# Youth Programs

Winter 2026 Registration Guide Calgary



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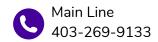
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View all the important dates in a calendar



# How To Register

### **Before Registration Night**

Decide the programs you want

Get your 2026 Membership

<u>Member Portal</u>

Test your member login

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

**4**03-508-0110

OR

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

### **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 <a href="mailto:info@betweenfriends.ab.ca">info@betweenfriends.ab.ca</a>.







# 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.



# 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 <u>our office</u>.

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:





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

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

**Ages 13 - 17** 



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



Personal Growth  $\bigstar \bigstar \bigstar$ 

Active 🛨

Skill Development  $\bigstar \bigstar \bigstar \bigstar \bigstar$ 

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

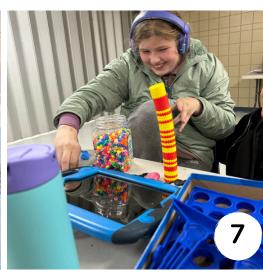












### **W.E.S.O.A.R!**

**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 are in the South/Central side of Calgary.

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



Cost	<b>\$192</b> (\$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	





Personal Growth  $\bigstar \bigstar \bigstar$  Active  $\bigstar \bigstar \bigstar$  Skill Development  $\bigstar \bigstar$ 

### **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.

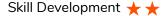
Program locations will be provided at least one week before the program in Connect.

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



Personal Growth  $\bigstar \bigstar \bigstar$ 

Active ★★★









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



Personal Growth  $\bigstar \bigstar \bigstar$ 



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 <u>our office</u>.

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

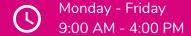
Remember, 1 star is the lowest amount, and 4 stars is the highest!

### **Have Questions?**

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







# **Special Events**

### Valentine's Day: Rock the Spectrum



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!

Social * * *	Personal Growth 🛨 🛨

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.

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.

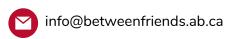
### Trip Information In This Guide

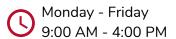
We want our members to get the most out of their experience in our programs. In this guide, you will find detailed information about each **Adventurers** trip to assist you with deciding which trips will be the best fit for you.

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?







# What to Expect

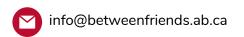


For each trip, you will find a "What to Expect" section. This will give you an overview about the trip's Programming Level, Physical Accessibility, and Sensory Friendliness.

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

Ratings	Description	Levels
Programming Level	<ul> <li>Is every single hour of the trip planned? Or, is there more time to relax and do my own thing?</li> <li>High paced = busy with only a little down time.</li> <li>Medium paced = a mix of both.</li> <li>Low paced = relaxed with lots of independent time.</li> </ul>	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	Are there lots of crowds, bright lights, and loud noises?	

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



### Adventurers

Ages 10 - 17





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.

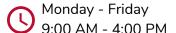
**Sensory Information**: There may be crowds, loud noises, and bright, flashing lights

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		





### 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 <u>our office</u>.

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:











### Centre for Sexuality:

### Relationship & Sexual Health Education

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	<b>\$184</b> (\$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**

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

Social  $\star \star \star$ 



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.SO.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.



# **Important Dates**

### **JANUARY**

January 5	Between Friends Office Re-Opens		
January 5 - January 9	5 - January 9 Membership Registration Week		
January 14	<ul> <li>Winter W.E.S.O.A.R! Program Registration @ 5:30 PM</li> <li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li> </ul>		
January 28	Camp Bonaventure - Guides Released		

### **FEBRUARY**

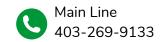
February 1 - February 7	First Week of Winter W.E.S.O.A.R! Programs		
February 4  Camp Bonaventure Registration @ 5:30 PM  Note - phone line registration option will be open from 5:30 - 6			
February 15 - February 21	NO PROGRAMS - Winter Break (No Programs)		
February 16	OFFICE CLOSED - Family Day		

### **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  • 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		





# **Important Dates**

### **JANUARY**

#### Sun Mon Wed Fri Sat Office Closed 10 Membership Registration Week 13 14 12 16 17 Register 19 22 23 24 30 31 29 Camp Guide

### **FEBRUARY**



### **MARCH**

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

### **APRIL**

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