

# Youth Programs

Fall 2025 Registration Guide  
Calgary



Registration  
August 27  
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 - Friday  
9:00 AM - 4:00 PM

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# How To Register

## Before Registration Night

**1** Decide the programs you want

**2** Get your 2025 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 **G.L.O.W.** Program, and
- Unlimited **Special Events!**

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

## Fall 2025 Registration Night: Wednesday, August 27, at 5:30 PM

### By Phone



**403 508 0110**

OR

### Online

**Member Portal**



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

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
- 2 Between Friends **G.L.O.W.** programs, each season

Once your application is submitted, our 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 [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca).

[Apply for Fee Assistance Here](#)



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

Registration  
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## Fall W.E.S.O.A.R! 2025


Our **W.E.S.O.A.R!** programs (Weekend & Evening Social Opportunities & 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 weeks: **September 21 - November 29**
- There will be **no programs** September 30, October 11-13, November 9-15

## In-Program Support

Each of our **W.E.S.O.A.R!** programs have up to 10 participants, 1-2 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 our office.



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 team has answers! Here's how to contact them:



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

Ages 13 - 17



## Teen Hobby Crafts

Are you passionate about crafting and looking to explore new ideas? Have you ever wanted to pick up a hobby, but weren't sure if you'd enjoy it? Now is your opportunity to experiment with a variety of creative hobbies with friends!

Cost	\$160 (\$20/day)
Day	Sunday
Dates	September 21 - November 23
No Program	October 12 & November 9
Time	10:00 - 11:30 AM
Location	TBD

Social ★★ ★

Personal Growth ★★ ★

Active ★

Skill Development ★★ ★★

## Teen Creative Kitchen

Sharpen your skills in our fan-favourite cooking and baking program! We will be learning to make tasty meals as well as baked treats that can be made on most budgets. Bon appétit!

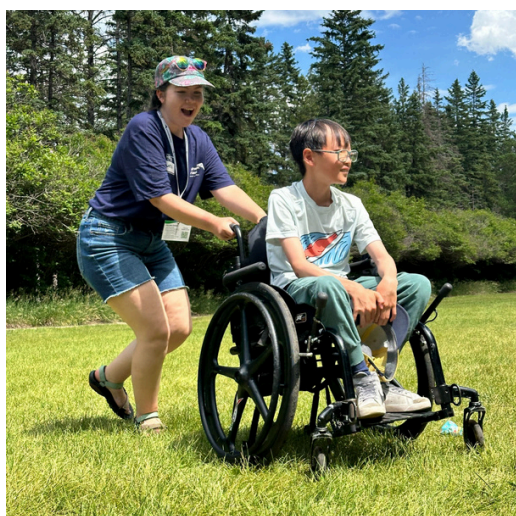
Cost	\$160 (\$20/day)
Day	Tuesday
Dates	September 23 - November 25
No Program	September 30 & November 11
Time	5:00 - 7:00 PM
Location	St. David's United Church

Social ★★ ★

Personal Growth ★★ ★

Active ★★

Skill Development ★★ ★★





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

Ages 13 - 17



## Teen Time: South

Each week we'll be heading to a new place in south/central Calgary! We'll get the chance to visit some fan favourite locations and try some brand new things. Get ready for movies, games, and more! Program details will be provided one week before the first program.

Cost	\$168 (\$21/day)
Day	Wednesday
Dates	September 24 - November 19
No Program	November 12
Time	6:00 - 8:00 PM
Location	Various Locations in South/Central Calgary

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Teen Bowling: 10 Pin

Get ready to roll with us every week for an exciting bowling experience filled with strikes, spares, and plenty of cheers and laughter! Whether you're a seasoned bowler or just starting out, this is the perfect opportunity to challenge yourself and improve your game. Each week, aim to beat your previous scores and celebrate your progress with friends and fellow bowlers.

Cost	\$168 (\$21/day)
Day	Thursday
Dates	September 25 - November 20
No Program	November 13
Time	6:00 - 8:00 PM
Location	PowerPlay

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★



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

Ages 13 - 17



## Teen Time: North

Each week we'll be heading to a new place in north/central Calgary! We'll get the chance to visit some fan favourite locations and try some brand new things. Get ready for movies, games, and more! Program details will be provided one week before the first program.

