



one.n.ten
Today's Youth, Tomorrow's Future.

SEPTEMBER

Satellite + Youth Center Addresses

Anthem 3701 W Anthem Way Anthem, Arizona, 85086	Litchfield Park 400 Old Litchfield Road, Building C Litchfield Park, Arizona, 85340	Youth Center 1101 N Central Ave, Suite 104 Phoenix, Arizona, 85004
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Youth Center & Satellite programs are for youth, ages 14-24

All youth must be fully vaccinated to attend in-person programs. See Website for more COVID-19 information

Youth ages 12-13 may attend some satellites with parent permission, contact Sandra@onenten.org for more info



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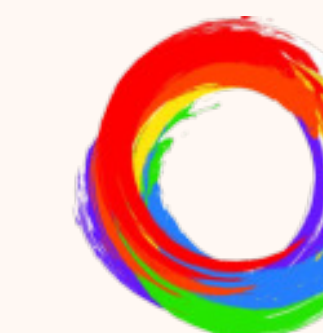
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M-F: 2-7pm
tinyurl.com/onentendiscord



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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 4:00 PM - 6:30 PM
Human Dominoes

4:00PM - 6:00PM
POND Workforce Program
Pre-Registered

5:00 - 6:30 PM
Anthem: Oracle Night

2 6:30 PM - 7:30 PM
Parents' Group - Peer Support

6:00 PM - 7:30 PM
TGNC: Support and Chat

3 4:00 PM - 6:30PM
Game Night!

6:00 PM - 7:30 PM
YAC-led LGBTQ+ Book Club

4

6
Litchfield Park: Closed

7 4:00 PM - 6:30 PM
Resource Night & POND Open Hours

6:00 PM - 7:00 PM
Creative Writing with The Piper Center

8 4:00 PM - 6:30 PM
Friendships & Bracelets
4:00PM - 6:00PM
POND Workforce Program
Pre-Registered

5:00 PM - 6:00 PM

Anthem: Chill and Spill

9 6:00 PM - 7:30 PM
QOC: Let's learn about Mexico's Independents Day

10 4:00 PM - 6:30PM
POND Game Night!

11 12:30 PM - 1:30 PM
Parents' Group - Special Guest!

13 7:00 - 8:30 PM
Litchfield Park: Chill and Spill

4:00 PM - 6:30 PM
Macrame Plant Hangers

14 4:00 PM - 6:30 PM
Resource Night & POND Open Hours

6:00 PM - 7:00 PM
Pets 101

15 4:00 PM - 6:30 PM
Here I Stand

5:00 - 6:30 PM
Anthem: Young Voter Engagement

7:00 PM - 8:00 PM
TGNC Wellness: How to Select a LGBTQ Affirming PCP or Counselor

16 6:00 PM - 7:30 PM
TGNC: Two-Spirit Night

17 4:00 PM - 6:30PM
Coil & Pinch!

18 12:00 PM - 2:00 PM
Big Brothers Big Sisters

20 7:00 - 8:30 PM
Litchfield Park: All about YOU and 1n10

4:00 PM - 6:30 PM
Movie Clip and Chat Night

21 4:00 PM - 6:30 PM
Resource Night & POND Open Hours

6:00 PM - 7:00 PM
Healthy Relationships with BLOOM

22 4:00 PM - 6:30 PM
"Rock the Tote, Prevent the Spread"

