



Best Buddies Canada

Because everyone deserves a friend!

A Message from the Best Buddies Team

Hello Best Buddies Chapters,

Happy September! Welcome back to another year of Best Buddies. We're so excited to foster more friendships and create more inclusive communities this year.

There are lots of fun things happening this month! Our inaugural Best Buddies Friendship Walk in Kingston, Ontario is quickly approaching. It's taking place on September 29th and we hope you'll join us. Register [here](#)!

We have also partnered with GoodLife Kids to host an inclusive virtual MOVE class on September 17th from 7-8pm EST. This is a fun, full body workout led by specialized, professional coaches. Click [here](#) to sign up!

A friendly reminder to submit your roster as soon as possible. We will also be hosting a mandatory Information and Training Session for all Chapter Presidents; keep an eye out for more details soon! Please don't hesitate to contact your Program Coordinators with any questions, for support, or just to reconnect. We look forward to hearing from you!

Best Buddies Canada x GoodLife Kids

Come join Best Buddies at a virtual MOVE Try-It Class on September 17, from 7PM – 8PM ET!

MOVE by GoodLife Kids Program is a free physical activity and fitness program for youth ages 12-21 with autism and IDD. Experience a fun, full body workout - including a warm up, dance break, circuit, and cool down - led by specialized coaches. Bring a positive attitude, a water bottle, comfortable clothing, and some space to move.

Sign up for virtual MOVE Try-It Class:

MOVE
by GoodLife Kids

VIRTUAL
TRY-IT CLASS
SEPTEMBER 17

Partnered with:

30
YEARS



FREE PHYSICAL ACTIVITY
AND FITNESS CLASS

For Youth With Autism
And Intellectual
Disabilities

EVERYONE IS
WELCOME!

bit.ly/tryitbestbuddies



DONOR RECOGNITION



We are grateful to the Calgary Flames Foundation for their support of our donation. Their contribution will help us to continue to reach new schools in Calgary and promote our message of inclusion.

Farrah proudly represented Best Buddies Canada at the Hometown Foundation's Dream Ride Experience, an epic 3-day motorcycle journey through New York, Massachusetts, and Connecticut! The event raised over \$7 million for their nonprofit organization. Way to go, Farrah!





BEST BUDDIES® FRIENDSHIP WALK

Sunday, September 29, 2024 • 11 AM • Lake Ontario Park



2024 participant t-shirt

sign up + raise \$50 to receive yours on event day!

BESTBUDDIESFRIENDSHIPWALK.ORG/Kingston

Our Impact

*As of June 11,, 2024

394

Chapters

11,820

Participants

87

School Boards

145

Cities

Follow Best Buddies' Social Media!

Check out [@BestBuddiesCanada](https://www.instagram.com/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](#)

   

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