Cost	\$168 (\$21/day)
Day	Friday
Dates	September 26 - November 21
No Program	November 14
Time	6:00 - 8:00 PM
Location	Various Locations in North/Central Calgary

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★

## Teen Rec Swim

Ride the waves, hang in the hot tub, swing from the buoy ball rope swing, or splash around in the pool! Get ready for a great time hanging out with friends, doing your favorite water activity.

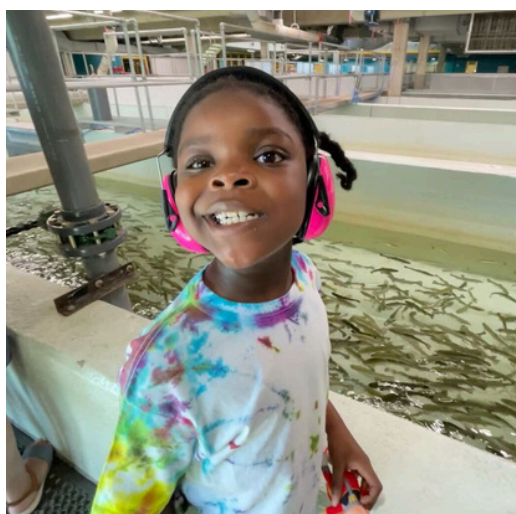
Cost	\$160 (\$20/day)
Day	Saturday
Dates	September 27 - November 29
No Program	October 11 & November 15
Time	1:15 - 3:15 PM
Location	Trico Center

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★



# About Special Events

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## Fall **Special Events** 2025

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!

## 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 our office.

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 team has answers! Here's how to contact them:



403 269 9133



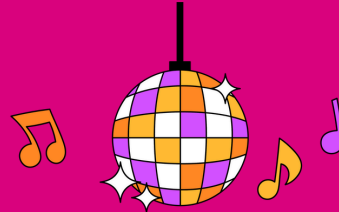
info@betweenfriends.ab.ca



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# Special Events



## Halloween Party

Ages  
7-12

Come dressed up in your favourite costume and celebrate Halloween with your friends!

Get ready to dance to some spooky tunes, create Halloween crafts, and, of course, indulge in some delicious treats!

Cost	Free
Day	Saturday, October 25
Time	1:00 - 3:30 PM
Location	TBD
Capacity	8 participants

### Important Note

If you are unable to make it after you have registered, you must inform the office at least 48 hours before the party, or a \$10 fee will be applied to your account.

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★

## Pajama & Movie Party

Ages  
10-17

It's PJ Party Time! Come dressed up in your coziest PJ's and bring your favourite comfort items to have a movie night with your friends!

Participants and leaders will pick the movie at the start of the program.

Cost	Free
Day	Saturday, November 22
Time	6:30 - 8:30 PM
Location	Confluence
Capacity	8 participants

### Important Note

If you are unable to make it after you have registered, you must inform the office at least 48 hours before the party, or a \$10 fee will be applied to your account.

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★




# Special Events

## Stampeders Fundraiser!

We're hosting a fundraiser with the Calgary Stampeders! \$5 from every ticket sold through our ticket link will come directly to Between Friends - how cool is that?

Cost	\$35-\$75 per ticket
Day	Saturday, October 18
Time	5:00 PM
Location	McMahon Stadium

 **This is not a supervised event, but rather a chance for you to head to a football game with your friends and family!** And who knows? You may even see some people from Between Friends there!



[Purchase  
Tickets  
Here!](#)



# About Adventurers

Registration  
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## Fall **Adventurers** 2025

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/Cabin



Sleeping in a Hotel/VRBO



## 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 office](#).

## 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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# What to Expect

Important

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
<b>Programming Level</b>	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"><li>• <b>High paced</b> = busy with only a little down time.</li><li>• <b>Medium paced</b> = a mix of both.</li><li>• <b>Low paced</b> = relaxed with lots of independent time.</li></ul>	High Paced Medium Paced Low Paced
<b>Physical Accessibility</b>	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
<b>Sensory Friendly</b>	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

Ages 10 - 17



## Hockey Night in Alberta

Join us for dinner and a good old hockey game! We're headed to go watch the Calgary Hitmen take on the Edmonton Oil Kings after going for a team dinner!