5:00 PM - 6:00 PM

5:00 - 6:30 PM
Anthem: Hot Seat with Sandra

23 6:00 PM - 7:30 PM
QOC: Native American Day

24 4:00 PM - 6:30PM
Just Dance

25

27 7:00 - 8:30 PM
Litchfield Park: Craft Night

4:00 PM - 6:30 PM
Back to Basics

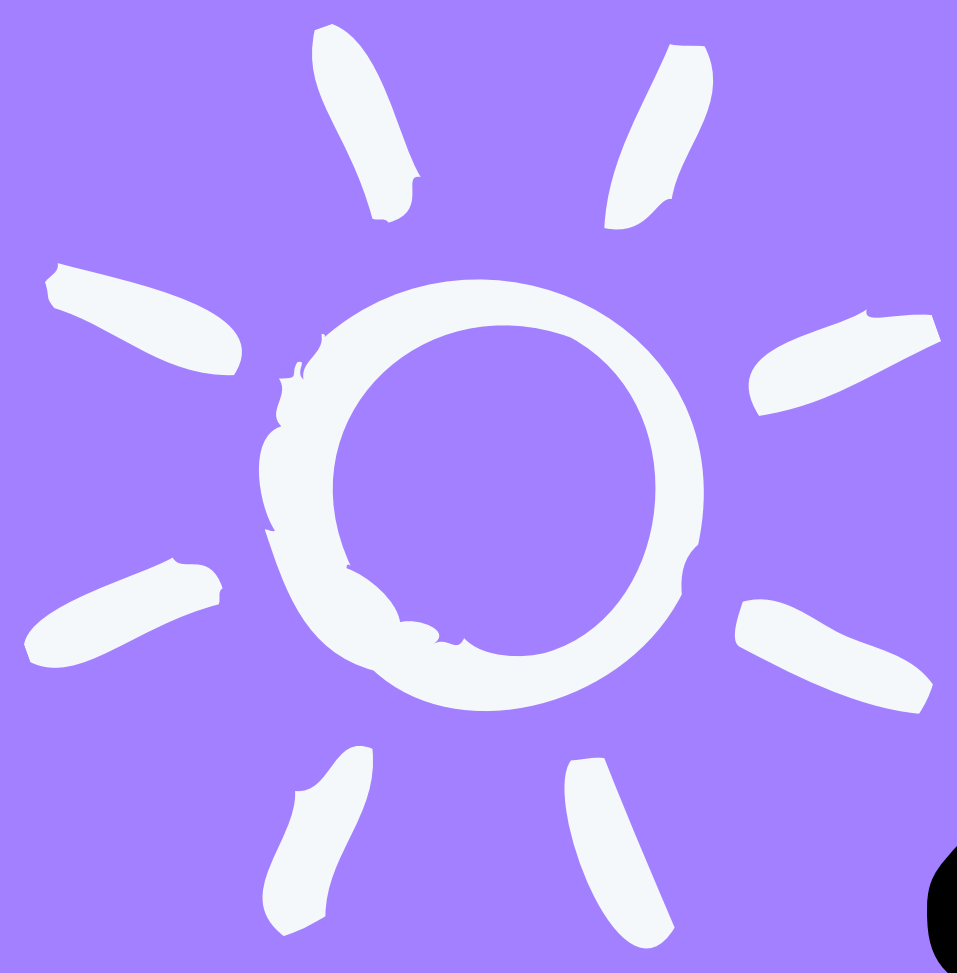
28 4:00 PM - 6:30 PM
Resource Night & POND Open Hours

6:00 PM - 7:00 PM
Teen Jackbox Game Night! For Youth 11-17

29 4:00 PM - 6:30 PM
SOS: Chill and Spill

5:00 - 6:30 PM
Anthem: Environmental Activism

30



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ZOOM PROGRAMS

- **Tues Sept 7 | Creative Writing with The Piper Center** - Join BLOOM365 as we discuss what self-esteem looks like in 2021 and ways that we can work to build our own self-esteem and the self-esteem of those around us!
- **Tues Sept 14 | Pets 101** - We will have some pet experts on hand to tell you how best to care for your pets.
- **Wed Sept 15 | TGNC Wellness: How to Select a LGBTQ+ Affirming PCP or Counselor** - Dr. Carolyn will share information about how to select a LGBTQ affirming health care provider or counselor. Have a question? Ask Dr. Carolyn! Open to all youth regardless of gender identity or sexual orientation.
- **Tues Sept 21 | Healthy Relationships with BLOOM** - Join us and BLOOM365 as we learn about what it means to be in a healthy relationship.
- **Tues Sept 28 | Teen Jackbox Game Night! For Youth 11-17** - Test your trivia skills with Quiplash, your t-shirt skills with Tee K.O., or your stats skills with Guessponage! For youth 11-17.



TGNC (Transgender & Gender Non-Conforming)

