



# COMMUNITY PARTNER UPDATE

CHECK OUT WHAT ONE·N·TEN  
HAS GOING ON THIS MONTH



[May Program Calendar](#)

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[May Regional Satellite  
Calendars](#)

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[Satellite Announcements](#)

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[Gilbert & Surprise Satellites:  
Grand Openings](#)

---

[Youth Center Hours](#)

---

[Workforce Cohort](#)

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[Hero's Circle Event](#)

---

[Meet the Employer Event](#)

[The Power of Exercise](#)

---

[How to Manage Stress](#)

---

[Revisionary Arts Poetry Night](#)

---

[Employment & Volunteer  
Opportunities](#)

---

[Fountain Hills Satellite  
Volunteer needed](#)

---

[Community News & Updates](#)

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[Crisis Lines](#)

---

[Contact Us](#)

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# APRIL PROGRAM CALENDER







# MAY

## YOUTH CENTER CALENDAR

FULL PROGRAM CALENDAR




 onententphx
  1n10  
 1n10.org
  onentent.org


**Youth Center**  
 Monday-Friday  
 3:00 PM - 7:00 PM  
 1101 N Central Ave, Suite 104, Phoenix, Arizona, 85004  
 Ages 14-24  
 Text @yconentent to 81010 for Updates

All youth must provide proof of vaccination (one time) to attend in-person programs. See Website for more COVID-19 information

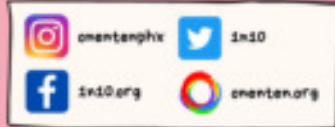
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 3:00 PM - 7:00 PM <b>Coming Out Stories</b>	3 3:00 PM - 7:00 PM <b>ResourceFUL Night &amp; Olive + Elm Hair Salon</b>	4 3:00 PM - 7:00 PM <b>Meet The Employer</b>	5 3:00 PM - 6:00 PM <b>Drop In/identity Nights</b> 5:00 PM - 6:30 PM <b>mPowerment Core Meeting</b> 6:00 PM - 7:30 PM <b>QOC: Chill N' Spill</b>	6 3:00 PM - 7:00 PM <b>Drag / Talent / Art Show!</b>	7
9 3:00 PM - 7:00 PM <b>Cooking w/ the Rainbow</b>	10 3:00 PM - 7:00 PM <b>ResourceFUL Night ClipDart &amp; Progress AZ</b>	11 3:00 PM - 7:00 PM <b>Shrinkadinks &amp; Current Events</b>	12 3:00 PM - 6:00 PM <b>Drop In/identity Nights</b> 6:00 PM - 7:30 PM <b>TGNC: Trans &amp; Gender Expansive Community Panel</b>	13 3:00 PM - 7:00 PM <b>Your Brain on Games!</b>	14 12:00 PM - 2:00 PM <b>Big Brothers Big Sisters</b>
16 3:00 PM - 7:00 PM <b>Keri's Kandi Night</b>	17 3:00 PM - 7:00 PM <b>ResourceFUL Night &amp; NAC's TREE Program</b>	18 3:00 PM - 7:00 PM <b>Queer Island Utopia</b> 4:00 PM - 6:00 PM <b>Workforce Cohort</b>	19 3:00 PM - 6:00 PM <b>Teen Night: Summer Bucket List!</b> 5:00 PM - 6:30 PM <b>mPowerment Core Meeting</b> 6:00 PM - 7:30 PM <b>QOC: Issa Banel Or is it Ain't?</b>	20 3:00 PM - 7:00 PM <b>Netflix and Heal!</b>	21
23 3:00 PM - 4:00 PM <b>Theater Club</b> 3:00 PM - 7:00 PM <b>Cooking w/ the Rainbow</b>	24 3:00 PM - 7:00 PM <b>ResourceFUL Night &amp; Rights Restoration</b>	25 3:00 PM - 7:00 PM <b>Spoken Word, Speakeasy</b> 4:00 PM - 6:00 PM <b>Workforce Cohort</b>	26 3:00 PM - 6:00 PM <b>Drop In/identity Nights</b> 6:00 PM - 7:30 PM <b>TGNC: Microaggressions</b>	27 3:00 PM - 7:00 PM <b>Workforce x Wellness</b>	28 12:00 PM - 2:00 PM <b>Big Brothers Big Sisters: Processed Foods and Reading Food Labels</b>
30 3:00 PM - 7:00 PM <b>Painting Positive People</b>	31 3:00 PM - 7:00 PM <b>ResourceFUL Night &amp; Binder Finder</b>				

