

# Tubman MVP

Autumn Newsletter 2018



## Hello MVP Action Team!

Let us know if there's anything we can do to support your leadership! You can always contact us by hitting "reply" or emailing [teens@tubman.org](mailto:teens@tubman.org). We'd also love to hear your feedback on this newsletter – tell us what you'd like to see more or less of!

## Express Good

We held another Express Good event at Tubman East this October. We were celebrating our civic duty and community connections through voter information, crafts, and trivia. Look for another Express Good event in March 2019! Let us know if you have any suggestions for the next theme.



## Giving Back

Since it's nearly the holidays, we are thinking about giving back. Here are some ideas aside from donating your money:

**Donate your time.** You don't have to spend money – your time can be just as valuable! Work on a project or volunteer to help out at an event to give back to your community.

**Start a group.** Gather some friends or classmates and start an after school group to focus on whatever movement or issue you want to support or raise awareness of. You'll get some great ideas through collaboration and teamwork.

**Social media movements.** A good way to raise awareness of an issue that matters to you is to post about it! Whether you're on Twitter, Instagram, or wherever, you can talk about what you care about and even post links where people can get more information or donate to your cause.

**Plan an event.** You might be able to do this at school or another community location – a church, community center, library, or even Tubman!

**Remember to take care of yourself.** As always, volunteering and giving back can also be stressful. Try to intentionally give yourself some space to breathe, and do activities you like. We recommend deep breathing, either with Calm or Stop, Breathe, Think. You know yourself best, so pick whatever self-care activity works best for you.

## NorthStar Youth Outreach Center

As a reminder, Northstar Outreach Center is a drop-in center for young people ages 13-24 to have a safe space to hang out, use the internet, and get resources and support from advocates. We offer basic hygiene supplies, school supplies, snacks, transportation support, and clothing. Northstar in the Maplewood Mall is located in Suite 2006, right across the street from the Maplewood Transit Center.

Our Maplewood Mall location is open on Mondays, Wednesdays, and Fridays from 8 am – 12 pm and 3 pm – 7 pm. We're also open on Saturdays from 10 am – 5 pm. Feel free to drop by during our open hours to check out the space!

## Upcoming MVP Sessions

Register [online!](#)

November 13th & 14th at Tubman West, 3:30 pm – 6:30 pm  
3111 1st Ave S., Minneapolis, MN 55403

January 22nd & 23rd at Tubman East, 3:30 – 6:30 pm  
1725 Monastery Way, Maplewood, MN 55109

February 19th & 20h at Tubman West, 3:30 pm – 6:30 pm  
3111 1st Ave S., Minneapolis, MN 55403

## Other Upcoming Events

Tubman's Annual Video and Poster Contest

February is Teen Dating Violence Awareness Month

Relationships of any age group can have healthy and unhealthy aspects. To raise awareness of how frequently teens may experience unhealthy relationship traits without reporting it, and also to celebrate the healthy relationships that many teens do have, each year Tubman hosts a video and poster contest in the month of February. Make a poster or video showing either healthy or unhealthy relationship traits – be as creative as you like – and send it to us! There will be prizes! Follow us on Twitter or FB to keep up with the latest updates regarding the contest.

## Staying Connected

We want to hear what you are up to this year and if there is any way that we can help support you in your upcoming projects and endeavors! If you have used any of your MVP skills in your communities by talking to groups, making posters or other presentations, or starting a campaign, we would love to hear about it! You can follow this [link](#) to report what you have been up to!

If you need to contact us for support, feel free to email us at [teens@tubman.org](mailto:teens@tubman.org).

For immediate support, you can call our crisis line anytime, 24 hours a day at (612)825-0000.

To stay connected with us through social media you can always follow us on Twitter or Facebook. The youth team posts a lot of different things that you might be interested in including: job and volunteer opportunities, links to videos and articles, as well as fun upcoming events to get involved in.



Tubman | 3111 1st Avenue South, Minneapolis MN, 55408

612.825.3333 | [teens@tubman.org](mailto:teens@tubman.org)

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