

# Red Deer Programs

Spring 2026 Registration Guide



Registration  
March 25  
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!**  
Weekend & Evening Social Opportunities, Activities & Recreation
- 8** **Special Events**  
Information regarding special events
- 10** **Camp Bonaventure**  
Join us for some summer fun! Starts June 29<sup>th</sup>
- 11** **Volunteer**  
Get involved with Between Friends!
- 12** **Ways You Can Give**  
How to give back to Between Friends
- 13** **Important Dates**  
View all the important dates in a calendar

# 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 **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!

## Spring 2026 Registration Night: Wednesday, March 25, 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 **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](#)



Main Line  
403 269 9133



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

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

Registration  
March 25  
5:30 PM

## Spring W.E.S.O.A.R! 2026

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.

- Spring **W.E.S.O.A.R!** runs for 8 weeks
- There will be **no programs** April 3, 4, 5, or May 18

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

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

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

(Weekend & Evening Social Opportunities, Activities & Recreation)

## Evening Escapes

17+ years old



Meet with friends to explore the many sights and activities our city has to offer; dinner out, swimming, bowling, and more throughout Red Deer. This social-recreation opportunity supports connection, confidence, and trying new experiences in a welcoming environment. Program locations will be provided prior to the start of this session.

Cost	\$192 (\$24/day)
Day	Friday
Dates	April 24 - June 12
Time	6:00 - 8:00 PM
Location	Various locations in Red Deer

Social ★★

Personal Growth ★★★

Active ★★★

Skill Development ★★★★★

## Afternoon Adventures

10 - 17 years old

(10-17yrs)

Join us for an afternoon in the community where youth can connect with peers while exploring the many sights and activities our city has to offer. Each week takes place at a different location, with new and exciting experiences to try across Red Deer. Program locations will be provided prior to the start of the session.

Cost	\$192 (\$24/day)
Day	Saturday
Dates	April 25- June 20
No Program	May 16
Time	2:00 - 4:00 PM
Location	Various Locations in Red Deer

Social ★★

Personal Growth ★★★

Active ★★★

Skill Development ★★★★★

**NEW**

## Movie Nights

17+ years old

Looking for a fun way to spend your Saturday nights? Join our Saturday Night Movie group for big-screen outings at the local theatres and cozy movie nights at Between Friends new HQ in Red Deer. Enjoy films while connecting with Friends in a welcoming atmosphere!

Cost	\$192 (\$24/day)
Day	Saturday
Dates	April 25 - June 20
No Program	May 16 <sup>t</sup>
Time	5:30 - 8:30 PM
Location	Galaxy Cinema / Between Friends HQ

Social ★★★

Personal Growth ★★

Active ★

Skill Development ★★

# About Special Events

Registration  
March 25  
5:30 PM

## Spring **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](mailto:info@betweenfriends.ab.ca)

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

# Special Events

(All ages)



## Broadway Baby!

Join our Between Friends leaders and get ready to be serenaded by the Central Alberta Chamber Orchestra as they bring Broadway hits to life in an unforgettable performance!

Performances run approximately 2 hours. Program Leaders will meet members at the front doors of the Gaetz Memorial United Church.

Cost	\$30
Day	Friday, May 1
Time	7:00 - 9:00 PM
Location	Gaetz Memorial United Church
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 of the performance, or a \$10 fee will be applied to your account.

Social ★★★★★

Personal Growth ★

Active ★

Skill Development ★

## Family Scavenger Hunt

Bring the whole family for an exciting scavenger hunt experience! Teams will collaborate, solve clues, and complete creative challenges while connecting with other families in our community. It's all about teamwork, laughter, and shared memories.



Cost	\$5
Day	Saturday, May 23
Time	5:00 - 7:00 PM
Location	TBD
Capacity	8 Families



# Camp Bonaventure!

An inclusive summer camp in Red Deer!

**Registration  
is OPEN!**

Closes June 22nd

## Summer Camp Awaits!

Camp Bonaventure is a fun, inclusive, outdoor summer day camp in Red Deer for youth ages 4 - 17. Each week features themed programming, creative play, community outings, and special highlights like swim days and off-site adventures. Camp Bonaventure focuses on building friendships, encouraging independence, and helping campers explore new interests in a safe, supportive setting.



### 2026 Sessions

<b>Session 1:</b>	June 29 - July 10 (No Camp - Wednesday, July 1)
<b>Session 2:</b>	July 13 - July 24
<b>Session 3:</b>	July 27 - August 7 (No Camp - Monday, August 3)
<b>Session 4:</b>	August 10 - August 21

## Ready to join the fun?

Connect with our team to get started!



403 269 9133



info@betweenfriends.ab.ca



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

# 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!

## Volunteer in Training

The free Volunteer in Training (VIT) program gives Between Friends members the opportunity to develop volunteering skills in a safe, inclusive environment. VITs can gain experience by volunteering in **W.E.S.O.A.R!** and/or **Camp Bonaventure**.

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.



## Have Questions?

Our Team has answers!

Here's how to contact them:

 403 269 9133

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



Build a Friends  
in Motion  
Team

Financial  
Contribution

Legacy  
Giving

Volunteer  
With Us

Sponsor an  
Event

Host a  
Fundraiser

Skip the  
Depot

# Important Dates

## MARCH

March 25	<b>Spring Program Registration @ 5:30 PM</b> <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 19	<b>Spring W.E.S.O.A.R! Programs Begin</b>
----------	---

## MAY

May 18	<b>NO PROGRAMS &amp; OFFICE CLOSED - Victoria Day</b>
May 27	<b>Summer Program Guide Out</b>
May 29	<b>Awards &amp; AGM Evening</b>

## JUNE

June 10	<b>Summer Program Registration @ 5:30 PM</b> <ul style="list-style-type: none"><li>Note - phone line registration option will be open from 5:30 - 6:30 PM</li></ul>
June 22	<b>Camp Bonaventure Caregiver Information Night</b>
June 29	<b>Camp Bonaventure Begins!</b>

# Important Dates

## MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Spring Guide Out	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Spring Reg. Night	26	27	28
29	30	31				

## APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Office Closed	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 AGM & Awards
26	27	28	29	30	Spring Programs Start	

## MAY

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

## JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10 Summer Reg. Night	11	12	13
14	15	16	17	18	19	20
21	22 Camp Info Night	23	24	25	26	27
28	29 1 <sup>st</sup> Day of Camp	30	←Camp B Session One→			