one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs: [CLICK HERE](#) 

To view our calendar on our website: [CLICK HERE](#) 

# East Valley Satellite Program Calendar



Mesa	Chandler	Queen Creek	Scottsdale	Gilbert
Mondays, 7:00 - 8:30 pm Unity of Mesa 2700 E. Southern Ave Mesa Arizona 85204	Tuesdays, 6:30 - 8:00 pm VUU 8400 W Del Rio St. Chandler, Arizona 85226	Tuesdays, 7:00 - 8:30 pm San Tan Community Center 32805 N. Occidental Ave. San Tan Valley, Arizona 85142	Wednesdays, 7:00 - 8:30 pm JCC 12701 N Scottsdale Road Scottsdale, Arizona 85260	Thursdays, 7-8:30 pm One Small Step 710 N Cooper Road Gilbert AZ 85233

Satellite programs are for youth ages 14-24  
Youth ages 12-13 may attend some satellites with parent permission, contact Sandra@onenen.org for more info  
All youth must provide proof of vaccination (see time) to attend in-person programs.  
See website for more COVID-19 information

## MESA

For updates, text @msonenten to 81010

• May 2 •	• May 9 •	• May 16 •	• May 23 •	• May 30 •
Discussion Monday! Gender Dysphoria and Euphoria	Game Time! Beat the Clock w/ Janna Part 2	Art Monday! Revisionary Arts poetry night	QueerTopia Island	Show and Tell

## CHANDLER

For updates, text @chonenten to 81010

• May 3 •	• May 10 •	• May 17 •	• May 24 •	• May 31 •
National Garden Meditation Day	Open Mic	Grassroots Organization	Make your own Flag that represents YOU!	Writing Night

## QUEEN CREEK

For updates, text @qconenten to 81010

• May 3 •	• May 10 •	• May 17 •	• May 24 •	• May 31 •
Dress your Best	Safe Space Poster Refresh	Self Portrait Painting	Pizza Party & Music	Show and Tell

## SCOTTSDALE

For updates, text @sdconenten to 81010

• May 4 •	• May 11 •	• May 18 •	• May 25 •
May the Force Be With You: Stage Choreography w/ Addie and Rachelle	Show and Tell	Playlist Moodboards	Pride Flag Tie Dye

## GILBERT

For updates, text @gbonenten to 81010

• May 12 •	• May 19 •	• May 26 •
Youth Led Opening!	Making Safe Space Guidelines	Bracelets and Necklace creation

one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs:



To view our calendar on our website:



# West Valley Satellite Program Calendar

 **MAY** | WEST VALLEY SATELLITE PROGRAMS

 @onenentphx  1x10  
 1x10.org  www.onenent.org

<b>Litchfield Park</b> Mondays, 7:00 - 8:30 pm Montessori School 400 Old Litchfield Road, Building C Litchfield Park, Arizona 85340	<b>Glendale</b> Wednesdays, 7:00 - 8:30 pm Devereaux 11024 N 28th Dr Suite 110, Lobby A Phoenix, Arizona 85029	<b>Maryvale</b> Thursdays, 6:00 - 7:30 pm Watts Family Maryvale YMCA 3825 N 87th Ave Phoenix, Arizona 85033	<b>Surprise</b> Mondays, 6-7:30 pm Surprise Resource Center 12425 W. Bell Rd #124 Surprise AZ 85374
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Satellite programs are for youth, ages 14-24  
Youth ages 12-13 may attend some satellites with parent permission, contact Sandra@onenent.org for more info  
All youth must provide proof of vaccination (and time) to attend in-person programs.  
See website for more COVID-19 information

