



The November 2022 Issue

# BEST BUDDIES VIRTUAL

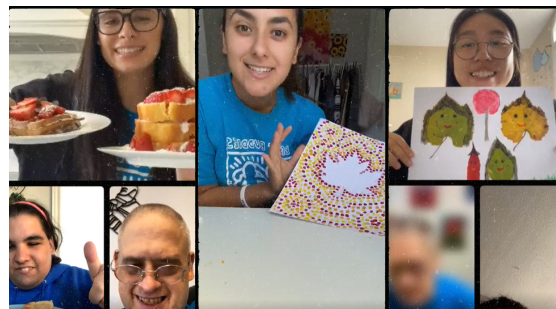
News & updates for our Best Buddies Canada Chapters



**Best Buddies University of Regina - Halloween party, these costumes are rocking!**



**Best Buddies Western University hosted a fun costume party in celebration of Halloween!**



**Shoutout to our amazing York University students for their creative Instagram Lives!**

## What's Happening in November:

**Nov. 1, 2:00pm EDT** Finger Knitting with Esther

**Nov. 2, 2:00pm EDT** Healthy Snacks with Sarah

**Nov. 10, 1:00pm EDT** Remembrance Day Painting with Julia

**Nov. 15, 2:00pm EDT** Hot Chocolate Jars with Esther

**Nov. 17, 1:00pm EDT** Rainbow Fruit Jars with Julia

**Nov. 23, 2:00pm EDT** Snowy Cityscape with Sarah

**Click here for updates as we will have more events in November!**



**Best Buddies Trent University - decorating treat bags for Halloween!**

## FROM THE BEST BUDDIES TEAM

Hello Best Buddies Chapters,

We hope that your chapter has completed your recruitment and has started to plan your first activity – or maybe you have already hosted it!

Remember to submit your roster by November 10th, 2022, for a chance to be entered into a draw for a \$100 gift card for your chapter.

Thank you to all our University and College students for attending our Chapter Leadership Training sessions last month.

Want a chance to be featured in our newsletter or on our socials? We are always looking for pictures from your events! Email us at [info@bestbuddies.ca](mailto:info@bestbuddies.ca) or DM us [@bestbuddiescanada](https://www.instagram.com/bestbuddiescanada).



3250 Bloor Street West, East Tower, Suite 600, Toronto, ON M8X 2X9  
Phone 416-531-0003 / 1-888-779-0061 [www.bestbuddies.ca](http://www.bestbuddies.ca) [info@bestbuddies.ca](mailto:info@bestbuddies.ca)



Thank you to the Sifton Family Foundation for supporting expansion in London, Guelph, Brantford, Kitchener-Waterloo, and Mississauga, Ontario.



Thank you to the Guelph Community Foundation for supporting expansion in Guelph, Ontario.