



# Best Buddies Canada

Because everyone deserves a friend!

## A Message from the Best Buddies Team

Hello Best Buddies Community,

Happy Best Buddies Month! This is a time to celebrate friendship, inclusion, and the incredible impact of our community! Across Canada, our chapters are hosting fun events, sharing inspiring stories, and spreading awareness about the importance of meaningful connections. Whether you're a longtime Best Buddy or new to the movement, this is the perfect time to get involved!

Stay tuned to our social media for exciting activities, shoutouts, and ways to make a difference. Let's continue to build a more inclusive world—one friendship at a time!

The 2024-2025 Spirit of Friendship Award nominations close on March 4th - TOMORROW - at 5:00pm EST! Find more information about how to submit a nomination below.

Lastly, we are thrilled to be hosting "Reach for the Stars", a Best Buddies Canada event in collaboration with Humber FLAS! It is scheduled for Friday April 4th and is open to any chapters or chapter members in the GTA. Be sure to [RSVP](#) below!

## Check Out Our Chapters!



Bishop Reding Catholic Secondary School made cookie grams for Valentine's Day



Father Bressani Catholic High School made Valentine's Day crafts



Wilfrid Laurier University made friendship bracelets



McGill University had a Valentine's Day party

## YCDSB Valentine's Day Dance

The York Catholic District School Board hosted an amazing Valentine's Day dance with all of their Best Buddies chapters! It was a night of fun, food, friendship, and dancing!

We would like to extend a special thank you to Our Lady Queen of the World Catholic Academy's Staff Advisor, Nella Figliano, who went above and beyond organizing this event.



## Spirit of Friendship Award Nominations



2024-2025 Spirit of Friendship Award nominations are still open - **but not for long!** 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!

## 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.



# REACH FOR THE STARS!

☆ ☆ ☆

**BEST BUDDIES CANADA**

You're invited to dream big and reach for the stars with Best Buddies Canada and Humber FLAS. Join us for a day of learning, leadership, and fun!

**APRIL 4, 2025**  
10:00 AM - 2:00 PM  
CTI 107 POLYTAINER'S ROOM  
(GUELPH-HUMBER NORTH CAMPUS) TORONTO, ON

For more information: → RSVP at [www.bestbuddies.ca/events](http://www.bestbuddies.ca/events)

Attention chapters and participating Best Buddies members in the GTA: you're invited to dream big and reach for the stars with Best Buddies Canada and Humber FLAS. Join us for a day of learning, leadership, and fun!

Date: Friday, April 4, 2025

Time: 10:00 am - 2:00 pm EST

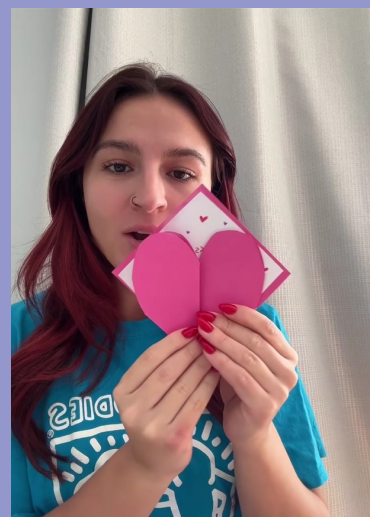
Location: CTI 107 Polytainer's Room (Guelph-Humber North Campus) Toronto, ON

[Click here to RSVP!](http://www.bestbuddies.ca/events)

## Celebrate Best Buddies Month With Us!

What better way to kick off Best Buddies Month than by making a card for a close friend with your chapter?

Julia has the perfect tutorial to get you started! Click [here](#) to check out the reel on Instagram and stay tuned for lots more Best Buddies Month content on our social media!



## DONOR RECOGNITION

We are grateful to Boston Pizza Yonge-Empress



and the Boston Pizza Foundation for their support of our program. Their contribution allows us to reach new schools across Canada and promote our message of inclusion.



**Federated  
Co-operatives  
Limited**

We are grateful to Federated Co-operatives Limited for their support of our program. Their contribution allows us to reach new schools in Edmonton and promote our message of inclusion.

## Follow Best Buddies' Social Media!

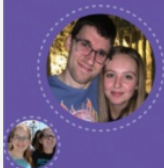
Check out [@BestBuddiesCanada](#) for the latest news and updates



## Join the Best Buddies Community Today!

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

Join Now



Best Buddies Canada | 2000-2 Sheppard Ave. East | North York, ON M2N 5Y7 CA

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!