



# MS Read-a-Thon

## COMMUNITY ADVOCATE GUIDE

Get involved! When you volunteer with MS Read-a-Thon, you support Canadians who are affected by multiple sclerosis. Here are ways you can help:

- **Form a volunteer committee to help spread the word in your community.**
- **Talk your child's teacher to see if their class/school would like to join the campaign.**
- **Ask your child (or children) of high school age who need volunteer hours to help spread the word in your community and on social media. Perhaps they can mentor a younger child in their reading and we'll sign off on their volunteer hours.**
- **Contact your local library or community center to see if they have a newsletter or website to promote MS Read-a-Thon. Drop off an MS Read-a-Thon poster and ask if they can post it on their community board.**
- **Promote MS Read-a-thon to your local radio station or TV station. Contact your local newspaper to see if they will write a story or post a free ad. Contact us for MS Read-a-Thon media training.**
- **Post MS Read-a-Thon on your social media channels. If you're part of any parent meet-ups or FB pages, post about your involvement in MS Read-a-Thon there. Visit our website [msreadathon.ca](http://msreadathon.ca) and look under "teacher tools" for social media icons.**
- **Create a team for your child(ren) and ask their friends to join in on the fun.**



**If you have any questions or ideas on how you can get involved or would like media training, contact Kelly McElrea at 1-800-268-7582 or [ms\\_readathon@mssociety.ca](mailto:ms_readathon@mssociety.ca)**