

HELLO
January

COMMUNITY PARTNER UPDATE

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



January Program
Calendars

Satellite Announcements

Youth Center Hours

Career QUEER

Super Bowl Experience

Chandler Satellite
Upcoming Programs

Pride Bingo Night in
Flagstaff

Volunteer Opportunities

Community Resources

Crisis Lines

Contact Us

HAPPY NEW YEAR

2023

JANUARY PROGRAM CALENDAR



JANUARY YOUTH CENTER CALENDAR

FULL PROGRAM CALENDAR



onentenphx



1n10



1n10.org



onenten.org

Youth Center

Monday-Friday | Ages 14-24*

Open: 3:00 PM | Program: 5:00 - 6:30 PM*

Text @yconenten to 81010 for address
and program updates

*Unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Cooking w/ the Rainbow	3 A Few of My Favorites! <i>Ages 11-13</i>	4 Healing Yoga	5 4:00 PM - 5:00 PM 2NC: Three Kings Day 5:00 PM - 6:30 PM <i>The Zone: It Is Okay, We All Have A Type!</i>	6 4:00 PM - 6:30 PM Sex FYI Intimacy & Readiness for Sex <i>Ages 18-24</i>	7
9 Tik Tok Crafts	10 Random Karaoke 🎤	11 Movies and Crafts Night: Flubber	12 🏳️‍🌈 TGNC: Gender & Sexuality	13 Self Defense	14
16 Cooking w/ the Rainbow	17 Worldly Culinary Dinning	18 Improv Theatre Games	19 4:00 PM - 5:00 PM 2NC: MLK Celebration 5:00 PM - 6:30 PM <i>The Zone: Just Desserts!</i>	20 D&D 🎲 <i>Youth Led</i>	21 12:00 PM - 2:00 PM Big Brothers Big Sisters: Open House New Year Party 🌈
23 Laughter Yoga	24 4:00 PM - 6:00 PM 🎤 CareerQUEER 5:00 PM - 6:30 PM Random Trivia	25 "Nose, Lips, Cheeks, and Eyes! Wanna Be An MUA?"	26 🏳️‍🌈 TGNC: New Year, New Me!	27 For the Love of Houseplants!	28
30 TBA	31 4:00 PM - 6:00 PM CareerQUEER 5:00 PM - 6:30 PM Give Back Get Back				

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



JANUARY | EAST VALLEY SATELLITE PROGRAMS



Mesa	Chandler	Queen Creek	Scottsdale	Gilbert	Tempe*
Mondays, 7:00 - 8:30 pm	Tuesdays, 6:30 - 8:00 pm	Tuesdays, 7:00 - 8:30 pm	Wednesdays, 7:00 - 8:30 pm	Thursdays 7-8:30 pm	Tuesdays 6-7:30 pm

Satellite programs are for youth, ages 14-24
 Youth ages 11-13 may attend some satellites with parent permission, contact Sandra@onenten.org for more info

GILBERT

For updates, text @gbonenten to 81010

Jan 5	Jan 12	Jan 19	Jan 26
Blackout Poetry	Perler Beads, Round 2	Queer Content Sharing	Fancy Dinner Sharing

CHANDLER

For updates, text @chonenten to 81010

Jan 3	Jan 10	Jan 17	Jan 24	Jan 31
Affirmation Jars	Tarot 101	LGBTQ+ History: Queer Spaces	Zine Making Night!	Coffee & Card Making

QUEEN CREEK

For updates, text @qconenten to 81010

Jan 3	Jan 10	Jan 17	Jan 24	Jan 31
Heartstopper & Cookie Decorating	New Year Visions & Affirmations	Game Night	Healthy Relationships	Sticker Slam

SCOTTSDALE

For updates, text @sdonenten to 81010

Jan 4	Jan 11	Jan 18	Jan 25
New Year, New Me	Time Capsules	Sustainability 101	Make a Zine

MESA

For updates, text @msonenten to 81010

Jan 2	Jan 9	Jan 16	Jan 23	Jan 30
Creative Writing	Painting	Mural Workshop #1	Mural Workshop #2	Mural Workshop #3

*The Tempe Satellite is for young adults 18-24

TEMPE

For updates, text @teonenten to 81010

Jan 3	Jan 10	Jan 17	Jan 24	Jan 31
Karaoke	New Year, New You	Poetry Night	Game Night	What to expect with Doctors

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To join our programs:

[CLICK HERE](#)



To view our calendar on our website:

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West Valley Satellite Program Calendar



JANUARY | WEST VALLEY SATELLITE PROGRAMS

Litchfield Park Mondays, 7:00 - 8:30 pm	Surprise Mondays 6-7:30 pm	Peoria Tuesdays 6-7:30 pm	Glendale Wednesdays, 7:00 - 8:30 pm	Maryvale Thursdays, 6:00 - 7:30 pm
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Satellite programs are for youth, ages 14-24
Youth ages 11-13 may attend some satellites with parent permission, contact Sandra@onenten.org for more info

