



COMMUNITY PARTNER UPDATE

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



Program Calendars

Satellite
Announcements

North Phoenix
Satellite

Youth Center Hours

Vision Boards at
Mesa Satellite

Baking with Andrea:
Youth Center Program

The Zone: Healthy
Sexual

OUTscouts Hike

Zoom Book Club

We're Hiring!

Satellite Spotlight

Volunteer Opportunities

Resources/Crisis Lines

Contact Us

JANUARY PROGRAM CALENDAR



JANUARY

YOUTH CENTER CALENDAR

Youth Center
 Monday-Friday | Open: 3:00 PM
 Program: 5:00 - 6:30 PM | Ages 14-24 | Unless otherwise noted
 Text @yconentten to 81010 for address and program updates



Calendar Key

- For Youth of Color
- For Transgender Youth
- For Gay/Bi Guys Ages 18-24
- Haircuts 3-5pm
- MedVan Mobile Clinic 3-5pm
- Dental Val 3-5pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Youth Center is CLOSED December 23 - January 7					
8 4:30-6:30 PM Zoo Lights Field Trip	9 Community Rock Snake	10 3:30-4:30 PM Workout Wednesdays 4:30-5:30 PM Volleyball in the Park	11 TGNC: New Year - New Beginning!	12 Cooking w/ the Rainbow Meal Prep	13
15 MLK DAY	16 Baking with Andrea	17 3:30-4:30 PM HIIT Workout 5:00-6:30 PM Theatre Night: Playwriting	18 The Zone: HEALTHY SEXUAL	19 4:30-6:30 PM Mindfulness Walk	20 12:00-2:00 PM Big Brothers Big Sisters: New Years Celebration 10:00-11:30 AM OUTscouts Hike
22 Rainbow Resilience Project	23 Ceramic Keepsake Boxes & Dangling Earrings	24 3:30-4:30 PM Pilates 5:00-6:30 PM My Awareness Through Mindfulness	25 4:00-6:00 PM The Zone Outing 5:00-6:30 PM TGNC: Kandi Beads Night!	26 Wellness Collaborative Meeting	27
29 Sources of Strength: Physical	30 My Awareness Through Mindfulness	31 3:30-4:30 PM Workout Wednesdays 5:00-6:30 PM Searching for Soul Food			

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



EAST VALLEY
SATELLITE
PROGRAMS



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

MESA

For updates, text @msonenten to 81010

Jan 1	Jan 8	Jan 15	Jan 22	Jan 29
CLOSED	Van Gogh Silhouettes	Vision Boards	Time Capsule	Coffee Time

QUEEN CREEK

For updates, text @qconenten to 81010

Jan 2	Jan 9	Jan 16	Jan 23	Jan 30
CLOSED	Bloom 365 Dose 4	Heartstopper	Global Food Tasting Celebration	Bloom 365 Dose 5

CHANDLER

For updates, text @chonenten to 81010

Jan 2	Jan 9	Jan 16	Jan 23	Jan 30
CLOSED	Plushie Tea Party	Improv Games	Pottery Part 1	Pottery Part 2

TEMPE

For updates, text @teonenen to 81010

Jan 2	Jan 9	Jan 16	Jan 23	Jan 30
CLOSED	Create your Pride Flag	Basics of a Healthy Diet	Street Art	Bead Bracelets

The Tempe Satellite is for young adults ages 18-24

SCOTTSDALE

For updates, text @sdonenen to 81010

Jan 3	Jan 10	Jan 17	Jan 24	Jan 31
CLOSED	Random facts & catching up	MLK Fact or Fiction	All Things Books	National Backwards Day

GILBERT

For updates, text @gbonenten to 81010

Jan 4	Jan 11	Jan 18	Jan 25
CLOSED	New Years "Slumber" Party	LGBTQ+ Etymology	Game Night

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West Valley Satellite Program Calendar

one.n.ten
JANUARY

WEST VALLEY
SATELLITE
PROGRAMS



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Litchfield Park Mondays 6:00 - 7:30 pm	Surprise Mondays 6:00 - 7:30 pm	Peoria Tuesdays 6:00-7:30 pm	Glendale Wednesdays 6:00 - 7:30 pm
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LITCHFIELD PARK

For updates, text @lponenten to 81010

Jan 1	Jan 8	Jan 15	Jan 22	Jan 29
	Welcome Back		New Year, New Obsession	Game Night

SURPRISE

For updates, text @sronenten to 81010

Jan 1	Jan 8	Jan 15	Jan 22	Jan 29
	Celebrate the New Year	Vision Boards	Indoor Picnic	National Puzzle Day

PEORIA

For updates, text @peonenten to 81010

Jan 2	Jan 9	Jan 16	Jan 23	Jan 30
	Safe Space Guidelines Revamp	Let's Make a Zine	Video Game Night	D&D Character Creation

GLENDALE

For updates, text @gdonenten to 81010

Jan 3	Jan 10	Jan 17	Jan 24	Jan 31
	Vision Boards	MLK Day	LGBTQ+ Artists	Hot Chocolate Day

