

BESTBUDDIES® Citizens

Builds one-to-one friendships between adults with and without intellectual and developmental disabilities (IDD) in corporate and civic communities. This program helps people with IDD become part of mainstream society and creates an inclusive and diverse community for all.

Join Our Twin Cities Program

Best Buddies in Minnesota has a community friendship program for adults with and without disabilities in the Twin Cities area and we want you to be a part of it.

Who is eligible to join the Best Buddies Citizens Program in Minnesota?

Anyone over the age of 18 who lives in the Twin Cities (Greater Minneapolis/St. Paul) area. Each participant must complete a background check to participate in the Citizens program that costs \$18. There are no membership fees to participate in the program, however members are expected to pay for their own activities.

What is the commitment?

Individuals with and without IDD matched in a one-to-one friendship commit to at least one year of friendship where they see each other in-person once a month for an extended activity and will also maintain weekly contact via phone, text message, email and/or other forms of communication. There will be quarterly group events to attend with other Citizens buddy pairs.

How are buddy pairs matched?

We match buddy pairs based on a number of factors – including geographic location/proximity, age range, shared interests and hobbies, and other individual preferences that are conveyed in the matching process.

“ I have friends in the community and a family within Best Buddies. It is a great feeling to know someone is always there. ”

- Michael A. Taylor, Jr., Best Buddies Citizens participant



For questions, email minnesota@bestbuddies.org