We all have room for

one more friend

BFFs are everything. You don't even need words to communicate—just the right emoji will do. That best friend feeling is unbeatable.

That's why Best Buddies is here—to make sure everyone has a friend. Kids our age sometimes struggle to fit in. But just like any of us, they want to belong. So let's make room for one more friend.

Add a buddy to the crew.

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