

# TreeHouse—Sandstone Newsletter

PO Box 34

Sandstone, MN 55072

763-486-3297

kalbow.thsandstone@gmail.com



## Winter 2017-18

Request and Update

Beth Kalbow, Area Director

We are looking forward to what the future holds for TreeHouse—Sandstone. With the new year less than one month away, we are excited for the results we expect to continue to achieve as the results of our programs. We are asking for your financial support to continue the work that is making such a difference in our teens' lives. As many of you consider your year-end donations please keep TreeHouse—Sandstone at the top of your list.

Our teens are being changed in positive ways that will impact their futures in unbelievable ways. They are gaining confidence and the ability to trust because they are experiencing unconditional love. They are becoming self controlled because they are in a safe place where they are taught they are capable of great things, including controlling their behavior.

We have begun actively pursuing our fourth goal of "Pursue an educational or vocational track for the future". So far, this has included helping our teens complete college applications and gathering college information. We are now planning trips to the colleges and visits to TreeHouse by college representatives. We have mostly focused on the teens who will graduate in the Spring. We will be including our Junior students in the college visit trips. We have also been invited to participate in the TH Next program that TreeHouse has developed to address this very area. It will allow us access to testing and evaluations to help our teens determine their interests and talents. This will be a great resource, and such a blessing since TreeHouse has developed and implemented the program already so we have a working program to start with.

We also want to encourage you to tell the teens in your life about TreeHouse—Sandstone. The teens we serve are not all juvenile delinquents. They are teens who need an ear to listen and a heart to care. You may have such a teen in your life and not even realize their need. As the teen story to the left illustrates, many teens just bottle up their feelings until they burst. TreeHouse-Sandstone gives them a place to gently release those thoughts and get on a healthy track.

Lives are being changed at TreeHouse—Sandstone, thanks to our team of Donors, Supporters, Volunteers, and Staff. Here's to making 2018 stronger and more powerful in the lives of our youth

### Let It All Out.

When I first started going to TreeHouse, I was very depressed. I wasn't in a good state of mind. My mom is very critical; she usually finds anyway to yell at me. A "brat" is what she likes to call me. She has said that when I turn 18 she will kick me out of the house, which worries me because I'm turning 18 at the beginning of my senior year. She also apparently can't wait to disown me. This is just a couple of examples of how she is. I've lived through this my whole life and before I started going to TreeHouse, it affected me a lot. I would hide in my room as soon as I got home and I'd only leave when I had to go back to school the next day. I never talked to anyone about my feelings. I kept everything in until I just broke and cried for days. The cycle would repeat after every time I broke down. I thought about suicide quite a bit and I thought about cutting.



Then I went to TreeHouse. It felt nice leaving the house to visit with people and talk about my feelings. One of my favorite things about TreeHouse is letting everything out and having people there to support me. It truly is a safe place and a second home. I normally don't get to talk at home, so, I love feeling like I can actually say what I want to say and not be ignored. I really like Thursdays especially because I get to learn about God and about the Bible. Because of this I accepted Jesus as my savior about 3 months ago.

I've been going to TreeHouse for over a year and a half now and I have changed a lot. I'm definitely more outgoing. TreeHouse got me out of my shell. I used to always need a friend to go with me whenever I went somewhere with people in it because my social anxiety was so bad. I didn't want to be alone with all of those people. TreeHouse helped me so much that I just acted in a play by myself with none of my friends around. My communication skills have improved; I now say out loud what I think in my head.

Whenever someone asks what TreeHouse was about I would always say, "It's teenagers talking about how their week went and the emotions that went with it". One of the best things is people giving their support. It shows that someone cares and they know what you're going through and you're never alone. There's still a lot of things to work on but TreeHouse has already helped with more than enough things and I am very thankful to have the opportunity to go because I know there's a lot of teens going through what I have, and still am, in this world that just don't get this chance.



**When life gives you lemons . . . make a game out of it!**

We continue to keep our friends updated on what we are doing here at TreeHouse-Sandstone. We would appreciate your email address to expedite the communication process.



VIA AIR MAIL

If you do not wish to receive communications from us please email kalbow.thsandstone@gmail.com or call 763-486-3297.



TREEHOUSE



**P.O. Box 34  
505 Highway 23 North  
Sandstone, MN 55072  
763-486-3297**

There is no registration process to join us at TreeHouse—Sandstone. Just show up and we will welcome you.

TreeHouse programs and events are for teens in grades 7 through 12

Tuesday night 6pm—8pm  
**Support Group**

Thursday night 6pm—8pm  
**Going Deeper**

Programs are held year round at  
505 State Highway 23, Sandstone, MN

Transportation is available  
to and from the meetings.  
Call 763-486-3297 by 3:30 for a ride.

**Kids can walk around trouble if there is somewhere to go and someone to walk with them.**

**Merry  
Christmas!**  
*and a  
Blessed New Year*

*From your friends at  
TreeHouse—Sandstone*



*Save the Date*

**July 14, 2018**

**5th Annual**

**Banquet**



For more information / sponsorship  
opportunities please contact  
Beth Kalbow 763-486-3297  
kalbow.thsandstone@gmail.com