

#### **COMMUNITY PARTNER UPDATE**

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

June Program Calendars

Satellite Announcements

Youth Center Hours

Summer Adventures

Flagstaff Pride Parade

Prescott Pride Picnic

West Valley Pride Party

Zoom Yoga Class

Mesa Movie Night

Zoom Bollywood Dancing Program



Queer Blended Learning Center

LGBTQIA+ Focused Group Counseling

**Queer Diaries** 

Volunteer Opportunities

Community Resources

Crisis Lines

Contact Us

#### JUNE PROGRAM CALENDAR



#### **Youth Center**

Monday-Friday | Open: 3:00 PM | Program: 5:00 - 6:30 PM Ages 14-24 | Unless otherwise noted

Text @yconenten to 81010 for address and program updates



1n10.org



onenten.org





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:



### East Valley Satellite Program Calendar



**EAST VALLEY SATELLITE PROGRAMS** 



Mesa Mondays 7:00 - 8:30 pm **Queen Creek** 

Tuesdays 7:00 - 8:30 pm Chandler

Tuesdays 6:30 - 8:00 pm **Tempe** 

Tuesdays 6:00 - 7:30 pm **Scottsdale** Wednesdays

6:30-8:00 pm

Gilbert

Thursdays 6:00 - 7:30 pm

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

For updates, text

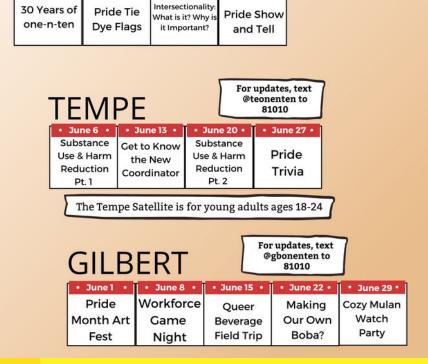
@qconenten to

81010









• June 27 •

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To join our programs:



To view our calendar on our website:



### West Valley Satellite Program Calendar



WEST VALLEY SATELLITE PROGRAMS



For updates, text

@sronenten

to 81010

For updates, text

@gdonenten

to 81010

Pride Trivia

Basics of a

**Healthy Diet** 

Pride

Party

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

Litchfield Park<br/>MondaysSurprise<br/>MondaysYuma<br/>TuesdaysGlendale<br/>WednesdaysPeoria7:00 - 8:30 pm6:00 - 7:30 pm5:00 - 6:30 pm6:00 - 7:30 pm6:00 - 7:30 pm

**SURPRISE** 

Painting

**Pride Flags** 

Celebrate

**Pride Month** 







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To join our programs:



To view our calendar on our website:



### North Satellite Program Calendar



NORTHERN SATELLITE PROGRAMS



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

Flagstaff 2nd & 4th Tuesdays

6:00 - 7:30 pm

Anthem Wednesdays 5:00 - 6:30 pm Cottonwood

Wednesdays Thur 5:00 - 6:60 pm 4:30-6

Prescott

Thursdays 4:30-6:00 pm

FLAGSTAFF

For updates, text @fsonenten to 81010

Pride Pride
Kickoff Month
Party Trivia

ANTHEM

For updates, text @anonenten to 81010

I Can See Pride History the Future and Trivia

Floor time: G Community Building!

• June 28 • Came Night
V: The
Camening

COTTONWOOD

For updates, text @cwonenten to 81010

• June 7 •	• June 14 •	• June 21 •	• June 28 •
Pride Kickoff Party	Queer Island Utopia	Pride Month Trivia	Craft the Rainbow



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!

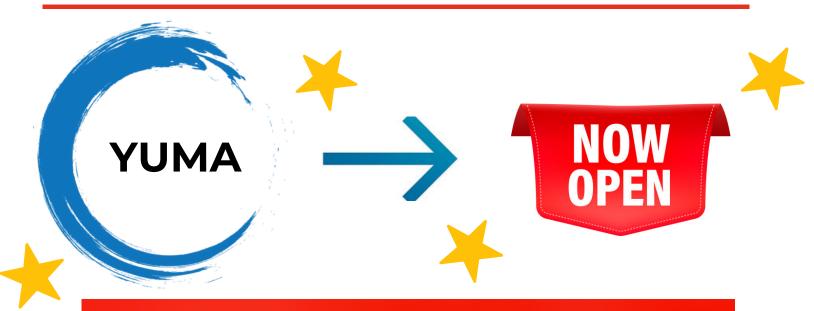
To join our programs:



To view our calendar on our website:



#### SATELLITE PROGRAM ANNOUNCEMENTS



one·n·ten has 13 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, Gilbert, Surprise, Prescott, Peoria, Tempe, Cottonwood and Yuma!

