

Youth Programs

Winter 2026 Registration Guide
Calgary



Registration
January 14
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](#).

3

How to Register

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

4

Program Fees

How to pay, when to pay, and fee assistance

5

Important Information

Cancellation policy and respect policy

6

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

Weekly evening and weekend recreation programs

10

Special Events

One-time events to celebrate seasonal festive fun!

12

Adventurers

Day trips and overnight trips



Main Line
403-269-9133



info@betweenfriends.ab.ca



Monday - Friday
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](#).



G.L.O.W.

Workshops and learning opportunities



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



Main Line
403-269-9133



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 **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!

Winter 2026 Registration Night: Wednesday, January 14, 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
- 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.

[Apply for Fee Assistance Here](#)



Main Line
403-269-9133



info@betweenfriends.ab.ca



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

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 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.



Main Line
403-269-9133



info@betweenfriends.ab.ca



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

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 1 - 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:



403-269-9133



info@betweenfriends.ab.ca



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

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

Ages 13 - 17



Teen Hobby Crafts

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 enthusiasts.

Cost	\$184 (\$23/day)
Day	Sunday
Dates	February 1 - March 29
No Program	February 15
Time	1:00 - 3:00 PM
Location	Summit View United Church

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	\$200 (\$25/day)
Day	Tuesday
Dates	February 3 - March 31
No Program	February 17
Time	5:00 - 7:00 PM
Location	Summit View United Church

Social ★★

Personal Growth ★★

Active ★★

Skill Development ★★



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

Ages 13 - 17



Teen Time: South

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 are in the South/Central side of Calgary.

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

Cost	\$192 (\$24/day)
Day	Wednesday
Dates	February 4 - April 1
No Program	February 18
Time	6:00 - 8:00 PM
Location	Various Locations in South/Central Calgary

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★

Teen Time: North

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 are in the North/Central side of Calgary.

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

Cost	\$192 (\$24/day)
Day	Friday
Dates	February 6 - April 10
No Program	February 20 & April 3
Time	6:00 - 8:00 PM
Location	Various Locations in North/Central Calgary

Social ★★★★★

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★



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

Ages 13 - 17



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	\$184 (\$23/day)
Day	Saturday
Dates	February 7 - April 11
No Program	February 21 & April 4
Time	1:30 - 3:30 PM
Location	Trico Center

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:



403-269-9133



info@betweenfriends.ab.ca



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

Special Events

Valentine's Day: Rock the Spectrum

Ages
7-14

Join us for a fun-filled party at We Rock the Spectrum! This inclusive kid's gym is designed for children of all ability levels to play, explore, and grow together.

With specialized sensory equipment that supports kids with sensory processing needs—and offers a great experience for everyone—it's the perfect place to celebrate.

We'll have pizza and drinks, and there's a private party room available if anyone needs a quiet space to recharge. Come join the fun!

Cost	\$30
Day	Saturday, February 14
Time	10:00 - 2:00 PM
Location	We Rock the Spectrum
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 ★★★★★



About Adventurers

Registration
January 14
5:30 PM

Winter **Adventurers** 2026

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?



Main Line
403-269-9133



info@betweenfriends.ab.ca



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

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
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.



Main Line
403-269-9133



info@betweenfriends.ab.ca



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

Adventurers

Ages 10 - 17



Flames Game



Join us for dinner and a good old hockey game! We will go watch the Calgary Flames 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	\$125
Dates	Thursday, March 5
Time	5:00 - 10:00 PM
Location	Calgary Saddledome
Capacity	8 participants

What to expect:

Programming Level	High
Physical Accessibility	Full
Sensory Friendly	See Description

Camp Kindle



Join us for a rejuvenating weekend at Camp Kindle, set in the stunning Rocky Mountain Foothills near Water Valley, Alberta. With 160 acres of rolling hills, forests, waterways, and scenic hiking trails, Camp Kindle offers the perfect blend of nature and comfort. Enjoy a variety of activities tailored to all abilities, along with modern amenities that make your stay both accessible and memorable. Unwind, explore, and connect in this unforgettable camp experience.

Cost	\$750
Dates	Fri., January 30 - Sun, February 1
Length	3 days, 2 nights
Location	Camp Kindle
Sleeping	Camp Style Bunk House
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	Full
Sensory Friendly	Yes

Adventurers

Ages 10 - 17

Harry Popper & The Frozen Princess



When Harry Popper stumbles upon an ancient book in the Logwarts library, he discovers the tale of sisters Annie and Elsie from the Frozen Kingdom. Harry falls in love with their story, especially with Elsie, but they lived hundreds of years ago. How could he ever meet her in person? He could if he had a time-turner. Harry's best pal Ron says they exist, but the use of this device is strictly forbidden. So... I guess they'll have to be really sneaky about it!

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

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

Cost	\$125
Dates	Friday, April 24
Time	11:00 - 1:30 PM
Location	Jubilations
Capacity	8 participants

What to expect:

Programming Level	Low
Physical Accessibility	Full
Sensory Friendly	See Description



Main Line
403-269-9133



info@betweenfriends.ab.ca



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

About G.L.O.W.

Registration
January 14
5:30 PM

Winter G.L.O.W. 2026

Our **G.L.O.W.** programs (growth, learning opportunities & workshops) meet once a week for a 1.5 - 2-hour 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.

- Winter **G.L.O.W.** runs for 8 weeks: **February 3 - April 2**
- There will be **no programs** on February 15 - February 21

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:



403-269-9133



info@betweenfriends.ab.ca



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

G.L.O.W.



Centre for Sexuality: Relationship & Sexual Health Education

Ages
13+

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	\$184 (\$23/day)
Day	Tuesday
Dates	February 3 - March 31
No Program	February 17
Time	6:00 - 7:30 PM
Location	TBD

Social ★★★★★

Personal Growth ★★★★★

Active ★

Skill Development ★★★★★

Money Matters

Ages
13+

Money Matters is a financial literacy program by ABC Life Literacy Canada, designed by literacy practitioners. Each of the 8-week sessions will include different topics and resources, including money and banking basics, money safety, budgeting and spending plans, and more.

Cost	\$184 (\$23/day)
Day	Thursday
Dates	February 5 - April 2
No Program	February 19
Time	6:00 - 7:30 PM
Location	TBD

NEW!

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 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



Monday - Friday
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!



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

JANUARY

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

FEBRUARY

February 1 - February 7	First Week of Winter W.E.S.O.A.R! Programs
February 4	Camp Bonaventure Registration @ 5:30 PM <ul style="list-style-type: none">Note - phone line registration option will be open from 5:30 - 6:30 PM
February 15 - February 21	NO PROGRAMS - Winter Break (No Programs)
February 16	OFFICE CLOSED - Family Day

MARCH

March 11	Spring W.E.S.O.A.R! Program Guides Released
March 25	Spring W.E.S.O.A.R! 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

April

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



Main Line
403-269-9133



info@betweenfriends.ab.ca



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

Important Dates

JANUARY

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

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
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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
19	20	21	22	23	24	25
← Spring W.E.S.O.A.R.! Starts →						
26	27	28	29	30		