CALLING ALL TEENS!

Be a part of the National MS Society, Upper Midwest Chapter's **Teen Council!**

What is the Teen Council?

Teen Council members meet regularly throughout the year both in-person and via conference call to plan and execute programs for other teens in our chapter area. The purpose of Teen Council is to have fun, plan activities and raise awareness one teen at a time.

Teen Council members will:

- Build leadership skills
- Form supportive relationships with other teens in similar circumstances
- Learn to summon strength and courage in difficult times
- Establish lifelong friendships and a healthy support network
- Be inspired and help inspire others to get active in their communities to create a world free of MS
- Act as consultants to chapter staff planning teen programs

What will I gain?

As a member of teen council, you will gain valuable leadership skills and friendships. Teen Council is also a fantastic accomplishment to include on college applications or on resumes for employment.

What's the commitment?

As a member of the Council, you will:

- Attend planning meetings and activities, about every other month.
- Educate others about MS and invite fellow teens to join the movement to end MS.

Who can join?

In order to participate you must be:

- Age 13-18
- Related to a person with MS
- Responsible, reliable and dependable
- Excited to work with other teens

How do I become a member?

Check out our Facebook page at https://www.facebook.com/groups/TeenConnectionMS to get more information.

Please contact Krista at krista.harding@nmss.org or 612.335.7937 with questions!