COVID-19 vaccinations are not required to attend in-person programing and masks are optional.

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.

# ONE-N-TEN IS OPENING A SHOW LOW SATELLITE SITE!

A safe space for youth and young adults ages 11-24





#### NEEDS:

- Satellite Coordinator
  - Facilitate weekly program activities
- Satellite Volunteer
  - Support coordinator and interact with youth
- Satellite Site
  - A space that can host us weekly



## WANT TO GET INVOLVED?

Email Sandra@onenten.org



### 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)** 



acceptance, leadership development & healthy life choices.

GO HERE TO COMPLETE THE APPLICATION: TINYURL.COM/ONENTENSUMMERADVENTURES PALLY FIELD TRIPS CALUSIVE SPACEULES

RENTAL WELL

STATES & CRAFCE

STATES & CRAFCE CONTACT ABBY@ONENTEN.ORG FOR MORE DETAILS!









# WEST VALLEY PRIDE PARTY

Celebrate Pride Month with games, crafts and food!

# TUESDAY JUNE 20

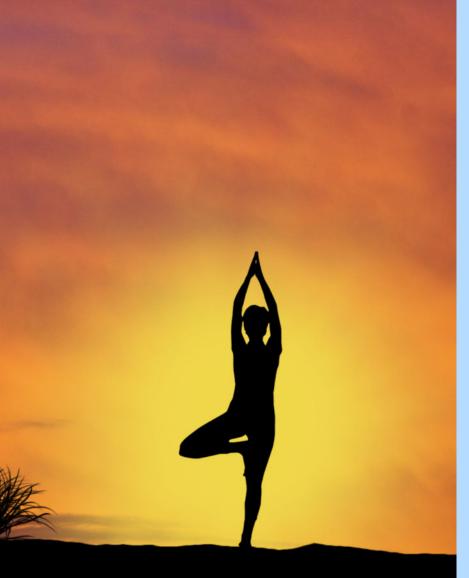
6-8 pm

Text @peonenten to 81010 for updates, reminders and the address!

Sauci







### **Online Yoga Class**

Join us for an online yoga lesson, with a reflection afterwards! All experience welcome! Listen to your body and do what you can do, Challenge by Choice.

#### Tuesday June 20th 5-6pm

Sign up for Digital Program and Wellness Remind: @dponenten and/or @wsonenten to 81010





## JOIN US!



We'll go over some basic movements as well as learn a 45-second choreography to some classic songs from Hindi Cinema.

Sign up for Digital Program and Wellness Remind: @dponenten and/or @wsonenten to 81010



We will create a safe, educational space at one·n·ten where students will be honored and valued. Through a mixture of technology, teacher magic, and community building, students will excel personally and academically.

Please join us during the virtual parent group on Tuesday, May 16, at 5 p.m., to learn more.



All are welcome.

The Queer Blended Learning Center powered by



# ust be you LGBTQIA+ focused Group Counseling

## Starting June 2023!

Mondays, 5-6:30 pm **Downtown Youth Center QBLC** 

#### Topics will include:

- Building Self-EsteemNavigation Emotions
- Self-Acceptance
- **Grief & Loss**
- Healthy Relationships





Presented by:







## WE WANT TO HEAR FROM YOU!

#### THIS WEEK'S THEME IS SELF EXPRESSION

When you present yourself to the world, what makes you feel most yourself? Tell us about your hairstyle, your fashion choices, or even your name!

How do these things help you define who you are? What has changed about them in the past few years? Tell us something you like about yourself and why!

LEAVE US A VOICEMAIL AT: (704) 761-8261

### **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.

#### **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





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



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.suicideprevent ionlifeline.org/chat

Website: www.suicideprev

entionlifeline.org





#### Teen Lifeline

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

Website: www.teenlifeli ne.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?

Please email Elliot
 (left), Satellite
 Program Assistant
 Manager,
 at elliot@onenten.org
 or Sandra (right),
 Satellite Program
 Manager at
 sandra@onenten.org

Want to get on this email list?

