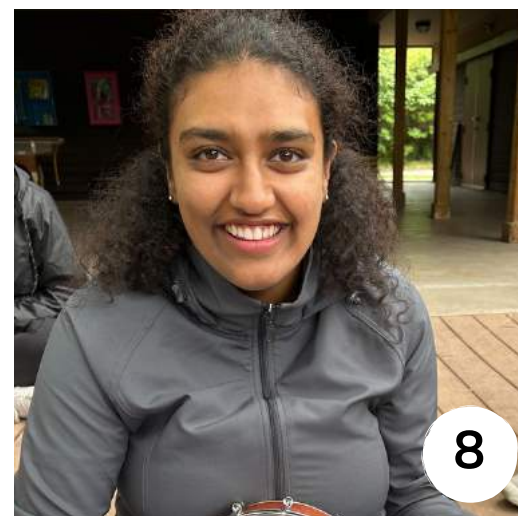
Cost	\$200 (\$20/day)
Day	Thursday
Dates	September 21 - November 30
No Program	November 16
Time	6:00 - 8:00 PM
Location	Various locations in Calgary

Social ★★ ★

Personal Growth ★★ ★

Active ★★

Skill Development ★★



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



Rec Swim

Ages
13-17

Saturday is a super day for a swim! Ride the waves, slip down the slides, or hang in the hot tub while enjoying the water with friends. It's always a splashing good time!

Cost	\$150 (\$18.75/day)
Day	Saturday
Dates	September 23 - December 2
No Program	September 30, October 7, November 11
Time	1:00 - 3:00 PM
Location	Trico Centre for Family Wellness

Social ★★ ★

Personal Growth ★★

Active ★★ ★

Skill Development ★★

Musical Theatre with StoryBook Theatre

Ages
13-17

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!

Cost	\$200 (\$20/day)
Day	Sunday
Dates	September 17 - December 3
No Program	October 8, November 12
Time	10:00 AM - 12:00 PM
Location	Beddington Theatre Arts Centre

Social ★★ ★★

Personal Growth ★★ ★★

Active ★★ ★★

Skill Development ★★ ★★



About Special Events

Registration
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Fall **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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Special Events



Under the Sea Dance

Ages
7-17

Join us for our Under The Sea themed dance - wear clothes you'd wear to the beach or dress up as your favourite aquatic animal. If you're lucky, you may even see a dolphin there! Snacks and drinks will be provided free of charge.

The location of the dance and the name of the Special Event Leaders will be emailed out to registered guests one week prior.

Cost	Free
Day	Saturday, September 16
Time	2:30 - 4:30 PM
Location	TBD
Capacity	16 participants

Social ★★★★★

Personal Growth ★

Active ★★★★★

Skill Development ★★

Halloween Party

Ages
3-11

Wear your Halloween costume to enjoy an afternoon of spooky ghost tales, crafts, and delicious snacks! This will be a spook-tacular afternoon you won't forget!

Cost	Free
Day	Saturday, October 28
Time	1:00 - 3:00 PM
Location	Between Friends Office
Capacity	12 participants

Social ★★★★★

Personal Growth ★★

Active ★

Skill Development ★★



Stay tuned for our
Holiday Special Events,
sponsored by Olympia
Trust Company!

Guide
Release:
November
8

OLYMPIA
TRUST COMPANY

About Adventurers

Registration
August 23
5:30 PM

Fall **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](#).

Trip Information In This Guide

We want our members to get the most out of their experience in our programs. In this guide, you will find detailed information about each **Adventurers** trip to assist you with deciding which trips will be the best fit for you.

We will tell you about:

- The general schedule
- Cost, dates, and location
- Ratings:
 - **Programming Level:** is the trip fast paced or low paced? Is there a lot of down time?
 - **Physical Accessibility:** the accessibility of the physical spaces on your trip
 - **Sensory Friendly:** is the environment noisy and bright? Or, is there space & time to recharge?



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

What to Expect

Picking the
right trip for
you!

For each trip, you will find a **"What to Expect"** section. This will give you an overview about the trip's **Programming Level, Physical Accessibility, and Sensory Friendliness.**

The chart below gives you more information about what each of these ratings mean.