**LITCHFIELD PARK**

For updates, text @lponentten to 81010

• May 2 • <b>Creative Writing Workshop</b>	• May 9 • <b>Affirmations of Self Esteem</b>	• May 16 • <b>Giving up Control Through Watercolor</b>	• May 23 • <b>Exploring Gender Identity</b>	• May 30 • <b>Pizza Party/Game Night</b>
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**GLENDALE**

For updates, text @gdonentten to 81010

• May 4 • <b>Why Do We Love Dolly Parton?</b>	• May 11 • <b>Game Night!</b>	• May 18 • <b>Planting with Pride</b>	• May 25 • <b>Revisionary Arts Poetry Night</b>
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**MARYVALE**

For updates, text @mvonentten to 81010

• May 5 • <b>Creative Writing / Espacion creativo</b>	• May 12 • <b>Feminisms/ Los feminismos</b>	• May 19 • <b>No Justice No Pride/ Sin justicia no hay orgullo</b>	• May 26 • <b>LGBTQ+ Trivia</b>
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**SURPRISE**

For updates, text @sronentten to 81010

• May 23 • 	• May 30 • <b>Grand Opening!</b>	• May 30 • <b>Art Night!</b>
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one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

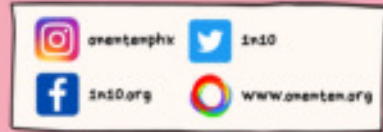
To join our programs: [CLICK HERE](#)

To view our calendar on our website: [CLICK HERE](#)

# North Satellite Program Calendar



## MAY | NORTH SATELLITE PROGRAMS



<b>Flagstaff</b> 2nd & 4th Tuesday, 6:00 - 7:30 pm 2 South Beaver St, Suite 130 Flagstaff, Arizona 86001	<b>Anthem</b> Wednesdays, 5:00 - 6:30 pm Anthem Civic Building 3701 W Anthem Way Anthem, Arizona 85086	<b>Fountain Hills</b> 2nd & 4th Wed, 7:00 - 8:30 pm The Fountains UMC 15300 N. Fountain Hills Blvd Fountain Hills, Arizona 85268
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Satellite programs are for youth, ages 14-24  
Youth ages 12-13 may attend some satellites with parent permission, contact [Sandra@onenten.org](mailto:Sandra@onenten.org) for more info  
All youth must provide proof of vaccination (one time) to attend in-person programs.  
See website for more COVID-19 information

### FLAGSTAFF

For updates, text @fsonentten to 81010

• May 10 • <b>Game Night</b>		• May 24 • <b>Embroidery Lesson</b>
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### ANTHEM

For updates, text @anonentten to 81010

• May 4 • <b>About Me: Show-n-Tell</b>	• May 11 • <b>Origami Night</b>	• May 18 • <b>Revisionary Arts Poetry Night</b>	• May 25 • <b>Mental Health Awareness Month</b>
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### FOUNTAIN HILLS

For updates, text @fhonentten to 81010

	• May 11 • <b>Meditation and Me</b>		• May 25 • <b>Workforce Game Night!</b>
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one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs:

[CLICK HERE](#)



To view our calendar on our website:

[CLICK HERE](#)



# SATELLITE PROGRAM ANNOUNCEMENTS

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one·n·ten has begun to resume in-person programs and activities at select satellite sites. Currently, the Litchfield Park, Anthem, Mesa, Glendale, Queen Creek, Flagstaff, Scottsdale, Chandler, Fountain Hills and Maryvale satellites are open for youth 14-24\* years old who are fully vaccinated and follow the one·n·ten COVID-19 related policies and procedures.

Site openings will be announced via the website and one·n·ten social media accounts.

