



A Youth's Hope for the Future

TreeHouse has been there for me through thick and thin. I just last year lost my best friend to suicide. I was so depressed, and had so many emotions running crazy inside my head. My anxiety was through the roof!! I didn't know if I could pull out of my funk. I really thought that I could never be happy again. But, the people of TreeHouse proved me wrong. They helped me come to terms with his death, and helped make me mentally strong again. I still deal with anxiety and depression, but TreeHouse is my outlet to be able to let some of the feelings out in a safe, non-judgmental environment.

Last year, I used to stay up late every night talking to friend after friend, out of suicide and self harming. I would try to help them to focus on the good things, to not let life get them down, even though inside I was a mess myself. I had suicidal thoughts, I really believed that no one would care if I wasn't here. No one would hear my silent pleas to be heard, to be hugged, to be loved. My parents tried to help get me to talk, but I just couldn't tell them how distraught I really was, I didn't want them to feel like they were failures.

I used to not care about school. My grades didn't matter, people didn't matter, I was in my own silent prison in my head. No matter what my parents tried, I still didn't care. I even failed 8th grade, and had to retake it, which did not help my self esteem at all. TreeHouse helped me to find my focus on future goals. I know that if I want to be a psychologist, I would have to get through high school. So, now I am more focused. I even managed to get on the B honor roll a couple times. Which really helped me to believe in myself, and know that I could do it.

TreeHouse has also helped me to have a closer walk with God. TreeHouse helped me learn the Bible more. I don't know if any of you have tried to read the Bible, but wow! For me it was a real struggle, TreeHouse helps put the words of the Bible into a new light, that I can understand.

I have been going to TreeHouse for almost 2 years now. My life before TreeHouse, had no meaning, no sense of direction, no real purpose (or so I thought). TreeHouse helped me to see that there is more to life than I could ever have imagined. TreeHouse has helped me to gain leadership skills, and helped my self esteem to be where it is today. TreeHouse has helped me to become who I am today. The staff, volunteers, and all of the Treehouse teens helped me to come so far in my life, and let me know that I am no longer alone.

(Excerpts from 2017 Shoot for Hope teen presentation)



Whether it was shooting sporting clays, bidding on an amazing variety of donated items, eating the delicious buffet, or laughing and socializing, there was much offered at our 4th Annual Shoot for Hope & Banquet this past July. Our TreeHouse—Sandstone friends and family showed up in force to support this work that is so desperately need in our area. Our sponsors and guests were generous with both their money and their encouragement. Every year I enjoy the feeling of family that is present at this event. When we gather for a common goal, especially one of life saving importance, bonds form quickly. I am proud to belong to this group of individuals who care so deeply about teens.



Transformation Witnessed
Beth Kalbow, Area Director

It has been an amazing Spring and Summer getting to know our TreeHouse-Sandstone teens. They steal your heart with their amazing personalities and break it with their challenging life struggles. They can be loving, trusting, joyful, and adventurous, and the next moment they can be sorrowful, rebellious, and defiant.

I have seen first hand the results of what TreeHouse offers. The safe place we provide gives our teens a place to flourish and try new things as they cannot do elsewhere. We encourage them to express themselves in a non-judgmental environment. Their thoughts and emotions are taken seriously and dealt with respectfully. All this is embedded in a program that also has games, music, food and laughter. It's quite the package. And it produces life transforming results.

I am awed by the community that has risen up to support and promote this program. So many, each doing their part, makes all this possible. Thank you, for doing your part. You are making a huge difference in the lives of our teens.



Time for friendships and fun in addition to program night:
Valleyfair, Bowling, Board game night, Blueberry Falls, Banning State Park, Campfire and games gatherings



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.

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



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**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.

**TREEHOUSE
VISION**

To reach every at-risk teen
so they are loved,
feel hope, and
realize life
transformation.

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

Save the Date

July 14, 2018

5th Annual

Banquet

&

HOPE



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