**Accessibility:** All venues we're headed to will be accessible for mobility devices

**Sensory Information:** There may be crowds, loud noises, and bright, flashing lights

Cost	\$75
Dates	Saturday, September 27
Time	3:15 - 8:45 PM
Location	Saddledome
Capacity	8 participants

### What to expect:

Programming Level	High
Physical Accessibility	Full
Sensory Friendly	See Description

## Battle of Alberta: Between Friends Edition

We'll kick off the adventure with a trip to Red Deer. We'll be grabbing some lunch and meeting friends from our Red Deer Programs! Then we'll load the bus again, this time with our new friends, and head up to Edmonton for a night away from home! Get ready to show our Red Deer friends what Adventurers is all about on their very first Adventurers trip!

**Accessibility:** all locations we are going to will be fully accessible

Cost	\$250
Dates	Sat. October 18 - Sun. October 19
Length	2 days, 1 night
Location	Edmonton, Alberta
Sleeping	Hotel
Capacity	8 participants

### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes



# Adventurers

Ages 10 - 17

## Banff Day Out

Get ready for a fun, wintery filled day in Banff! We'll head up to Banff and grab a nice lunch! Afterwards, we'll explore the town of Banff, and some of the fun winter activities that they have there.

If the weather conditions are too extreme, this event will either be postponed or cancelled. The Office will be in touch with details if this is the case.

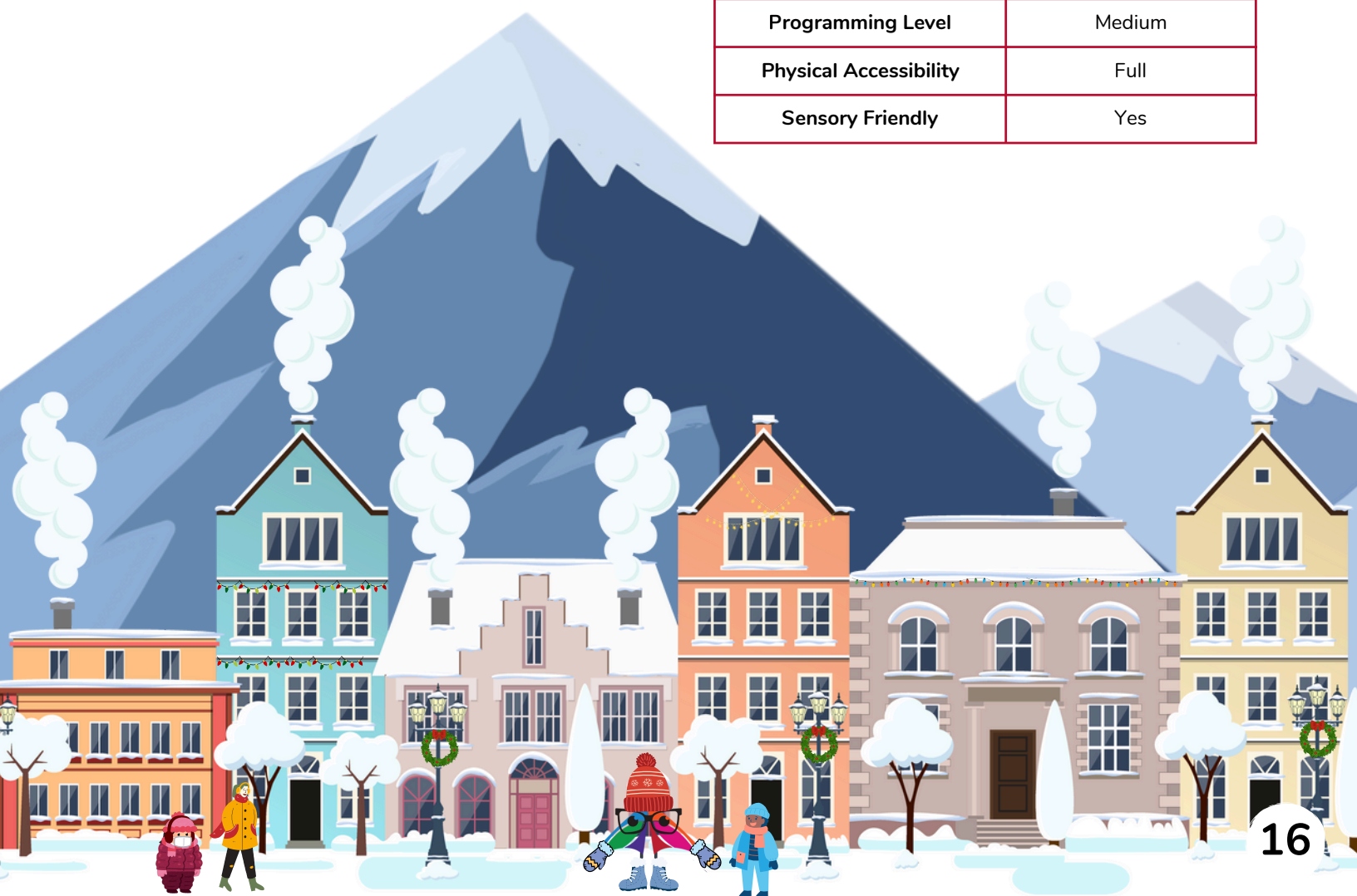
**Accessibility:** all of the places we visit will be accessible for mobility devices