Group - 1st & 3rd Thursday, 6:00 PM - 7:30 PM

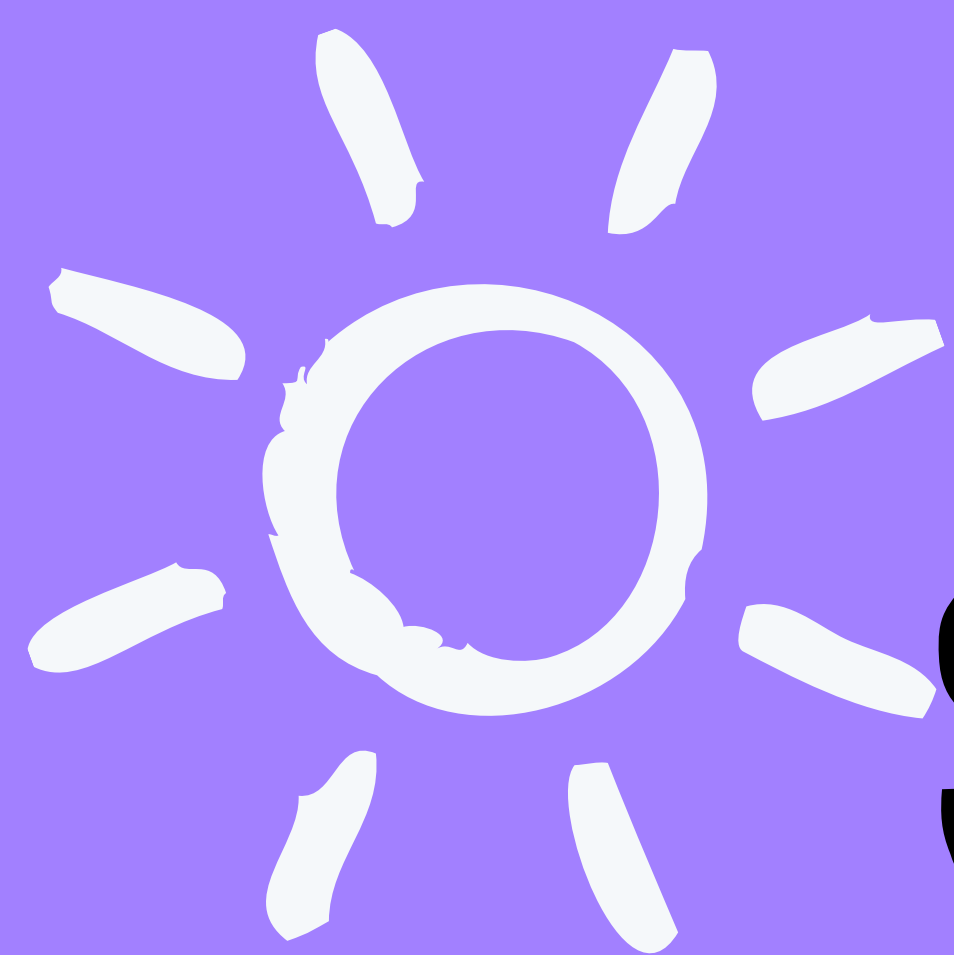
- **Thurs Sept 2 | TGNC: TGNC Support and Chat**
- **Thurs Sept 16 | TGNC: Two-Spirit Night** - Traditionally, Native American two-spirit people were male, female, and sometimes intersexed individuals who combined activities of both men and women with traits unique to their status as two-spirit people. We will explore more on this topic watching a video on being two-spirit and have discussion after.



Q*OC (Queer* of Color) Group - 2nd &

4th Thursday, 6:00 PM - 7:30 PM

- **Thurs Sept 9 | QOC: Let's learn about Mexico's Independents Day** - This will be a discussion a topic on how Mexico became independent and the traditions that take place in Mexico. We will share stories that can be compared and contrasted to America's Independence day.
- **Thurs Sept 23 | QOC: Native American Day** - Native American Day is a holiday observed in several states in celebration of Native American culture. We chat about the importance of this day and talk about the history and Native American heros that we need to continue to celebrate.



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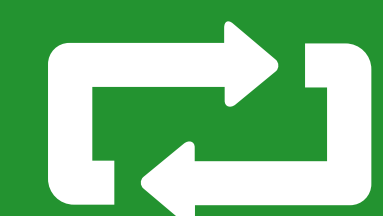
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RECURRING PROGRAMS

Pre-Registered POND Workforce Cohort (Wednesday, 4:00PM-6:00PM)

If you are interested in joining the next workforce cohort, email isabel@onenten.org

Resource Night (Tuesdays, 4:00PM-6:30PM)

Make an appointment to come to the Youth Center (1101 N Central Ave. Suite 104, Phoenix, AZ 85004) for snacks, hygiene supplies, condoms, socks, and masks. Due to COVID, an appointment must be made and masks worn. Call 602-400-2601 if transportation is needed.