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To join our programs:

[CLICK HERE](#)



To view our calendar on our website:

[CLICK HERE](#)



Southern Satellite Program Calendar



SOUTHERN
SATELLITE
PROGRAMS



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Maricopa Mondays 6:00-7:30 pm	Yuma Tuesdays 5:00-6:30 pm
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MARICOPA

For updates, text
@mconenten
to 81010

Jan 1	Jan 8	Jan 15	Jan 22	Jan 29
	Strike Out	MLK DAY	National Polka Dot Day	Gender Euphoria

YUMA

For updates, text
@yuonenten
to 81010

Jan 2	Jan 9	Jan 16	Jan 23	Jan 29
	Welcome Back! Let's Watch Heartstopper	Beginning Year Vision Boards	Journaling 101	Bubble Wrap Appreciation Day and Sensory Toys Galore!

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[CLICK HERE](#)



To view our calendar on our website:

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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 Tuesdays 6:00 - 7:30 pm	Prescott Tuesdays 4:00-5:30 pm	Cottonwood Wednesdays 5:00 - 6:60 pm	Anthem Wednesdays 5:00-6:30 pm	Show Low Thursdays 6:00pm-7:30 pm	North Phoenix Thursdays 4:00pm-5:30 pm
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FLAGSTAFF

For updates, text @fsonenten to 81010

Jan 2 	Jan 9 New Year Vision Boards	Jan 16 Mug Decorating	Jan 23 Healthy Relationships with Northland Family Help Center	Jan 30 FlagTagAZ Field Trip
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ANTHEM

For updates, text @anonenten to 81010

Jan 3 	Jan 10 New Years Vision Boards	Jan 17 Screen Printing: Round 3	Jan 24 Floor Time: Connections and Relationships	Jan 31 Game Night IX: Tokyo Drift
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COTTONWOOD

For updates, text @cwonenten to 81010

Jan 3 	Jan 10 New Year Vision Boards	Jan 17 Game Night	Jan 24 Propagation Basics	Jan 31 Hot Chocolate Day
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PRESCOTT

For updates, text @psonenten to 81010

Jan 2 	Jan 9 Game Night	Jan 16 Mindfulness	Jan 23 Movie Night	Jan 30 Craft Night
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The Prescott Satellite is for youth ages 12-17

SHOW LOW

For updates, text @slonenten to 81010

Jan 4 	Jan 11 New Year Show and Tell	Jan 18 Culture Night	Jan 25 Vison Boards '24
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NORTH PHOENIX

For updates, text @nponenten to 81010

Jan 4 	Jan 11 Thank You Day	Jan 18 That's our Playlist	Jan 25 Trivia Night
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To join our programs:

[CLICK HERE](#)



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[CLICK HERE](#)



SATELLITE PROGRAM ANNOUNCEMENTS



one·n·ten has 18 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, Yuma, Maricopa, Show Low and North Phoenix!

North Phoenix meets on Thursdays from 4-5:30 pm! Text @mponenten to 81010 for program updates, reminders and address!

