

Adult & Youth Programs

Fall 2026 Registration Guide
Red Deer



Registration
September 2
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

Volunteer

Get involved with Between Friends!

11

Ways You Can Give

How to give back to Between Friends

12

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
- Unlimited **Special Events!**

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

Fall 2026 Registration Night:
Wednesday, September 2, 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

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](#)



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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 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
September 2
5:30 PM

Fall 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.

- Fall **W.E.S.O.A.R!** runs for 8 weeks: **October 4 - December 12**
- There will be **no programs** October 10 - 12

In-Program Support

Each of our **W.E.S.O.A.R!** programs have up to 10 participants, 1-2 staff, and possibly additional volunteers. **W.E.S.O.A.R!** runs at a 1:8 - 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!



Tuesday Get Crafty

Ages
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 enthusiasts.

Cost	\$120 (\$15/day)
Day	Tuesday
Dates	October 6 - December 1
No Program	November 10
Time	6:00 - 8:00 PM
Location	Between Friends Office Red Deer

Social ★★

Personal Growth ★★★

Active ★

Skill Development ★★★★★

Friday Evening Escapes

Ages
17 +

Meet up 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	October 9 - December 4
No Program	November 13
Time	6:00 - 8:00 PM
Location	Various Locations in Red Deer

Social ★★★★★

Personal Growth ★★

Active ★★★

Skill Development ★★★★★

Saturday Afternoon Adventures

Ages
10-17

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	October 9 - December 11
No Program	October 17 & November 13
Time	2:00 - 4:00 PM
Location	Various Locations in Red Deer

Social ★★★★★

Personal Growth ★★

Active ★★★

Skill Development ★★★★★

About Special Events

Registration
September 2
5:30 PM

Fall **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



Halloween Party

Ages
10+

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 31
Time	6:00 - 8:00 PM
Location	Gaetz Memorial United Church
Capacity	20 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 ★

Winter Wonderland Dance

Ages
10+

Bundle up and join us for a fun-filled winter evening! We'll enjoy music, dancing, games, and plenty of time to hang out with friends.

Come dressed in your favourite winter-themed outfit and get ready to make some frosty-fun memories!

Cost	Free
Day	Saturday, December 12
Time	6:00 - 8:00 PM
Location	Gaetz Memorial United Church
Capacity	20 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 ★



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 15 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:



[Better Impact Registration](#)



403 269 9133



volunteers@betweenfriends.ab.ca



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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

AUGUST

August 19	Fall Program Guides Go Live @ 9:00 AM
September 2	Fall Program Registration @ 5:30 PM Note - phone line registration option will be open from 5:30 - 6:30 PM

SEPTEMBER

September 7 - 11	OFFICE CLOSED
September 30	NO PROGRAMS & OFFICE CLOSED - National Day for Truth and Reconciliation

OCTOBER

October	First week of W.E.S.O.A.R! programs
October 11-13	NO PROGRAMS & OFFICE CLOSED - Thanksgiving Weekend

NOVEMBER

November 9 -15	NO PROGRAMS & OFFICE CLOSED - Fall Break/Remembrance Day
November 29	Last day of Fall W.E.S.O.A.R!

DECEMBER

December 12	Last day of Fall Programs
December 16	Winter Program Guides Go Live @ 9:00 AM
December 18 - January 4	OFFICE CLOSED - Winter Holidays



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