Tubman MVP
Autumn Newsletter 2018

Help MVP Action Teams!

Let us know if there is something you can do to raise awareness about teen dating violence. You can find information about the signs of abuse and healthy relationships at tubman.org/

Express Good
We held another Express Good event at Tubman West this October, We were so happy to see so many youth and community members join us! The next Express Good event will be in March 2019! Let us know if you have any suggestions for the next event.

Giving Back
Sharing is the hallmark of our culture, as is thinking about giving back. Here are some ways you can get involved:

Decide your time. You don't have to spend money - your time can be just as valuable. Start by asking yourself how you can help out in your community or give back in your own way.

Start a group. Create a community board and use it as a platform for people to share their experiences and learn from one another.

Speak out. Let other people know what you are doing to help and why.

NorthStar Outreach Center
As a reminder, NorthStar Outreach Center is a drop-in center for youth aged 13-24, and offers a variety of resources, such as basic hygiene supplies, school supplies, snacks, transportation support, and clothing. NorthStar is located at 1725 Monastery Way in Maplewood, MN 55109. You can follow us on Twitter or Facebook to stay up-to-date on our events and services.

Other Upcoming Events
Tubman East Winter Carnival (Baltimore Avenue Building)
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. This event is open to all high school students in the area, and is free to enter. Visit tubman.org/vpcontest for more information.

Staying Connected
We want to hear what you are up to as a team and if there is any way we can support you! Whether you have an upcoming project you would like to share, or you want to let us know how it went, we would love to hear about it. If you want to connect with us, but have email, then email us at teens@tubman.org.

For immediate support, you can call our crisis line at (612)825-0000. For more information, you can call our crisis line at (612)825-0000.

If you are interested in volunteering, please contact us by hitting “Reply” or emailing teens@tubman.org. We’d love to hear from you!