

# Best *Buddies*

BEST BUDDIES



VRAIS COPAINS

Best Buddies Canada is a national charitable organization dedicated to enhancing our communities through one-on-one friendships with people with intellectual disabilities and students. Best buddies is grounded on the belief that friendship is important to the development of all individuals. If you decide to join as a peer buddy you will be expected to call your buddy weekly and meet up twice a month to hang out (go to a movie, make cookies, go to the market, get coffee, etc.). We also will be having group parties with all of the buddy pairs once every few months throughout the school year. This is a great opportunity to get involved and make a change in your community.

For more information contact Yolanda or Anne at [msvubestbuddies@live.com](mailto:msvubestbuddies@live.com)

*Making a difference, one friendship at a time.*