Cost	\$100
Dates	Saturday, November 22
Time	10:00 AM - 6:00 PM (times may vary)
Location	Banff, Alberta
Capacity	8 participants



### What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes



# About G.L.O.W.

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## Fall G.L.O.W. 2025

Our **G.L.O.W.** programs (growth, learning opportunities & workshops) meet once a week for a 1.5 - 2 hours workshop on different topics. Each workshop helps members learn new skills for everyday life, work, and more. It's a fun and supportive way to grow and try new things.

- Fall **G.L.O.W.** runs for 8 weeks: **September 21 - November 29**
- There will be **no programs** September 30, October 11-13, November 9-15

## In-Program Support

Each of our **G.L.O.W.** programs have up to 8 participants, 1-2 staff. **G.L.O.W.** runs at a 1:8 ratio (1 staff to 8 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 our office.

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 team has answers! Here's how to contact them:



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# G.L.O.W.

## Centre for Sexuality:

Ages  
16+

## Relationship & Sexual Health Education

In partnership with the Centre for Sexuality, we're offering a fun and inclusive program created for youth and adults with disabilities to learn about relationships, body confidence, and sexual health in a safe and supportive space.

Led by trained Centre for Sexuality educators, this 8-session series covers topics like identity, consent, dating, communication, anatomy, and more! Helping participants build confidence and make informed choices.

Cost	\$160 (\$20/day)
Day	Tuesday
Dates	September 23 - November 25
No Program	September 30 & November 11
Time	6:00 - 7:30 PM
Location	TBD

Social ★★ ★

Personal Growth ★★ ★★

Active ★

Skill Development ★★ ★



# About I.C.A.N!

Registration  
varies by  
program

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

**I.C.A.N!** (Inclusive Community Activities with No barriers) is a **free** service offered to our members. 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.

Over the next few pages, you can find some of our **I.C.A.N!** Partners and learn about how to sign up for **I.C.A.N!**

## 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.

What are those stars  
under each partner?

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 team has answers! Here's how to contact them:



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



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9:00 AM - 4:00 PM



# How Does I.C.A.N! Work?

**NEW!**

What best describes you?	Follow these steps:
You have a program in your community that you want to join with a Rec Buddy	<ol style="list-style-type: none"><li>1. Reach out to <a href="mailto:info@betweenfriends.ab.ca">info@betweenfriends.ab.ca</a> to let us know that you would like a Rec Buddy to join you at a community program.</li><li>2. Let us know the details of your program (including dates and location), and contact details of someone from the community program.</li><li>3. Let us know what you would like a Rec Buddy to support you with in your community program.</li></ol>
You want to join one of our Partner programs listed in this guide	<ol style="list-style-type: none"><li>1. Reach out to <a href="mailto:info@betweenfriends.ab.ca">info@betweenfriends.ab.ca</a> to let us know you would like a Rec Buddy to join you at a Partner program.</li><li>2. Sign up for the Partner's program after confirming with our team.</li><li>3. Let us know the details of the program (including dates and location), and contact details of the program leader or manager from the Partner program.</li><li>4. Let us know what you would like a Rec Buddy to support you with in your program.</li></ol>
I.C.A.N! sounds cool, but you don't have a program in mind, and you don't see anything in this guide that you're interested in	Reach out to our team at <a href="mailto:info@betweenfriends.ab.ca">info@betweenfriends.ab.ca</a> and let us know! Tell us a bit about your interests, and we can help you find something.



