**Between Friends Club**

**Organization that provides meaningful social and recreational opportunities for children and adults with disabilities.**

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**The Between Friends Club**

**WHO ARE WE?**

Our mission is to enable participants to experience a sense of belonging and an enhanced quality of life. This is accomplished by providing quality social and recreational opportunities focusing on children and adults with disabilities.

Our Vision is a community in which our participants reach their full potential and are accepted as valued citizens.

The core values governing Between Friends Club are captured in the acronym A FRIEND:

**A**bilities, **F**un, **R**esponsibility, **I**nclusion, **E**quality, **N**o Barriers, **D**iversity

**WHAT WE DO?**

***Camp Bonaventure***

Camp Bonaventure is the only outdoor summer day camp in Calgary focusing on youth and teens up to 17 years old with or without disabilities. Participants make new friends, gain new life experiences and develop self-confidence by challenging their own limits. Camp Bonaventure runs during the summer months, beginning the first full week in July and continuing for 8 consecutive weeks. We will be offering one week sessions for our youngest age group.

***W.E.S.O.A.R! (Weekend & Evening Social Opportunities, Activities & Recreation) Programs***

W.E.S.O.A.R! Programs are offered for all of our participants in 6 different age groups from 3 years old and up. Programs are offered during regular leisure hours (evenings and weekends) and activities offered are typical leisure/recreation activities. Some of our programs include bowling, music programs, swimming, cooking, and a variety of other social activities such as attending a sports event or going for dinner and a movie.

Our programs typically run from between 8-12 weeks in length, meeting once per week for approximately 1 to 3 hours. Our programs are broken down into four groupings that we call sessions: Winter, Spring, Summer, and Fall.

***I.C.A.N! (Inclusive Community Activities with No Barriers) Programs***

Our I.C.A.N! Programs give people with disabilities the opportunity to participate in recreational programs in their community without a support aide. These programs are suited for members who require minimal support. Programs may include activities such as dance, gymnastics, swimming lessons, karate, and climbing.

***I.C.A.N! (Inclusive Community Activities with No Barriers) Camps***

These camps are very similiar to our I.C.A.N! Programs. During July and August, youth interested in educational, sport-focused or art-based day camps can enroll in camps offered by: Calgary Zoo, The City of Calgary, Crowfoot YMCA, Shawnessy YMCA, Camp Riveredge YMCA, and Camp Chief Hector YMCA.

***Adventurers***

Our adult program, Adventurers, is for those 18 years and older who are looking for some fun, relaxation and challenge-oriented experiences that allow opportunities to make new friends or reunite with old ones. The goal of Adventurers is to expand our participants’ skills and interests in outdoor adventure activities through day trips, overnights and weeklong adventures.

Adventurers has three different streams for our adults to choose from: Vacationers, Outward Bound and Day Trippers. In 2009, we camped in Boulton Creek, Ol’ MacDonald Resort, Waterton, and various other locations, in addition to exploring the Canadian Rockies, rafting down the Kananaskis River, touring Edmonton attractions and departing on many other adventures.

**How Do We Do It?**

Our team of dedicated volunteers and qualified staff work together to provide quality programs. Their enthusiasm, commitment, and creativity is contagious!

Strong leadership, sound financial management, and cost-sharing with other organizations make our programs efficient and affordable.

To ensure that no participant misses out on a program due to financial constraints, we subsidize all of our programs. On top of that, we offer further subsidies to those families who, due to financial circumstances, cannot afford to pay the program

W.E.S.O.A.R! Programs (Weekend & Evening Social Opportunities, Activities & Recreation Programs)

Running through four distinct sessions (Winter, Spring, Summer, and Fall), W.E.S.O.A.R! Programs consist of social and recreational activities such as swimming, bowling, dancing, and variety nights. Programs typically occur over the course of 2 hours, one night a week. Divided into age category, participants can enjoy their favorite activity with their peers in a safe and fun environment—building confidence, interpersonal relationships and discovering a wealth of social and recreational opportunities.

Teen Programs (13 - 17 Years)

Programs for teens of all tastes. "Bowling with Buddies" and "Video Game Night" are just a few of the exciting programs we offer. Teen Programs also feature a 3 variety night program entitled "Teen Night Out."

Young Adult Programs (18 - 24 Years)

Featuring a host of recreational offerings such as “Young Adult Swim" and "Young Adult Bowl” as well as a diverse array of social activities such as “Sunday Matinee” and a 5 variety night program which truly is a “Night on the Town."

Adult Programs (25+)

A fine complement of events and activities for those who wish to pursue sport based evenings will truly enjoy “Get Fit” and “Adult Bowl." For those who simply wish to enjoy an evening with friends, taking in a movie or perhaps going for dinner, “Simply Social” and “Showtime Sunday” are a must.

**Contact Information**

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