

# Red Deer Programs

## Winter 2026 Registration Guide



Registration  
January 14  
5:30 PM



**Between Friends**  
connect • grow • belong

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View all the important dates in a calendar



Main Line  
403-268-9133



info@betweenfriends.ab.ca



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

# How To Register

## Before Registration Night

1

Decide the programs you want

2

Get your 2026 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 **Special Events!**

Be ready with your choices as our programs fill up quick!

## Winter 2026 Registration Night: Wednesday, January 14, at 5:30 PM

### By Phone



**403-508-0110**

OR

### Online

[Member Portal](#)



Have your credit card ready

- Visa or Mastercard

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

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

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 **Camp Bonaventure** sessions

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 cancelled 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.

Behaviours that make anyone feel unwelcome or unsafe will not be tolerated and appropriate steps will be taken to address these behaviours. 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 14  
5:30 PM

## Winter **W.E.S.O.A.R!** 2026


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.

- Winter **W.E.S.O.A.R!** runs for 8 weeks: **February 3 - April 11**
- There will be **no programs**: February 15 - February 21, April 3 & April 4

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

(ages 17+)



## Get Crafty! 10+

Are you passionate about crafting but looking to explore new avenues? Have you ever considered the idea of picking up a hobby, yet hesitated due to the uncertainty of whether you'll enjoy it? Now is your opportunity to experiment with a variety of creative activities alongside fellow craft enthusiasts.

<b>Cost</b>	\$120 (\$15/day)
<b>Day</b>	Tuesday
<b>Dates</b>	February 3 - March 31
<b>No Program</b>	February 17
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Between Friends: Red Deer

Social ★★

Personal Growth ★★★

Active ★

Skill Development ★★★★★

## Evening Escapes

Meet with your peers to explore the many sights and activities that our city has to offer - dinner out, movies, bowling and more within the City of Red Deer. Program locations will be provided at least one week before the program in Connect.

<b>Cost</b>	\$160 (\$20/day)
<b>Day</b>	Friday
<b>Dates</b>	February 6 - April 10
<b>No Program</b>	February 20, April 3
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Various locations in Red Deer

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★



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

(ages 10 - 17)



## Get Crafty! 10+

Are you passionate about crafting but looking to explore new avenues? Have you ever considered the idea of picking up a hobby, yet hesitated due to the uncertainty of whether you'll enjoy it? Now is your opportunity to experiment with a variety of creative activities alongside fellow craft enthusiasts.

Cost	\$120 (\$15/day)
Day	Tuesday
Dates	February 3 - March 31
No Program	February 17
Time	6:00 - 8:00 PM
Location	Between Friends: Red Deer

Social ★★

Personal Growth ★★★

Active ★

Skill Development ★★★★★

## Afternoon Adventures

Meet with your peers to explore the many sights and activities that our city has to offer. Each week will be held at a different location with new and exciting things to try.

Program locations will be provided at least one week before the program.

Cost	\$160 (\$20/day)
Day	Saturday
Dates	February 7 - April 11
No Program	February 21, April 4
Time	2:00 - 4:00 PM
Location	Various locations in Red Deer

Social ★★★★★

Personal Growth ★★

Active ★★

Skill Development ★★





# About Special Events

Registration  
January 14  
5:30 PM

## Winter **Special Events** 2026

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:



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# Special Events

## Red Deer Rebels Game

Come join us and cheer on the Red Deer Rebels for their annual Family Day game.

<b>Cost</b>	\$20
<b>Day</b>	Sunday, February 15
<b>Time</b>	3:30 - 7:00 PM
<b>Location</b>	Marchant Crane Centrum
<b>Capacity</b>	10 participants

Social ★★★★★

Personal Growth ★

Active ★

Skill Development ★



## St. Patrick's Dance

Wear green and dance the night away! Light refreshments will be available as well as themed games throughout the evening.

<b>Cost</b>	FREE
<b>Day</b>	Saturday, March 14
<b>Time</b>	6:00 - 8:00 PM
<b>Location</b>	Gaetz Memorial United Church
<b>Capacity</b>	40 participants

Social ★★★★★

Personal Growth ★



Active ★★★★★

Skill Development ★

# Volunteering

Register  
Anytime!

## 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 office to get started:

 403-268-9133

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



Build a Friends  
in Motion  
Team

Financial  
Contribution

Legacy  
Giving

Volunteer  
With Us

Sponsor an  
Event

Host a  
Fundraiser

Skip the  
Depot



# Important Dates

## JANUARY

January 5	Between Friends Office Re-Opens
January 5 - January 9	Membership Registration Week
January 14	Winter <b>W.E.S.O.A.R!</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>
January 28	<b>Camp Bonaventure</b> - Guides Released

## FEBRUARY

February 1 - February 7	First week of Winter <b>W.E.S.O.A.R!</b> programs
February 4	<b>Camp Bonaventure</b> 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>
February 15 - February 21	<b>NO PROGRAMS - Winter Break (No Programs)</b>
February 16	<b>OFFICE CLOSED - Family Day</b>

## MARCH

March 11	Spring <b>W.E.S.O.A.R!</b> Program Guides Released
March 25	Spring <b>W.E.S.O.A.R!</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>

## April

April 5 - April 11	Last Week of Winter <b>W.E.S.O.A.R!</b> Programs
April 19 - April 25	First Week of Spring <b>W.E.S.O.A.R!</b> Programs



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# Important Dates

## JANUARY

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

## FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
W.E.S.O.A.R.! Starts → Camp Register						
8	9	10	11	12	13	14
← Winter W.E.S.O.A.R.! →						
15	16	17	18	19	20	21
Office Closed No Programs						
22	23	24	25	26	27	28
← Winter W.E.S.O.A.R.! →						

## MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
← Winter W.E.S.O.A.R.! Starts →						
8	9	10	11	12	13	14
			Spring Guides			
15	16	17	18	19	20	21
22	23	24	25	26	27	28
			Spring Register			
29	30	31				

## APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
No Programs						
5	6	7	8	9	10	11
← Winter W.E.S.O.A.R.! →						
12	13	14	15	16	17	18
← Spring W.E.S.O.A.R.! Starts →						
19	20	21	22	23	24	25
26	27	28	29	30		