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403 269 9133



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



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# I.C.A.N! Partners

## Heritage Park

Go back in time and experience the past in the prairies at Heritage Park! Day camp programs are offered at different times throughout the season for your child to play, make, and learn.

Website	<a href="http://heritagepark.ca">heritagepark.ca</a>
Program Questions?	<a href="mailto:info@heritagepark.ca">info@heritagepark.ca</a>
Location	Heritage Park

Social ★★☆☆

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

## StoryBook Theatre

Ages  
9+

StoryBook Theatre in Calgary is a vibrant and imaginative studio bringing the magic of music and storytelling to life on the stage. It's more than just a venue for performances. StoryBook Theatre is an inclusive community hub for aspiring singers, actors, dancers, directors, and behind-the-scene talents.

Website	<a href="http://storybooktheatre.org">storybooktheatre.org</a>
Program Questions?	<a href="mailto:info@storybooktheatre.org">info@storybooktheatre.org</a>
Location	Beddington Theatre Arts Centre

Social ★★☆☆

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★



# I.C.A.N! Partners

## Volunteer with Youth Central

Ages  
12-18

Youth Central offers group based volunteer opportunities across Calgary for youth ages 12-18. They offer a wide variety of opportunities, allowing teens to find something that fits their schedule and that they're passionate about!

Website	<a href="http://youthcentral.com">youthcentral.com</a>
Program Questions?	<a href="mailto:info@youthcentral.com">info@youthcentral.com</a>
Location	Various Locations in Calgary

Social ★★☆☆

Personal Growth ★★☆☆

Active ★★☆☆

Skill Development ★★☆☆

## SOGO Adventure Running

Ages  
2-18

SOGO Adventure Running offers high-quality, innovative adventure running programs for youth aged 2-17. Their programs take place in parks throughout Calgary and the surrounding area, combining running, map-reading, navigation, games, and adventure. Rooted in nature and grown through physical activity, SOGO provides an exciting way for kids to build confidence, develop new skills, and have fun outdoors!

Website	<a href="http://sogoadventurerunning.com">sogoadventurerunning.com</a>
Program Questions?	<a href="mailto:info@sogo.run">info@sogo.run</a>
Location	Various Locations in Calgary

Social ★★☆☆

Personal Growth ★★☆☆

Active ★★☆☆

Skill Development ★★☆☆





# 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!



Email [volunteers@betweenfriends.ab.ca](mailto:volunteers@betweenfriends.ab.ca) to get started!

## 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! Sign up  
below to get started:



[Camp B Registration](#)



[W.E.S.O.A.R! Registration](#)



403 269 9133



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



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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!



Become a  
Monthly Donor -  
Join our  
Circle of Friends

One Time  
Donation

Legacy  
Giving

Volunteer  
With Us

Join an  
Event

Host a  
Fundraiser

Skip the  
Depot



# Important Dates

## AUGUST

August 13	Fall Program Guides Released @ 9:00 AM
August 27	Fall 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>

## SEPTEMBER

September 1	OFFICE CLOSED - Labour Day
September 21 - 27	First week of <b>W.E.S.O.A.R!</b> & <b>G.L.O.W.</b> programs
September 30	NO PROGRAMS & OFFICE CLOSED - National Day for Truth and Reconciliation

## OCTOBER

October 11-13	NO PROGRAMS & OFFICE CLOSED - Thanksgiving Weekend
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## NOVEMBER

November 5	Holiday <b>Special Events</b> Program Guides Released @ 9:00 AM
November 9 -15	NO PROGRAMS & OFFICE CLOSED - Fall Break
November 19	Holiday <b>Special Events</b> 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>
November 29	Last day of Fall Programs

## DECEMBER

December 1 - 15	Holiday <b>Special Events</b>
December 20 - January 4	OFFICE CLOSED - Winter Holidays



Main Line  
403 269 9133



info@betweenfriends.ab.ca



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

# Important Dates

## AUGUST

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

## SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed	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
<- Fall W.E.S.O.A.R! & G.L.O.W. ->						
28	29	30 No Program				

## OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
<- Fall W.E.S.O.A.R! & G.L.O.W. ->						
5	6	7	8	9	10	11 No Program
12 No Program	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 Special Event Guides	6	7	8
9	10	11	12	13	14	15
No Programs						
16	17	18	19 Special Event Register	20	21	22
23	24	25	26	27	28	29
30						