

# TreeHouse—Sandstone Newsletter

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We are a nonprofit serving at-risk teens in Northern Pine County. Please partner with us financially and you can be part of changing teen's lives no matter where you are located. You can easily donate online or by mail. TreeHouse-Sandstone is changing teen's lives and their impact on our community every week.

## Winter 2018

### Life Transformation

A friend of a teen's family said "I've known a kid, for all his life, who comes to TreeHouse and I thought by now he would be in prison. But he started to come to TreeHouse and he is a different kid. He even has a plan for his future. So, thank you so much."

A teen has been coming to TreeHouse-Sandstone for one year. When he first came he wouldn't talk to anyone, would grunt in response to questions asked of him, and would encourage any type of misbehavior. Recently on a ride home with other teens he corrected the other teens' behavior, telling them to put their phones away and not to swear. So, our teen who didn't want to be here has become an aide and leader.

A teen reported at Support Group that he was going to "come out of the closet" and was terrified that his dad would be very angry and hate him. The next day, during a one-to-one, this same teen and his mentor discussed how confusing sexual things can be for teens and how making a proclamation that he was gay would close doors for him in regard to a relationship with girls. This teen now has a girlfriend. But that is not the point. He had a supportive and encouraging conversation about his sexual feelings rather than a yelling match with his family that ended in him

feeling rejected, hated, and alone.

We have a new teen who has been through drug and alcohol treatment and he says he is glad he comes here because it keeps him on track in recovery.

Two of our students who last year failed several classes and struggled to get C grades in their classes have both just made the B honor roll.

### Learning to give Back

Our teens have been volunteering to serve both at TreeHouse-Sandstone and in our community. They have:

- worked to remodel the basement of our facility, (they are excited to have the area used for a rec room)
- gathered supplies (wood) for our bonfire, (hard work but they enjoyed being part of creating the event)
- run kid's games at the Oktoberfest held by the City of Sandstone, (great fun and supporting our community)
- sorted and distributed

food at the monthly Feed My Sheep food distribution, (who knew groceries could be fun)

- created 11 boxes for Operation Christmas Child, (a joyful time shopping and packing gifts for kids less fortunate than them).

We encourage our teens to develop the habit of giving back so they can experience that feeling of satisfaction that comes from helping.

We have been meeting regularly on **Tuesdays and Thursdays** and have trained on Drug and Alcohol Restraint, Sexual Restraint and Self Esteem. Our teens get very involved in the conversations and enjoy the skits and readings we do. **Support Groups** have been filled with heart breaking and heart filling conversations about our teen's emotions, and the support and encouragement they need to keep them on track, or to get them through.

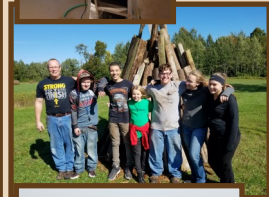
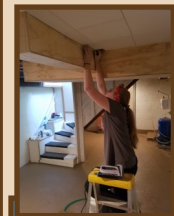
We have continued to grow our relationships with our teens and our community. **Community** leaders have joined us for site visits and have been encouraged by what they have seen. What we are doing here is working to help our teens to succeed in a world where they struggle daily. We are continually viewed as a strong resource for at-risk teens and we receive referrals from Social Workers, Probation Officers and school personnel. **We are currently serving 30 teens!**

We are actively adding volunteers to keep up with the increase in our teens served.

### Having Fun, Strengthening Relationships, Facing Fears

Our teens went **rock climbing** in October. What a day for growth trying something new. None of our teens had ever experience this before. Some of them even have a fear of heights. But they dove into the activity with enthusiasm. One teen who is afraid of heights said, "I just didn't look down". They encouraged and supported each other throughout the event.

We also had a **bonfire** at the end of October. As always, it was a fun time visiting with teens, families, volunteers and staff.



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 55072

Transportation is available to and from the meetings. Call 763-233-1338 by 3:30 for a ride. More information at [TreeHouseSandstone.org](http://TreeHouseSandstone.org)

**TREEHOUSE** 

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

LOVE · HOPE · TRANSFORMATION

**Our teens are Lovable, Capable and Worthwhile, and so are you!**

Our 2018 Shoot for Hope & Banquet Sponsors.  
 Please support their businesses,  
 as they support TreeHouse-Sandstone.



**July 13, 2019**  
 6th Annual



**HOPE &  
 Banquet**

For more information or to make an online donation, visit our website [TreeHouseSandstone.org](http://TreeHouseSandstone.org) or contact Beth Kalbow 763-486-3297 [beth.kalbow@TreeHouseSandstone.org](mailto:beth.kalbow@TreeHouseSandstone.org)