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



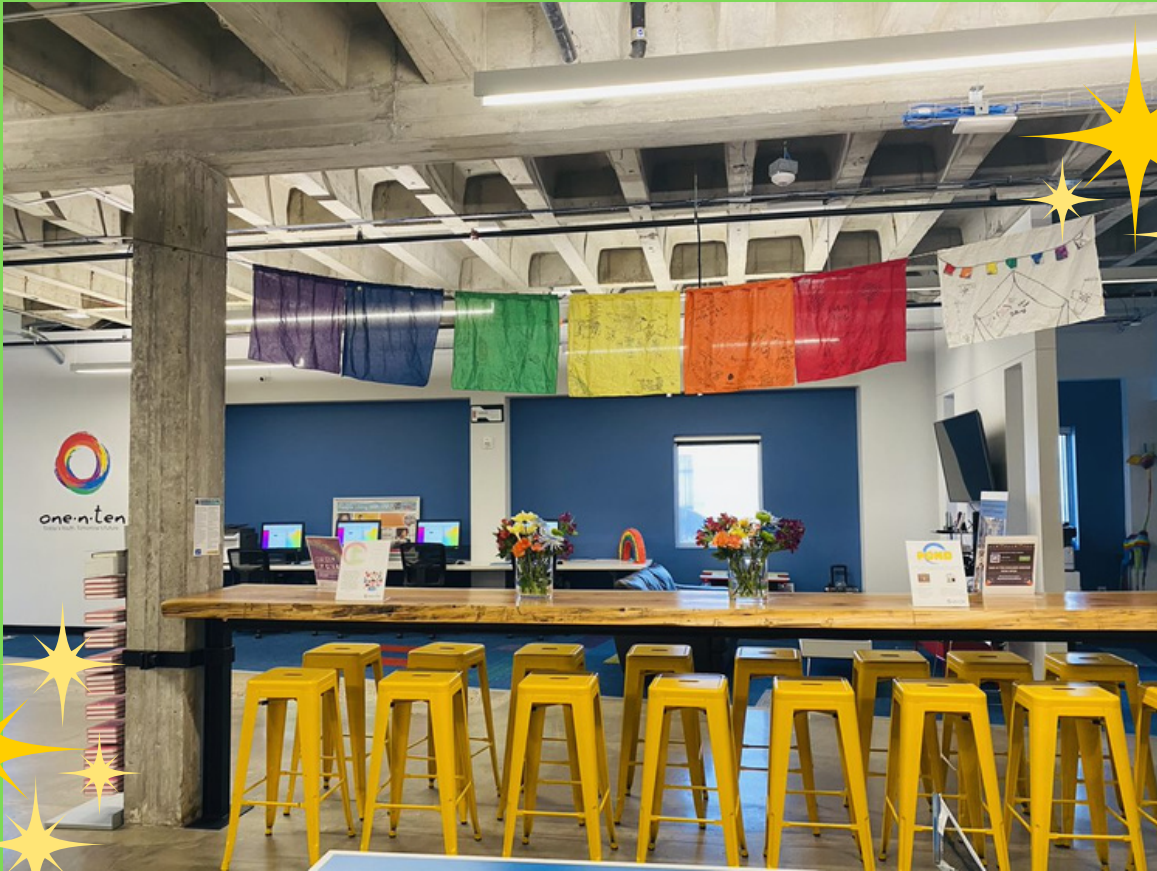
NORTH PHOENIX SATELLITE

Join us Thursdays from 4-
5:30 pm for food and fun!

**Text @nponenten to
81010 for address!**



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)

VISION BOARDS

Remind Text @msonenten to 81010



MESA
SATELLITE
JANUARY 15
7-8:30PM



onementen.org

The Zone presents

Baking with Andrea

Program for
all identities
Ages 14-24

Learn the preparation of
traditional Mexican “Coyotas”!

Tuesday, January 16, 2024
5 PM @ Youth Center



Scan for contact info

onenten.org

healthysexuals.com



Identity
night for
gay/bi guys
of all ages.

Thursday, **The Zone**

January 18, 2024

5-6:30PM

@ YC

x
**HEALTHY
SEXUAL**

- How are STIs and HIV passed?
- Understand PrEP and PEP.
- Why get tested?
- Treatments.
- U=U

Scan for contact info.



OUTscouts Hike

- **No experience required**
- **Paved local hike**
- **Ages 16-24**
- **01/20/24**

10am



REGISTER NOW



one.n.ten



Book Club

Zoom



4th Thursdays

5:00-6:00pm



Text @bookclubon to
81010 to register

Book Club Pick:



Gideon the Ninth

“Lesbian necromancers explore a haunted gothic palace in space!”

-Charles Stross

Thursday January 25th

5:00-6:00pm

Ages 18-24

Zoom

Remind Text

@bookclubon to 81010





**WE'RE
HIRING!**

Satellite Coordinators

Litchfield Park

(ages 11-24)

Prescott

(ages 18-24)

Plan and oversee weekly programs that support positive youth development outcomes



onenten.org/employment

JANUARY

Satellite Spotlight



Cierra

she/her

PEORIA

AVERAGE ATTENDANCE: 3

Astrological Sign:

Libra

What's been going on:

I loved our Goblin Quest RPG night! We had a good turnout and a great time with both new and experienced tabletop gamers.

Best concert I've been to:

When We Were Young in 2022, and I'm going again next year!

Special Skills:

I do poetry in my spare time. I have written for a long time but recently got into the slam community here in Phoenix, it's been a good time.



Laura

she/her

PRESCOTT

AVERAGE ATTENDANCE: 6

Astrological Sign:

Capricorn

What's been going on:

"We played a game of LGBTQ+ bingo with prizes. The game had different vocabulary, events and names. Most of the bingo squares fueled great discussions!"

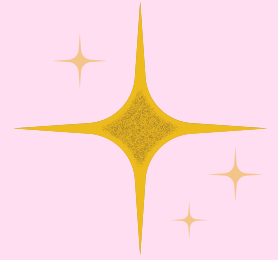
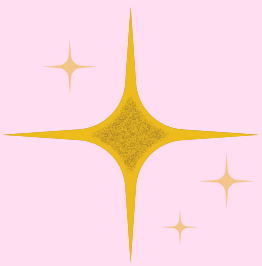
What would you sing at karaoke night:

No Roots: Alice Merton, Hand in my Pocket: Alanis Morissette, Let's Dance: David Bowie

Best concert I've attended:

LP a few weeks ago!

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. The next volunteer information session is Wednesday January 17th, 6pm-7pm via Zoom.

Please 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



Please email Elliot
(middle), Satellite
Program Assistant
Manager,
at elliot@onenten.org,
or K (left), Satellite
Specialist, at
k@onenten.org

Sandra (right), Satellite
Program Manager at
sandra@onenten.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?



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Today's Youth. Tomorrow's Future.