POND Housing and Workforce Open Hours (Tuesdays, 4:00PM-6:30PM)

Need help with a resume? What about learning how apartment rentals work? LGBTQ+ youth and allies with questions are invited to attend Resource Night which now includes Housing and Workforce open hours to ask these kinds of questions.

twitch Streaming (Every Other Wednesday, 5:00PM-6:00PM)

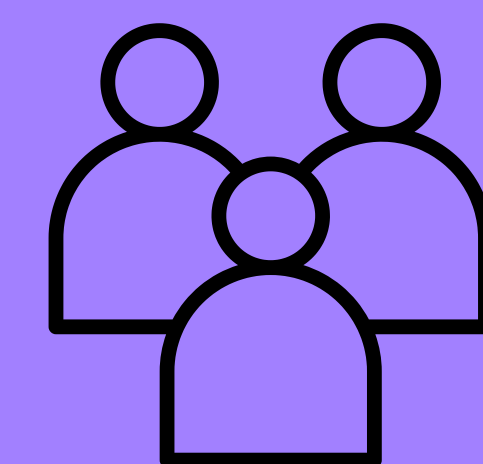
Watch us stream gameplays/crafting/drawing, chat with friends & stay for the giveaway prizes! **Everyone can watch the Twitch stream! If you want to participate in Twitch chat, you must be at least 13 years old.**

YAC-Led LGBTQ+ Book Club (Fridays, 6:00PM-7:00PM)

Join our LGBTQ+ Book Club led by our own Youth Advisory Council! Want to join but don't have the book? No problem, we order and deliver copies for all participants at the start of each book selection! Questions? [Email Reed@onenten.org](mailto:Reed@onenten.org)

Parents' Group (1st Thursday, 6:30PM-7:30PM & 2nd Saturday, 12:30PM-1:30PM)

Have a question about one-n-ten programs and services? Have a question about how to best support your LGBTQ+ youth? Join Carolyn Fuller, Director of Youth Center and Wellness, and Gina Read, Youth Center Program Manager, for an open Q&A. **Register:** tinyurl.com/onentenparents



IN-PERSON PROGRAMS

- **Mon Sept 6 | Litchfield Park Closed**
- **Mon Sept 13 | Chill and Spill** - Share thoughts, ideas, answers to fun questions!
- **Mon Sept 20 | All about YOU and 1n10** - Get to know each other better & learn more about one n ten and our many programs!
- **Mon Sept 27 | Craft Night** - School's been rough? Drop by for a chill craft night.

- **Wed Sept 1 | Oracle Night** - Exploring and creating oracle & tarot decks. You're welcome to bring your own if you have them!
- **Wed Sept 8 | Chill and Spill** - Share thoughts, ideas, answers to fun questions!
- **Wed Sept 15 | Young Voter Engagement** - Community organizing with guest Simone Rossi from NextGen.
- **Wed Sept 22 | Hot Seat with Sandra** - Get to know one n ten's new Satellite Program Manager, Sandra Foisy. Then, feel free to jump in the hot seat yourself!
- **Wed Sept 29 | Environmental Activism** - Join our guest Janine Gelsing to learn about non profit career paths and environmental activism.

- **Wed Sept 1 | Human Dominoes** - We will do some very interactive games!
- **Fri Sept 3 | Game Night!** - Game Night! Have fun, laugh, hang out - come join us!
- **Wed Sept 8 | Friendships & Bracelets** - Let's explore the benefits of friendships & make some bracelets!
- **Fri Sept 10 | Game Night!** - Join the POND program for a Workforce Themed Game Night! Participants in attendance will be entered into a raffle to win a skateboard!
- **Mon Sept 13 | Macramé Plant Hangers** - Bring your creativity and a bit of patience while we macrame our very own plant hanger. All supplies will be provided!
- **Wed Sept 15 | Here I Stand** - A fun activity to see how our viewpoints differ.
- **Fri Sept 17 | Coil & Pinch!** - Come on over and make 2 styles of clay pots to keep or share!
- **Mon Sept 20 | Movie Clip and Chat Night** - We will be watching Bohemian Rhapsody is a movie based on the true story of Queen's journey from the start of the rock band to their now-legendary 1985 performance at the Live Aid concert. Also there will be a discussion between clips talk about Queen's/Freddy Mercury's impact on our culture.
- **Wed Sept 22 | "Rock the Tote, Prevent the Spread"** - Reusable, Medium tote bags would be prefilled with prevention tools: condoms, lube, brochures, etc. The would be secured with handle, velcro or magnetic button. As a group we would go over the contents and discuss what prevention means to the youth. The activity which follows would allow youth to use fabric paint to customize and design their tote bag
- **Fri Sept 24 | Just Dance** - Video dance competition!
- **Mon Sept 27 | Back to Basics** - Disconnecting from the digital world. What did we do before? games of the 80's & 90's. going out to meet & mingle rather than dating apps.*heads up 7up. *Connect four. *Four Square. *Fun Pick up lines
- **Wed Sept 29 | SOS: Chill and Spill** - Share thoughts, ideas, answers to fun questions!