SURPRISE

Jan 2	Jan 9	Jan 16	Jan 23	Jan 30
New Year's Game Night	Happy Birthday everyone	Zine Making	S.O.S Positive Friends!	Open Discussion: Current Events

For updates, text @sronenten to 81010

GLENDALE

Jan 4	Jan 11	Jan 18	Jan 25
New Year, New Me!	Movie Night	Zines	Jackbox Games

For updates, text @gdonenten to 81010

MARYVALE

Jan 5	Jan 12	Jan 19	Jan 26
It was on sale....	Bracelet Making Night	Resource Bags	Game Night

For updates, text @mvonenten to 81010

LITCHFIELD PARK

Jan 2	Jan 9	Jan 16	Jan 23	Jan 30
Creative Writing	Identities Night	National Nothing Day	Night of Sharing	Game Night

For updates, text @lponenten to 81010

PEORIA

Jan 3	Jan 10	Jan 17	Jan 24	Jan 31
New Year, new me!	Plant Night	MLK Celebration	Game Night	Cup of Peace

For updates, text @peonenten to 81010

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

To join our programs:

[CLICK HERE](#)

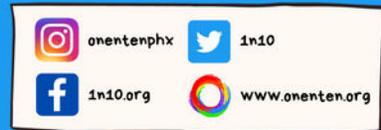


To view our calendar on our website:

[CLICK HERE](#)



North Satellite Program Calendar



JANUARY | NORTH SATELLITE PROGRAMS

Flagstaff

2nd and 4th Tuesdays, 6:00-7:30 pm

Anthem

Wednesdays, 5:00 - 6:30 pm

Prescott

Thursdays, 4:30 - 6:00 pm

Satellite programs are for youth, ages 14-24
Youth ages 11-13 may attend some satellites with parent permission, contact Sandra@onenten.org for more info

FLAGSTAFF

For updates, text @fsonenten to 81010

• Jan 10 • Utopia for U and Me!		• Jan 24 • New Year, New Me?
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ANTHEM

For updates, text @anonenten to 81010

• Jan 4 • Conspiracy Theories	• Jan 11 • For the Love of Houseplants	• Jan 18 • LGBTQ Representation in Music	• Jan 25 • Queer Island Utopia
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PRESCOTT

For updates, text @psonenten to 81010

• Jan 5 • Starting the Year with a Vision	• Jan 12 • Paint Night	• Jan 19 • We're all different alike	• Jan 26 • Healthy Relationships
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The Prescott Satellite is for youth 12-18

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

To join our programs:

[CLICK HERE](#)

