

**Are You Looking for a Fun, Flexible, & Rewarding Volunteer Opportunity? Consider Best Buddies!**

Founded in 1989, by Anthony Kennedy Shriver, Best Buddies is dedicated to providing friendship opportunities for people with intellectual disabilities (e.g. Down syndrome, Mental Retardation, and types of Autism). Best Buddies is rooted in the belief that all people are equal, and that everyone deserves an opportunity for friendship. The organization seeks people in the community interested in forming a one-to-one friendship with a person who has a disability.

Imagine never getting a phone call. No one remembering your birthday. No job, no spouse, no one.

The Best Buddies Citizens Program picks up where our high school and college programs leave off. For individuals with intellectual disabilities, most government services end between the ages of 18 and 21. After that, they may never have a companion who isn't paid to be with them. Some of these individuals only see their families. This just isn't good enough. *Everyone* needs a best "buddy."

A volunteer in our Citizens Program becomes a Citizen Buddy. Every Citizen Buddy has the opportunity to change the life of another person through the simple act of being a friend. Each Citizen Buddy is placed in a one-to-one friendship with a Buddy—an individual with an intellectual disability. What the Buddy-pair does is up to them! This program is great for any lifestyle. The time commitment is flexible and can be planned around your schedule.

Our expectations are simple:

Contact each other each week and hang out together twice a month.

The mission of Best Buddies is to enhance the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment. Our goal is to create a world in which we aren't needed; where every person with an intellectual disability as a Best Buddy!

For more info, or to get involved call Janice Beyer at (312) 828-9313 ext. 21 or email at [JaniceBeyer@bestbuddies.org](mailto:JaniceBeyer@bestbuddies.org).



"The great beauty of Best Buddies is that people with intellectual disabilities love you for who you are as a human being."

Anthony Kennedy Shriver  
Founder & CEO for Best Buddies International



"Best Buddies changes lives, and the great surprise is that it's not just the lives of the intellectually challenged. Your life does change and you are different, and your eyes are opened to what you have to give, and that's the gift that you receive."

David Caruso  
Actor, CSI Miami

## BEST BUDDIES ILLINOIS

**Janice Beyer**  
Citizens Program Manger



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# BEST BUDDIES®



## ILLINOIS

# CITIZENS PROGRAM

"A friend is a gift that you give yourself."

*Robert Louis Stevenson*

BEST BUDDIES



Since its founding in 1989, Best Buddies has impacted the lives of over 350,000 volunteers and people with intellectual disabilities in thousands of communities around the globe. Today Best Buddies Illinois offers five programs:

### Middle Schools

Establishes a Best Buddies Chapter at a middle school.

### High Schools

Establishes a Best Buddies Chapter at a high school.

### Colleges

Establishes a Best Buddies Chapter at a college or university.

### Citizens

One-to-one friendships for adults 18 years of age and older.

### E-Buddies

For everyone age 10 and up, promotes frequent contact through e-mail with cross-country pen-pals.

## The Success of Best Buddies



Best Buddies is located on 6 continents, in 44 countries, and in all 50 US States! This year over 400,000 participants will be impacted by Best Buddies!

**BBIL positively impacts 10,000 Illinois Residents!**

BEST BUDDIES



ILLINOIS

## Best Buddies Illinois Citizens Program

BBIL's Citizens Program provides people with intellectual disabilities with the



opportunity to be matched in one-to-one friendships with volunteers in their community. The *easy to meet* commitments for each match are as follows:

- Weekly contact. (by phone, email, etc.)
- Outings at least twice a month.
- Participation in Best Buddies Group Outings.



If you, or someone you know, would like to become involved with Best Buddies Illinois, you may contact Janice Beyer at the phone numbers or email address below. You may also find information on our website!

### **Janice Beyer**

Citizens Program Manger



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