

BEST BUDDIES VIRTUAL

News & updates for our Best Buddies Canada Chapters



St. Francis Xavier University Best Buddies enjoying their "Movie Afternoon."

WHAT'S COMING IN MARCH

- Mar. 1st, 2:00 pm EST Seated Yoga with Sarah
- Mar. 2nd, 1:00 pm EST Bingo with Julia
- Mar. 9th, 1:00 pm EST Healthy Snack with Julia
- Mar. 15th, 2:00 pm EST Dog Training with Sarah
- Mar. 22nd, 2:00 pm EST Game Day with Sarah
- Mar. 23rd, 1:00 pm EST Spring Painting with Julia

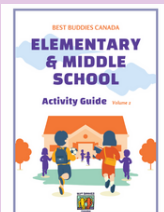
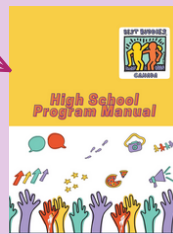
[Click here for updates and more events in March!](#)



We are grateful to be a recipient of a grant from TD Bank Group through the TD Ready Commitment. With this support we can reach new schools across Canada to promote our message of inclusion and friendship.

DID YOU KNOW...

We have lots of free resources on our website under "[About Us - Helpful Resources.](#)" These are examples!



FROM THE BEST BUDDIES TEAM

Hello Best Buddies Chapters,



HAPPY BEST BUDDIES MONTH!

We are so excited to celebrate all things Best Buddies this month, including the beautiful friendships created and the incredible efforts of all participants who make Best Buddies possible in their communities. Be sure to follow our social media pages for Best Buddies Month announcements and special giveaways!

As a final reminder, we have extended our offer of a one-time \$50 Chapter Support e-gift card. Simply submit your roster and host your first activity. The **deadline to apply is March 17th!**

We are always looking for pictures from your events. Show us what your Chapter has been up to for a chance to be featured in our Newsletter and/or on our social media pages! Email us at info@bestbuddies.ca or DM us @bestbuddiescanada on Instagram.



University of Toronto-Scarborough Best Buddies at their chapter's dine-in event!

Corpus Christi Best Buddies participated in their school's Valentine's Day door decorating contest!



Tony Pontes Best Buddies colouring at their Chapter's hangout!