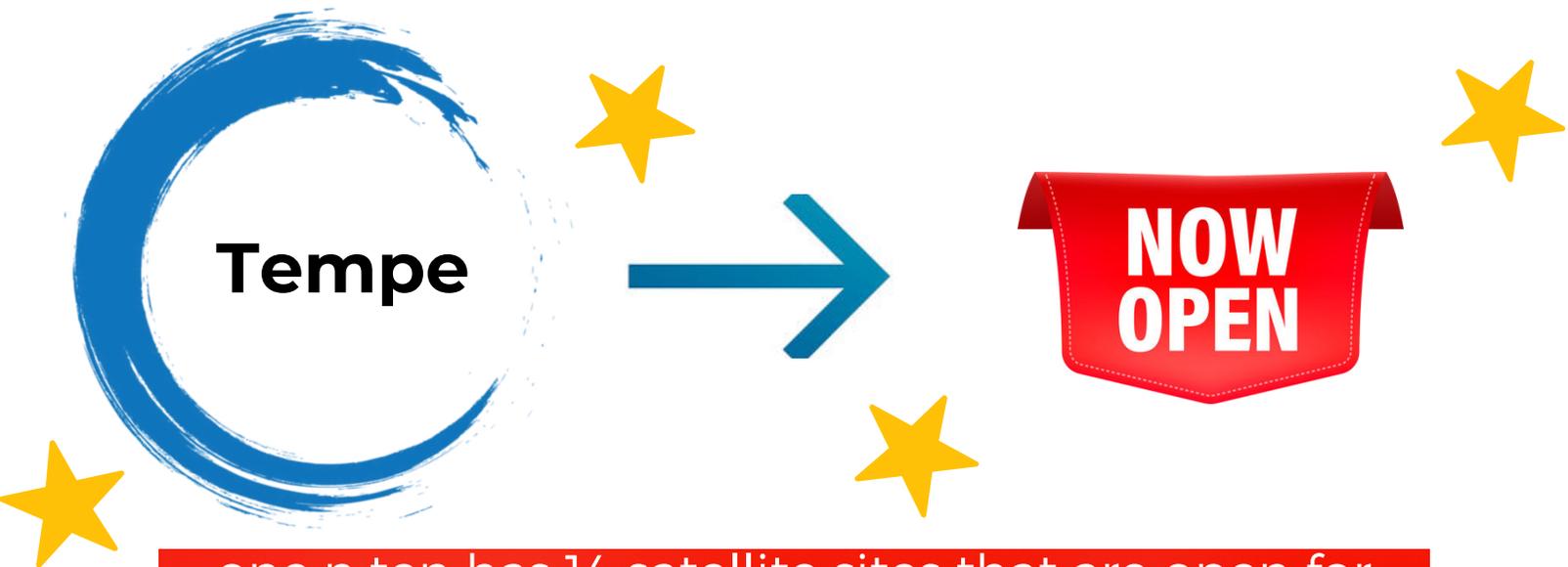


To view our calendar on our website:

[CLICK HERE](#)



SATELLITE PROGRAM ANNOUNCEMENTS

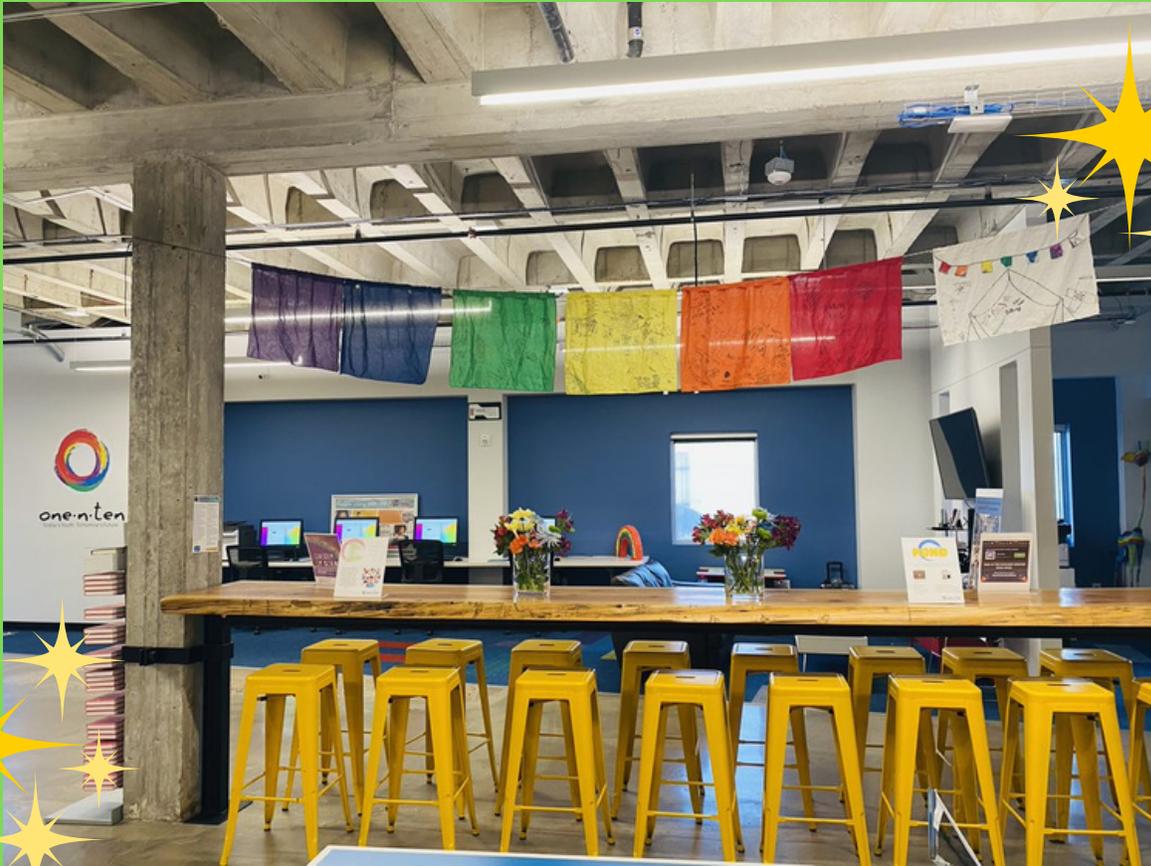


one·n·ten has 14 satellite sites that are open for youth and young adults ages 11-24 years old. Litchfield Park, Anthem, Mesa, Glendale, Queen Creek, Flagstaff, Scottsdale, Chandler, Maryvale, Gilbert, Surprise, Prescott, Peoria and Tempe. COVID-19 vaccinations are not required to attend in-person programming and masks are optional.