For information on upcoming programs at the Satellite sites and to join us for digital programs or programs at the Youth Center, please check out the one·n·ten Program Calendar.



# **GILBERT SATELLITE GRAND OPENING!**



**THURSDAY MAY 12TH 7-8:30  
710 N COOPER RD**

A safe, sober space for  
LGBTQ+ YOUTH AGES 14-24  
\*12-13 year olds may attend  
some satellite programs with  
parent/guardian permission



# SUPRISE SATELLITE GRAND OPENING!



**MONDAY MAY 23RD 6-7:30**  
**12425 W. BELL RD #124**

A safe, sober space for LGBTQ+ YOUTH 14-24  
\*12-13 year olds may attend some satellite  
programs with parent/guardian permission



# YOUTH CENTER HOURS



one·n·ten Youth Center (1101 N. Central Ave. Phoenix, AZ) is open for youth programming Monday, Wednesday and Thursday for youth who are fully vaccinated.

Monday 3-7 pm: 14-24 year old's

Tuesday: 3-7 pm Resource Night

Wednesday 3-7 pm: 14-24 year old's

Thursday 3-7 pm: 14-24 year olds (hang out, no official program), 6-7 for QOC and 6-7:30 for TGNC and 5-6 pm Mpowerment 2 x per month)

Friday: 3-7 14-24 year old's

# Workforce Cohort



Get prepared for summer job opportunities by joining our POND Workforce Cohort program!

Young folks ages 16-24 our next FREE cohort program begins May 18-June 22 from 4-6pm. We will be meeting in person once a week on Wednesdays at the Downtown Phoenix Youth Center.

The cohort will go through 12 workforce readiness topics such as: interview preparation, financial literacy, resume building, and more. Join us and be able to meet other folks, build workforce readiness skills, and earn an awesome incentive!

# Hero's Circle Event

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Youth can get a free ticket to come to our hero's circle event. Scan the QR code to join! The event is May 4th from 5:30-7:30 pm!

# Meet the Employer Event

MEET THE  
EMPLOYER



Employers will  
share hiring  
opportunities!

5pm-6pm  
Downtown Phoenix  
Youth Center  
1101 N. Central Ave.  
Phoenix, AZ 85024  
Wednesday May 4

Meet The Employer program is happening on Wednesday May 4th at the Downtown Phoenix Youth Center open for all youth but specifically youth ages 18-24. Program starts at 5pm!

Employers such as notMYkid, Robeks Juice, and Starbucks will be sharing about who they are, hiring opportunities, and answering questions!

Employers subject to change.

**YOUTH IN ATTENDANCE WILL BE ENTERED INTO A RAFFLE FOR A \$25 GIFT CARD**



May 31st Over Zoom:  
6-7pm

Text @onententphx to  
81010 to join Zoom

Lets get Moving and learn what  
exercise can look like and what it  
can do for our bodies!



one.n.ten

# HOW TO MANAGE STRESS



Come join us over zoom May 24th from 6-7pm for a discussion on stress, you will learn to identify common stressors, signs that you are feeling stressed and helpful ways to cope through stress to prevent burnout.

Text @onentenphx to 81010 to join  
Zoom



**REVISIONARY ARTS POETRY NIGHT**



**EXPLORING IDENTITY AND CELEBRATING  
OUR HUMAN VULNERABILITY THROUGH  
READING, WRITING, AND SHARING**



**MESA MAY 16TH  
ANTHEM MAY 18TH  
GLENDALE MAY 25TH**



# **EMPLOYMENT OPPORTUNITIES**

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**Prescott Satellite Coordinator**

