

## FAQ FOR PARENTS:

### **1. What kind of support and resources does the young adult community offer?**

- a. The young adult community at Eastside provides a supportive environment for young adults to grow and learn. They offer trained and equipped peer leaders, coaches, and pastoral staff. Additionally Eastside offers connections to local counseling services, and other resources to help young adults navigate the challenges of this stage of life.

### **2. Is it safe for my student to participate in a young adult community? How do you ensure safety for my and other participants?**

- a. Yes, Eastside places a high priority on creating a safe environment for all participants in their young adult community. We think of security in three ways (mental, emotional, physical)
- b. Eastside takes a number of steps to ensure the safety of all participants in their young adult community, including background checks for volunteers, strict policies against harassment and discrimination, and clear reporting procedures for any concerns or incidents. Additionally at large outreach focused events we have medical and security present, along with security cameras.
- c. We also work to make sure we are learning and representing all types of young adults in leadership and perspective.

### **3. Can my students participate if they are not religious?**

- a. Yes, the young adult community at Eastside is open to anyone, regardless of their religious beliefs, background, or identity.

### **4. What kind of activities and events does the young adult community offer?**

- a. The young adult community at Eastside offers a wide range of activities and events, including social gatherings Wednesdays nights, service projects, small groups, and retreats. They also offer community hangouts and options to develop leadership skills to grow spiritually.

### **5. What is the young adult community at Eastside?**

- a. The community is open to all young adults between the ages of 18-26 and welcomes individuals with various backgrounds and stages in their lives. Who come together to build relationships, learn and grow together, and serve the community. It is a safe and welcoming place for young adults to connect with others who share their values and interests.

### **6. How does a young adult community help my students prepare for their future?**

- a. The young adult community at Eastside provides many opportunities for personal and spiritual growth, leadership development, and community service, all of

which can help young adults build skills, experience, and networks that will benefit them in the future.

**7. What are the benefits of joining a young adult community?**

- a. Joining a young adult community can provide many benefits, including opportunities to make new friends, explore personal and spiritual growth, and engage in service projects that benefit the community. It can also help young adults develop leadership skills, find mentors, and prepare for their future in addition to building a resilient faith for a challenging world.

**8. How can my student get involved in leadership opportunities within the community?**

- a. The young adult community at Eastside offers a wide range of activities and options for engaging in leadership. The gatherings on Wednesdays are student led, small groups leadership opportunities are available, as well as team leadership opportunities. We host a monthly event called cookies and community, which outlines how to connect best as a young adult. It happens every 3rd Wednesday after service.

**9. Can my student volunteer in the community? Can my students participate in community service projects?**

- a. Yes, Eastside offers many opportunities for young adults to get involved in community service projects and outreach programs through local compassion. We specifically partner with Local and global compassion for projects on Wednesday nights and within small groups. Your student is also encouraged to find a passion project through the local website and rally friends to serve with them. Check out ways to serve here.

**10. Can my student be out of college and still participate? What is the age range for being a young adult at Eastside? Can you be in college, older than 26 and be part of the young adult community at Eastside?**

- a. Yes, the young adult community at Eastside is open to anyone 18-26 regardless of their educational background or current educational status.
- b. If you are older than 26 we ask that you have a role and purpose in contributing to the community. (changemaker role, coaching role, or other) If you are older than 26 and are not a current changemaker within the young adult community we can help you find a role on a weekend or appropriate small group.

**11. How can my students make the most of their experience as a young adult at Eastside?**

- a. Your student can maximize their young adult experience by committing to being part of the Wednesday gathering at least 2x a month, joining a small group or team, and look for opportunities as they come up as we announce places to serve, countries to travel to, or events that can add value to their development.

**12. Can my student continue to attend their current church while participating in the community?**

- a. Absolutely! The Young Adult Community at Eastside is designed to be a supplement to, not a replacement for, your student's current spiritual community.
- b. We believe that there is value in being part of a larger spiritual family and encourage our members to maintain their connections with their home church. We want every young adult to have a home to grow in and connect in. We do ask anyone who is looking to lead to be a connected person at Eastside.

**13. What kind of training and formation will my student receive in this community?**

- a. Our team is committed to ongoing learning and development, and we provide regular training and equipping for our volunteers and staff.
- b. This includes monthly leadership training, quarterly skill training, safety and security training, and training on various social and spiritual issues. Additionally our core team takes a planning retreat each winter, and we offer celebrations for all volunteers each Summer and Fall.
- c. As for weekly gatherings, our teaching team and content are designed to serve Gen Z and their needs (mental health, dealing with family issues, building quality friendships, understanding christianity, and integrating life and faith) among others. We regularly bring in panel discussions, experts, and various perspectives to teach.
- d. We create community experiences in terms of spiritual disciplines, personality identification, and practical life skills as well.

**14. How can I support my student while they are participating in the young adults at Eastside?**

- a. One of the best ways to be supported is for them to ask questions, listen to your stories, and encourage you to take advantage of all the opportunities available within the community. We also encourage parents to attend our events, get to know our team, and even pop in occasionally to see what is going on.
- b. There are three things you can do:**
  - i. Pray for them in this season of transition
  - ii. Sign them up for Fall Retreat
  - iii. Encourage them to join us Wednesday nights ( especially the 3rd Wednesdays)
- c. Keep them accountable to the commitments you know they have made and check in on them.

**15. What kind of resources are available for parents?**

- a. FAQs like these, we also understand that parents may have questions or concerns about their student's participation in the Young Adult Community at Eastside. We host connections for graduating seniors in the spring, our team is also available to connect on weekends at an Eastside campus. We encourage parents to reach out to our team and we are happy to provide any information or support needed.

**16. Will my student have access to mentors?**

- a. We have coaches and mentors for anyone who is interested in leadership. For more personal help we have a pastoral care team and small group leaders to help guide and walk with your students.