Satellite 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.

YOUTH CENTER HOURS



one·n·ten Youth Center is open for youth programming Monday-Friday from 3-7 pm.

The 1st Friday of the month is 18-24 year old night (5-7 pm)

The 1st and 3rd Thursday is Together in Color (4-5 pm) and The Zone (5-6:30 pm)

The 2nd and 4th Thursday is Transgender and Gender Nonconforming Group (5:30-7 pm)

Every other Saturday is Big Brothers Big Sisters (12-2 pm)

CareerQUEER



**DEADLINE TO REGISTER
JANUARY 13, 2023**

**Ready to learn skills
for job success?
Find out more
information about our
next course by
completing a
youth interest form!**



**ALL PARTICIPANTS
WHO COMPLETE THE
COURSE WILL
RECEIVE A FREE
LAPTOP!**





SUPER BOWL EXPERIENCE

THURS., FEBRUARY 9, 2023



**WE WILL MEET AT
THE YOUTH CENTER
(1101 N. CENTRAL AVE)
AT **2:30PM** & TRAVEL
TO THE EVENT
TOGETHER!**

- **BEHIND THE SCENES**
- **ENTERTAINMENT**
- **SKILLS & DRILLS AND INTERACTIVE GAMES**
- **\$25 CONCESSION VOUCHERS WILL BE PROVIDED**
- **AGES 11-24**
- **REGISTER & REQUEST YOUR TICKETS HERE!**



SCAN ME

Chandler Satellite

Upcoming Programs

Tuesdays 6:30-8 p.m.

6400 W Del Rio St, Chandler, AZ 85226

For updates, text @chonenten to 81010.

Ages 14-24 (11-13 with parent permission)

January 3 | Affirmation Jars

There is a full year ahead! We'll talk about our personal goals for the new year while coming up with positive, self-love messages for our jars.

January 10 | Tarot 101

Want to learn how to read Tarot cards? Tarot master Ash will be joining us at Chandler to run through the basics! We'll have some decks on hand, but feel free to bring your own.

January 17 | LGBTQ+ History: Queer Spaces

Queer spaces take many forms: bookstores, balls, pride events, coffee shops, and more! Come learn the history of queer spaces and their importance.

January 24 | Zine Making Night

You can create your own small book of art, poetry, collage, fiction, or anything else creative! We will also be making a Chandler Satellite group zine that everyone can contribute a page to and have a copy the next week. Supplies provided, but feel free to bring your own!

January 31 | Coffee and Card Making

Join us at Brick Road Coffee (Rural/60) for an evening of card making! We'll make cards filled with positive, uplifting messages for our LGBTQ+ elders. The finished cards will then be sent to a senior center in New York! Supplies provided, but feel free to bring your own!

2023

Pride in Your Community

Pride Bingo Night

Monday, January 9th
6:30 PM - 7:30 PM

Ages 12+

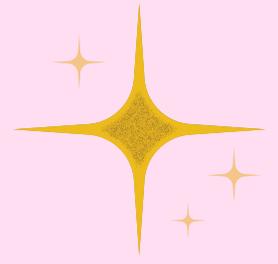
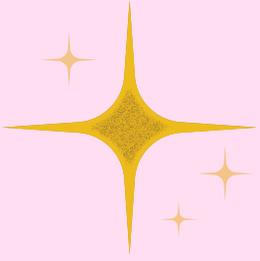
A fun bingo night with Revel Lucien! Learn more about the various pride flags in this game of bingo! Win prizes!

Meeting at the East Flagstaff Community Library
3000 N. Fourth Street Suite 5 Flagstaff, AZ 86004
Call **928-213-2348** if there are any questions



To request a reasonable accommodation for any type of disability, please call **928-213-2348**. Three days prior notice is requested.

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. We are currently looking for satellite volunteers in Surprise, Glendale, Gilbert, Prescott, Yuma, Cottonwood and Chandler. The next volunteer information session is Wednesday, January 18, 2023, from 6-7 PM.

Register Here:



COMMUNITY RESOURCES



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

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. Send your RSVP to
pflagconnectsphx@gmail.com





CRISIS LINES

Trans Lifeline: Trans-led crisis line for trans individuals.
Call: 877-565-8860
Website: 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

Website: www.thetrevorproject.org

National Suicide Prevention Lifeline
Call: 1-800-273-8255
Chat: www.suicidepreventionlifeline.org/chat
Website: www.suicidepreventionlifeline.org

Teen Lifeline
Call: 602-248-8336
(Maricopa County) /
800-248-8336
(Statewide)
Website: 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



CONTACT US!

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 Assistant
Manager,
[at elliott@onenten.org](mailto:elliott@onenten.org)
or Sandra (left),
Satellite Program
Manager at
sandra@onenten.org

