



Best Buddies Canada

Because everyone deserves a friend!



A Message from the Best Buddies Team

Hello Best Buddies Community,

Happy February! As we celebrate Valentine's Day and spread love this month, we're reminded of the incredible bonds and friendships built through the Best Buddies program. If you are planning a Valentine's Day event, be sure to let your Program Coordinator know - we would love to stop by!

Find out what some of our chapters have been up to below! Please email photos from your chapter events to info@bestbuddies.ca for a chance to be featured in future newsletters.

Please remember to submit the Mandatory Abuse Policy for your chapter if you have not yet done so. If you need a copy sent to your inbox, please reach out to your Program Coordinator.

Lastly, the 2024-2025 Spirit of Friendship Award nominations are now open! Find more information about how to submit a nomination below.

Check Out Our Chapters!



McMaster University had a holiday event!



UBC had a movie night and watched The Lion King!



Brock University hosted a painting party



Concordia University went bowling together

Spirit of Friendship Award Nominations

2024-2025 Spirit of Friendship Award nominations are now open! The Spirit of Friendship Award recognizes a buddy pair who has been involved in and made a significant impact on each other's lives.

To nominate an outstanding buddy pair, please fill out the **Spirit of Friendship Award Nomination Form**. Be sure to submit the form and all other requirements through our **Google Form** by 5:00pm EST on March 4th, 2025.

The winners will be featured in a special Best Buddies campaign video in March!

SPRIT OF FRIENDSHIP

Nominations now open!



JENNA & KEVIN
2023-2024 SPIRIT OF FRIENDSHIP AWARD WINNERS

The Spirit of Friendship Award recognizes a buddy pair who has been involved in and made a significant impact on each other's lives.



Need some help with fundraising for your chapter? Companies like Krispy Kreme and Kernels Popcorn offer fundraising packages!

Find more information in your Best Buddies Fundraising Manual or reach out to your Program Coordinator for more information!

Follow Best Buddies' Social Media!

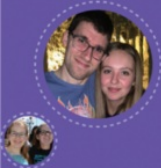
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Join the Best Buddies Community Today!

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

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