

BEST BUDDIES VIRTUAL

News & updates for our Best Buddies Canada Chapters



A lovely group photo from Ecole Secondaire Catholique Garneau Best Buddies at their Holiday party.

WHAT'S GOING ON IN JANUARY

- Jan. 18th, 2:00pm EST** Fitness with Sarah
- Jan. 19th, 1:00pm EST** Apple Pops with Julia
- Jan. 25th, 2:00pm EDT** Chair Yoga with Sarah
- Jan. 26th, 1:00pm EDT** Hot Chocolate Bombs with Julia

[Click here for updates](#) and more events in January!

FROM THE BEST BUDDIES TEAM

Hello Best Buddies Chapters,

Happy New Year! 2022 was a good year, with many of our chapters restarting after the pandemic. We are excited to see what 2023 brings and we wish you all the best.

As we move into the New Year, please remember we are here to support you in any way we can! Call our office, email us and feel free to invite us to one of your events - we would love to attend.

Would your chapter like to be featured in our Newsletter or on our social media pages?!! We are always looking for pictures from your events.

Email us at info@bestbuddies.ca or DM us [@bestbuddiescanada](https://www.instagram.com/bestbuddiescanada) on Instagram.

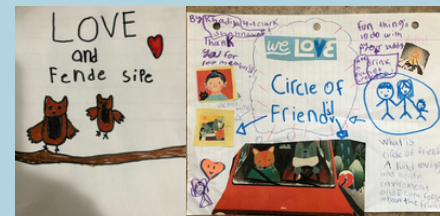
Best Buddies Canada would like to thank The Marion Ethel Kamm and Frederick John Kamm Charitable Foundation for their support which will support expansion in the Peel Region.



With support from our friends at TELUS, our Friendship Program will support youth in the Ottawa area.



We are grateful to be a recipient of a grant from The Red Deer & District Community Foundation which will support expansion in the Red Deer area.



Dr Margaret-Ann Armour Best Buddies ran an Art Contest! Here are the winners from left to right: Aven (gr. 1) and Khadija (gr. 4).



DID YOU KNOW...

We are offering a one-time \$50 e-gift card to Chapters? Email us to learn more! Dr Margaret-Ann Armour Best Buddies used their gift card to purchase prizes for an art contest they hosted!



Chippewa S.S. Best Buddies hosted a Holiday Party and made some yummy Santa Hat snacks!



Fleetwood Park Secondary Best Buddies made gingerbread + graham cracker houses at their Holiday event!