**Yuma Satellite Coordinator**

**Fountain Hills Satellite Coordinator**

**Queen Creek Satellite Coordinator**

**Pond Housing & Workforce Program Manager**

**Pond Housing Navigation Specialist**

**Youth Center Admin Associate**

**Apply Now**



# VOLUNTEER OPPORTUNITIES



**Our organization has an active volunteer program to support our mission of serving and assisting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. All members of our active volunteer program must be 25 or older. Former one•n•ten youth must be 26 or older to participate. Anyone interested in our active volunteer program is required to sign up and attend a volunteer information session. Volunteers must be able to commit to at least 4 hours a month (once a week for an hour) for a year. one•n•ten is looking for satellite volunteers in Fountain Hills, Glendale, Maryvale, Prescott, and Surprise. The next information session is The next volunteer information session is June 8, 2022, from 6-7 PM. .**

**Register Here:**



# FOUNTAIN HILLS SATELLITE VOLUNTEER

**Interested in  
serving LGBTQ+  
youth & young  
adults?**

**Support programs  
by acting as a  
responsible adult  
presence and as a  
program assistant.**

**2 hours a week**

**Wednesdays 7-8:30 pm**

**For more information**

**email [elliott@onenten.org](mailto:elliott@onenten.org)**

# COMMUNITY NEWS & UPDATES

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## Big Brothers Big Sisters of Central Arizona

Meet with your mentor once a month in person to hang out, play games, and talk about important life issues. This is a LGBTQ+ mentorship program where Littles get paired with a mentor who identifies as LGBTQ+. If you're interested in enrolling your child as a Little, please email Eva Siler at [Esiler@bbbsaz.org](mailto:Esiler@bbbsaz.org)

## Virtual PFLAG Phoenix Connects Support Meetings

PFLAG (Parents, Families, and Friends of Lesbians and Gays) is holding virtual support meetings for parents, families, and friends of LGBTQ+ youth. Please visit the website for specific dates:

[www.pflagphoenix.org](http://www.pflagphoenix.org). Send your  
RSVP to  
[pflagconnectsphx@gmail.com](mailto:pflagconnectsphx@gmail.com)




# COMMUNITY NEWS & UPDATES

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[LEARN MORE](#)



**Detox.com is a network of addiction treatment facilities that provide drug and alcohol detox, support, and comprehensive substance abuse treatment services to the individuals and families struggling with addiction. In addition to offering medical detox in safe, controlled stabilization units, we also offer a wide range of patient care services for ongoing addiction treatment and recovery needs.**



# CRISIS LINES

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Trans Lifeline: Trans-led crisis line for trans individuals.  
Call: 877-565-8860  
Website: [www.translifeline.org](http://www.translifeline.org)

Trevor Project: 24/7 national crisis intervention and suicide prevention lifeline for LGBTQ youth under 25.

Call: 1-866-488-7386

Text: Text START to 678-678

Chat: [www.thetrevorproject.org/get-help-now](http://www.thetrevorproject.org/get-help-now)

Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)

National Suicide Prevention Lifeline  
Call: 1-800-273-8255  
Chat: [www.suicidepreventionlifeline.org/chat](http://www.suicidepreventionlifeline.org/chat)  
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Teen Lifeline  
Call: 602-248-8336  
(Maricopa County) /  
800-248-8336  
(Statewide)  
Website: [www.teenlifeline.org](http://www.teenlifeline.org)

Crisis Response Network  
Central Arizona Local: 602-222-9444  
/ 602-222-9444 (TTY)  
Central Arizona Toll-Free: 1-800-631-1314 / 1-800-327-9254 (TTY)  
Central Arizona Warm Line (Peer Support): 602-347-1100  
Northern Arizona: 1-877-756-4090  
Website: [www.crisisnetwork.org](http://www.crisisnetwork.org)



# CONTACT US!

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Questions about  
one·n·ten's  
programs &  
services?

Want to  
invite one·n·ten to  
your school,  
organization,  
and/or group?

Want to get on  
this email list?

Please email Elliot  
(right), Satellite  
Program Specialist,  
at [elliott@onenten.org](mailto:elliott@onenten.org)  
or Sandra (left),  
Satellite Program  
Manager at  
[sandra@onenten.org](mailto:sandra@onenten.org)

