

BEST BUDDIES®



CANADA

Best Buddies Canada Information Session

Our History

Best Buddies Canada is a national charity that helps to create friendships between people with special needs and students in elementary schools, high schools, universities, and colleges.

Founded in the United States by Anthony Kennedy Shriver, Best Buddies was established in Canada in 1995. Today Best Buddies operates in more than 500 schools across Canada, and in 52 countries worldwide



BESTBUDDIES International Programs

47 Countries & Territories



5 Continents





● Terminology

As a volunteer you may be interested in holding one of the following positions:

Buddy: a student or individual with an intellectual or developmental disability

Peer Buddy: a full-time student

Buddy Pair: a buddy and a peer buddy matched in a one-to-one friendship based on similar interests

Associate Member: a member of Best Buddies not paired in a one-to-one friendship, attends group events and helps out the chapter



ONE to ONE FRIENDSHIP

One-to-one friendships between people with and without intellectual and developmental disabilities (IDD), offering social interactions while improving the quality of life and level of inclusion for a population that is often isolated and excluded. Through their participation, people with IDD form meaningful connections with their peers, gain self-confidence and self-esteem, and share interests, experiences and activities that many other individuals enjoy.

Chapter Leadership Team (CLT)

If you are looking for more of a leadership role, you may also be interested in getting involved with the Chapter Leadership Team who organize and facilitate your Best Buddies chapter!

If your school does not yet have a Chapter Leadership Team - maybe you can be the first!

● Expectations

‘Buddy Pairs’ are expected to communicate weekly and spend time together a minimum of twice a month.

Best Buddies is about being a friend. This new friendship will be just like the relationships you have with your friends now.

Throughout the year, the whole chapter will be invited to fun group activities, which will be planned by the Chapter Leadership Team. Ex. Halloween Party, bowling, scavenger hunt.

- Eating lunch together
- Going to the movies
- Attend a school event
- Watch a sporting event
- Go to a dance
- Play board games

Best Buddies Special Events

Best Buddies hosts fun events across the country!

- Best Buddies Month- MARCH is a month to celebrate Best Buddies with special activities
- Hooping It Up- is a free-throw competition, a fundraising event for chapters

Anyone can plan events with the help of the Chapter Leadership Team!



Awards & Scholarships

Scholarships: To recognize the efforts of our exceptional volunteers we offer scholarships to assist Peer Buddies and Buddies with their post-secondary education

Spirit of Friendship Award: The Spirit of Friendship Award is a national award given to only one buddy pair who exemplifies the true meaning of friendship and who have become ambassadors of the Best Buddies program.

Deadline: Stay up to date with our social media for more information!



**Spirit of Friendship Winners,
2022**

Why Join Best Buddies?

- It's fun! Everybody needs a friend!
- Create a once in a lifetime friendship with someone new from your school.
- Develop valuable leadership skills that you will have for the rest of your life.
- Promote social inclusion throughout your school and community.



Steps to Joining

1



Talk to your staff advisor
to join Best Buddies

2



Attend the Meet and Greet where
you will meet your Buddy,
everyone must attend

3



Start spending time with
your Buddy!

Follow Us!

Join Best Buddies and invite your friends to like our pages!

IG @bestbuddiescanada



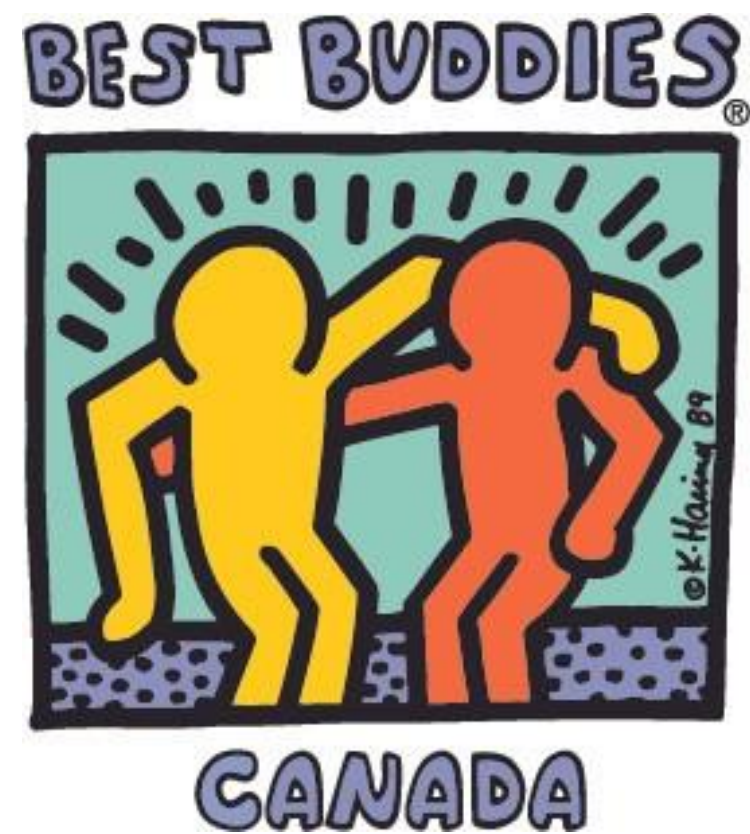
Twitter @bestbuddiesCND



Facebook BestBuddiesCanada



Keep an eye out for
prizes and fun
contests on social
media!



Any Questions?

Contact us at info@bestbuddies.ca