Finding a crew that feels like family? Winning. Friending someone who needs one? Double win.

Being a Best Buddy on campus is as easy as inviting our buddies along with us to campus events, pick up games, or to places around town. So people our age with intellectual and developmental disabilities are less lonely—and more embraced, included, and loved by us.

Make a difference by being a friend.
We’re BEST BUDDIES.

Joining Best Buddies means doing fun things with someone who needs a friend. It’s spending an hour—or even a whole day—exploring, trying new things, and laughing. And it’s ending the day feeling really great for showing someone they belong.

Being a Best Buddy makes a huge difference for people with intellectual and developmental disabilities (IDD). But what you may not know yet—is that it makes a big, positive impact on you, too.

Get involved. Help bring belonging to our friends with IDD. Share a smile, make room at your table, or find your local chapter to be someone’s Best Buddy.

BESTBUDDIES.ORG