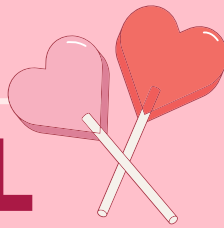


# BEST BUDDIES VIRTUAL

News & updates for our Best Buddies Canada Chapters



## FROM THE BEST BUDDIES TEAM

Hello Best Buddies Chapters,

Happy February! We hope you and your Chapter have some fun Valentine's Day activities planned.

Check out our **Zoom Socials** and come join the Best Buddies community for these virtual events!

**March is Best Buddies Month!** We are collecting impactful stories and testimonials from Best Buddies participants, their family and staff. Help us grow the program by sharing your story through our Google Form!

Lastly, we always feature new content on our blog and social media; it's never been easier to stay up to date with Best Buddies.



## Tell Us Your Story!

Help Best Buddies Canada shed light on the impact that our program has in your life and community to increase awareness and spread inclusion. We want to hear from you about your experience with the program and how the lives of our participants and their families have been changed.

[Click here to share your story!](#)



**2024: The Year We Beat The Stress And Achieve Time-Management Success**

Read our latest blog post [here!](#)



We would like to thank the Sifton Family Foundation for their support. This will help us continue to reach new schools in Ontario.



University of British Columbia's Best Buddies at a Canucks game



We would like to thank the Hamilton Community Foundation for their support. This will help us to support our schools in Hamilton.



University of Ottawa's Best Buddies holiday party

## WHAT'S GOING ON IN FEBRUARY

Feb. 12 at 4:00pm EST Make a Valentine's Day Breakfast with Veronica

Feb. 15 at 7:00pm EST Valentine's Day Art with Marina

Feb. 17 at 8:00am EST Collaborative Fitness Class with CrossFit COL

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