Ratings	Description	Levels
Programming Level	Is every single hour of the trip planned? Or, is there more time to relax and do my own thing? <ul style="list-style-type: none">• High paced = busy with only a little down time.• Medium paced = a mix of both.• Low paced = relaxed with lots of independent time.	High Paced Medium Paced Low Paced
Physical Accessibility	What's the environment like? Are the bathrooms accessible? Will we be traveling on rocky roads, smooth paths, or a bit of both?	Full Low See Description
Sensory Friendly	What is the sensory environment like? Are there lots of crowds, bright lights, and loud noises? Will there be quiet space to wind down?	Yes No See Description

Note: Our personnel will do their best to provide adaptations to support our members for their physical and sensory needs.



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Adventurers



KOOZA - Cirque de Soleil

Ages
10-17



Kooza is a show bound to bring out curiosity as we follow a young clown through a journey of self-discovery in a magical universe. Cirque de Soleil, a Montréal based circus company, puts on a mesmerizing production that leaves audiences excited for more. We will catch a late night showing. Snacks will be provided.

Physical Accessibility: there will be accessible seating at Stampede Park.

Sensory Friendly: the show may be loud and have crowds. There may also be bright lights.

Cost	\$150
Dates	Wednesday, August 30
Time	7:30 - 10:30 PM
Location	Under the Big Top
Capacity	6 participants

What to expect:

Programming Level	High
Physical Accessibility	Medium
Sensory Friendly	See Description

Sunflowers & Corn Mazes

Ages
10-17



Spend the day at the Calgary Corn Maze! We will be meeting in the morning and exploring the farm. We'll stop for a picnic lunch along the way and end the day with the corn maze.

Be sure to dress for the Calgary Fall weather and plan to spend all day outdoors.

Physical Accessibility: may need to move across grass or unpaved pathways.

Sensory Friendly: animals may have strong smells.

Cost	\$250
Dates	Saturday, September 16
Time	10:00 AM - 4:00 PM
Location	Calgary Farmyard
Capacity	6 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Medium
Sensory Friendly	Yes

Adventurers



Pumpkins After Dark

Ages
10-17



Join us at Winsport to check out Pumpkins After Dark! There will be carved Halloween characters, dinosaurs, dragons, and movie icons. We will explore the illuminated pathways and see how many familiar faces we can recognize along the way! Dress for the weather as this event takes place outdoors.

Physical Accessibility: pathway is unpaved - terrain may be difficult to navigate.

Sensory Friendly: there may be a lot of scents, noise, lights, and special effects.

Cost	\$150
Dates	Saturday, October 28
Time	6:30 - 8:30 PM
Location	Winsport
Capacity	6 participants

What to expect:

Programming Level	High
Physical Accessibility	Medium
Sensory Friendly	See Description

Beauty and the Beast - The Calgary Opera

Ages
10-17



We're heading to the Opera! We will meet for a morning showing of Beauty and the Beast at the Mamdani Opera Centre. After the show, we will explore the neighborhood and head to a nearby restaurant to have lunch.

Be sure to dress for the weather.

Physical Accessibility: there will be accessible seating at the Mamdani Opera Centre.

Sensory Friendly: the show may be loud or have crowds.

Cost	\$150
Dates	Saturday, November 25
Time	10:00 AM - 4:00 PM
Location	Mamdani Opera Centre
Capacity	6 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Medium
Sensory Friendly	See Description

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:



403 269 9133



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 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!



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!




Interested in Volunteering?

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

 403 269 9133

 info@betweenfriends.ab.ca

 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

AUGUST

August 23	Fall 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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SEPTEMBER

September 17 - 23	First week of W.E.S.O.A.R! programs
September 30	No Programs - National Day for Truth and Reconciliation

OCTOBER

October 7 - 9	No Programs, Office Closed - Thanksgiving Weekend
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NOVEMBER

November 8	Holiday Program Guide Released
November 11 - 17	No Programs - Reading Week
November 22	Holiday 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

DECEMBER

December 3	Last day of Fall programs
December 14 - January 2	Office Closed - Holiday Break



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

Important Dates

Download a
calendar
of all
programs

AUGUST

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 Register Fall Programs	24	25	26
27	28	29	30	31		

SEPTEMBER

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	30 No Program

OCTOBER

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	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

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