



By Elder M. Russell Ballard

Of the Quorum of the Twelve Apostles

# What is a family council?

A family council is a meeting on any day of the week. It can be with just you and a parent or with your whole family. It's a time when you can . . .



Tell your parents about your worries or fears.



Make goals and write them down.



Offer to help a sibling during a hard time.



Combined with prayer, a family council can invite the Savior's presence in your home. It can help your family be happy.

From "Family Councils," Ensign or Liahona, May 2016, 63–65.