



# Best Buddies Canada

Because everyone deserves a friend!

Hello Best Buddies Community,

Happy August! We hope you are having a relaxing summer with family and friends.

Your Program Coordinators are working hard behind the scenes preparing for the 2025-2026 program year. We have so many new and exciting things launching this year, and we can't wait to share more details with you!

## COMING SOON

- Chapter Leadership Training Modules
- Citizens Programs
- Friendship Walks in 5 cities!
- Best Buddies Canada Merch Store

Lastly, our 2025-2026 applications open on **Thursday, August 21st**. Look out for an announcement on social media and our website!



## #BBLC2025

Best Buddies Canada joined 17 other countries from around the world at the 2025 Best Buddies Leadership Conference!

We left the weekend in Indiana feeling inspired and energized to keep building a more inclusive Canada. The highlight of the weekend was receiving the 2025 International Program of the Year Award. This award is a reflection of the incredible community we have across Canada.



## Register for a Friendship Walk in Your Community!

The Best Buddies Canada Friendship Walk is a celebration of friendship! The Walk fosters an inclusive Canada for individuals with intellectual and developmental disabilities (IDD).

Sign up as a team or walk on your own!



# BEST BUDDIES® FRIENDSHIP WALK

## Register Today

Kingston  
London  
Mississauga  
Vancouver  
Southern Manitoba  
Virtual

[www.bestbuddies.ca/friendshipwalk](http://www.bestbuddies.ca/friendshipwalk)



## Congratulations to our 2025 James Raymond Cowling Foundation Scholarship Winners!

### 2025 James Raymond Cowling Foundation Scholarship Winner

#### JAYDEN GORDON

"My Best Buddies were great! We always played games together, and for me, Best Buddies means having a friend I can connect with and do things with."



Jayden recently graduated from Brampton Centennial Secondary School where he was heavily involved in the school's Best Buddies chapter. He loves playing the piano, creating content for Instagram and TikTok, and going to the gym with his personal trainer. In the future, he would like to train others and teach some fitness classes on his own.

### 2025 James Raymond Cowling Foundation Scholarship Winner

#### ALANA COULOMBE

"Through Best Buddies, I've built lasting friendships that have helped shape who I am."

My buddy Judy has taught me the value of being unapologetically yourself and inspires me to be a better friend, leader, and advocate for inclusion."



Alana recently completed her BSc (Honours) and is now pursuing a Master of Biomedical Sciences with a specialization in Neuroscience at the University of Guelph. With over five years as a dedicated Peer Buddy - including two years as Chapter President - she promotes inclusivity and community through a range of volunteer and non-profit work. In her free time, Alana enjoys hiking, crafting, and sharing laughs with family and friends.

## Follow Best Buddies' Social Media!

Check out [@BestBuddiesCanada](#) for the latest news and updates



Join Now



## Join the Best Buddies Community Today!

Check for the Best Buddies program in your school or area.



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