

We all have room for one more friend.
More fun. More memories.

**MORE
AWESOME**

Our crew makes us feel understood—like we belong.
Like we're ok. No one gets it like our friends do.

That's why Best Buddies is here—to make sure everyone has that best-friend feeling. People our age with intellectual and developmental disabilities sometimes struggle to fit in. But just like any of us, they want to belong. By being a friend, we make sure they do.

Let's share that bestie feeling.



We're BESTBUDDIES®

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    

