

# the post

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## Our Building is Serving Many Purposes

The teens get to enjoy many areas of our building. The foyer makes a great place to hang out and build relationships while playing games or doing art projects. The remodeled lounge is where you will find teens doing homework or playing video games or just relaxing. The court is always busy with basketball, volleyball, pickleball and other activities. Some teens find their way into the workout area. *(We are still looking for a treadmill if you have one you are not using.)* Our Cafe was remodeled a couple years ago and allows the kids to purchase snacks and drinks. We also serve dinners whenever we can. *(Do you want to drop off a monthly meal? Just let us know. The teens so appreciate dinner being served)* Our downstairs is where we do programing. *(We need help with our sound system. Can you help?)* We also have a full kitchen to do cooking classes and show the teens how to prepare some of their favorite foods. We have been able to purchase some new items to make the process a lot easier. *(Extra hands to clean are always needed. Let us know if you can help)*

We were blessed to be able to put furnaces and air conditioners in our many years ago. We have done regular maintenance to be the best stewards possible. We have been chasing a leak in the air conditioner that cools the gymnasium. This one covers the largest and most used area. We have hope it can be found and fixed quickly.

Speaking of our building, are you handy with fixing issues that pop up around your house? *We are looking for an extra hand to do repairs and maintenance in our well used and loved building. Let us know if you are interested.*

*What we are up to this summer*

### Youth Group

We will be traveling to area churches to join in with their youth groups

### Gardening

The raised garden beds are being planted in partnership with Goshen Health again this year.

### Cooking

We will soon be adding things we grow in the garden as ingredients to our cooking classes

### Outings

This month we are taking the teens bowling



Our Mission is to provide a safe environment for our youth, challenging them through intentional relationships, opening the door to allow God to reveal their identity and purpose through a relationship with Jesus Christ.

**Ephesians 2:10**

# Our Staff is Making a Difference

We have used the term “at-risk teens”, but what does it mean?

An at-risk teen is a youth who has a difficult path to a successful transition into adulthood. When at-risk and troubled youth can't transfer successfully into adulthood, not only does their future suffer but the local community and area businesses are missing a valuable person's input.

## How teens can become at-risk

Poverty  
Family instability and dysfunction  
Unstable school environment  
Poor community resources  
Adverse childhood experiences



These issues can create feelings of isolation and cause the youth to act out. Lack of finances or difficult family dynamics can also create instability and cause development issues for youth. The longer an at-risk youth goes without receiving the help they need, the more prone they are to other issues.



## Without help an at-risk teen can experience

Addiction  
Violence  
Self-Harm  
Substance abuse  
Suicidal thoughts  
Incarceration

What steps are The Post Staff taking to help at-risk or troubled youth?

### 1. Communication

Open communication with the teens helps get to the root of what's going on. Making time and space allows the teens to talk and share as they feel comfortable.

### 2. Having an interest

Offering a wide variety of sports, activities and outings means we can connect with more teens. Having genuine interest in what is happening allows us to build trusting and genuine relationships.

### 3. Sharing life together

Being in relationship allows the teens to know us. They see us live out the topics that we talk about in our programing. We desire for the teens to see what God is doing in our lives so that they can trust Him with their life.

### 4. Connecting with others who work with youth

Working as partners to share concerns and encourage collaboration, helps us figure out ways to help at-risk teens overcome problems. It is an important part of being in community.

AMAZON  
WISHLIST



## Ways to donate to The Post Youth Center

- Donor Advised Funds
- Checks sent to PO Box 12, Goshen IN 46527
- PayPal on The-Post.org
- The Post Legacy Fund through the Community Foundation of Elkhart County

## Board Members

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