



e-BUDDIES®

Creating social inclusion and friendships for people with and without intellectual and developmental disabilities in a virtual space.

What is e-Buddies

e-Buddies provides opportunities for volunteers with and without IDD to develop one-to-one friendships online and create connections using the power of technology.

The program provides the opportunity for members to connect in the e-Buddies social platform, which is designed to expand friendships and create shared experiences through virtual social events.

“Being part of e-Buddies is sincerely one of the most meaningful things that I do.”

– Paul Barretta

Why choose e-Buddies?

- Lifelong friendships that develop on your own time.
- Get to know someone in a different state or country!
- Safety tips and trainings available for e-Buddies members
- Educational benefits for members:
 - Improve communication and develop leadership skills
 - Expand cultural awareness through connections with the global Best Buddies community
 - Support and empower one another

“I love my e-Buddy, it makes me more Social, motivates me in one-to-one friendship.”

-Marc Dobry, member since 2014

Evolving friendship

In addition to a one-on-one friendship, you have the option to connect with our worldwide network of e-Buddies virtually through monthly events in the vibrant community platform!

e-Buddies members come together using Zoom technology to engage in virtual events throughout the month. Members have the opportunity to revel in each other’s company and participate in fun activities like trivia, Zumba, movie nights, paint parties and more!

Similar to other social media communities, the e-Buddies community platform furthers friendship among e-Buddies through engaging discussion posts, entertaining polls and Q&As, and interest groups! In this space, you will discover a loving and fun community to call your own.

e-Buddies Quick Reference

- Must be age 13 and older to apply
- Easy to use, flexible schedule
- Applicants are screened and must agree to the terms of the Member Code of Conduct
- Program does not match people in same state/province
- e-Buddies does not offer service/volunteer hours for involvement in our program
- Visit bestbuddies.org/ebuddies for more information and to complete our application

For more information, visit our site or e-mail us at ebuddies@bestbuddies.org

BESTBUDDIES.ORG/EBUDDIES

