

AUGUST 2022

VIEW CLASS DETAILS AT GROUNDED32.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
	3:30p - Available 1 5:00p - Lit150 Write 6:15p - Recov. Dharma 7:30p - Drum Circle	3:30p - Available 2 5:00p - Available 6:30p - SLAA 12-Step 8:00p - Available	4:00p - Art Studio 3 Makerspace ↓ 7:00p - Kindness Wkshp	4:00p - Available 4 5:30p - Men's Support 7:00p - Tai Chi	3:30p - Available 5 5:00p - SLAA 12-Step 7:00pm - Alternative Date Night	10:00a - Basic Yoga 6 Noontime Available 5:30p - Poetry + Arts Open Mic
Morning Available 7 Noontime Available 6:30p - Men's Support 9:00p - DBT Support	3:30p - Available 8 5:00p - Lit150 Write 6:15p - Recov. Dharma 7:30p - Drum Circle	3:30p - Available 9 5:00p - Available 6:30p - SLAA 12-Step 8:00p - Available	4:00p - Art Studio 10 Makerspace ↓ 7:00p - Kindness Wkshp	4:00p - Available 11 5:30p - Men's Support 7:00p - Tai Chi	3:30p - Available 12 5:00p - SLAA 12-Step 7:00p - Yoga w/ Shylo	10:00a - Basic Yoga 13 Noontime Available Evening Available
Morning Available 14 Noontime Available 6:30p - Men's Support 9:00p - DBT Support	3:30p - Available 15 5:00p - Lit150 Write 6:15p - Recov. Dharma 7:30p - Drum Circle	3:30p - Available 16 5:00p - Available 6:30p - SLAA 12-Step 8:00p - Available	4:00p - Art Studio 17 Makerspace ↓ 7:00p - Kindness Wkshp	4:00p - Available 18 5:30p - Men's Support 7:00p - Tai Chi	3:30p - Available 19 5:00p - SLAA 12-Step 6:30p - Story Slam	10:00a - Basic Yoga 20 12:00p - Available 5:00p - Growth Group 7:30p - Available
12:00p - Zines 21 3:00 - Art in Afternoon 6:30p - Men's Support 9:00p - DBT Support	3:30p - Available 22 5:00p - Lit150 Write 6:15p - Recov. Dharma 7:30p - Drum Circle	3:30p - Available 23 5:00p - Available 6:30p - SLAA 12-Step 8:00p - Available	4:00p - Art Studio 24 Makerspace ↓ 7:00p - Kindness Wkshp	4:00p - Available 25 5:30p - Men's Support 7:00p - Tai Chi	3:30p - Available 26 5:00p - SLAA 12-Step 7:00p - Roots Game Nt	10:00a - Basic Yoga 27 2:00p - Reiki Shares 5:00p - Available 6:30p - Sound Healing
Morning Available 28 Noontime Available 6:30p - Men's Support 9:00p - DBT Support	3:30p - Available 29 5:00p - Lit150 Write 6:15p - Recov. Dharma 7:30p - Drum Circle	3:30p - Available 30 5:00p - Available 6:30p - SLAA 12-Step 8:00p - Available	4:00p - Art Studio 31 Makerspace ↓ 7:00p - Kindness Wkshp			

We're located at 13651 N. 32nd St. in Phoenix, on the SE corner of Thunderbird Rd. and 32nd Street, in The Rock parking complex.

WHAT IS GROUNDED32?

Grounded32 is a nonprofit community center. It's a place for people to find reprieve from stress, discover their strengths, and develop friendships. Our mission is to eradicate loneliness and help locals feel connected. We do this by hosting donation-based classes with altruistic causes, such as book studies, yoga groups, support meetings, artist meetups, game nights, and writing workshops. We hope you join us!

Want to host a gathering? We welcome all groups that are non-political, non-religious, and open to the public. We tend to focus on mindfulness, creativity, education, and mental health support.

Learn more at grounded32.org! View class details, shop our store, host a gathering, rent the space, donate, or send us a note. We hope you come visit us! You can also text us at 602-361-7028 - we'd love to hear from you!

See grounded32.org for the most updated schedule. If class is cancelled for any reason, it will be reflected on the homepage under "upcoming events." Descriptions for one-time events are viewable online, but not always printed on this schedule.

Alternative Date Night: Need a break from Netflix and the kids? New activity every month! Casino night, painting, karaoke, D+D for dummies, etc. All are welcome. \$5 donation suggested.

Art Studio Makerspace: Bring your own supplies or borrow ours! Canvases, paints, brushes, magazines, and craft supplies available for free. \$5 donation suggested.

Art in the Afternoon: For adult women healing from sexual abuse or assault. Feel less alone, explore and express emotions through creativity. \$5 donation suggested.

Basic Yoga w/ Taylor: For all levels. Mindful breathing accompanying a series of movements to strengthen body awareness and flexibility. Sign up via Eventbrite on website. \$5 donation.

Drum Circle: A wonderful gathering of music and kindness. Release negative energy and enjoy good vibrations. Drums provided. Contact Jeff for details: 602-410-4340. \$5 donation suggested.

DBT Support Online: Peer-led workbook study group on Zoom (ID: 491-724-8165, Password: Grounded32). Suggested \$5 donation. Contact Sarah for details: phoenixburningrising2020@gmail.com.

Growth Group: Friendly, supportive personal growth group for anyone that wants to continue self-improvement and self-acceptance. Contact Al for details: 505-979-4552. \$5 donation suggested.

Kindness Creation Workshop: Come make beaded Kindness Charms — these charms can be left in special places for people to find to inspire acts of love and gratitude. Organized by Daniel (602-900-7186). \$5 donation.

Lit150 Creative Writing: Enjoy the company of other writers, create something new, and share your work! Bring pen/paper or laptop. \$5 donation suggested.

Men's Support Group: For men looking to improve themselves and their relationships. Based on No More Mr. Nice Guy book by Robert Glover. Hosted by Jesse (303-350-8642). \$10 paid to the host.

Poetry + Arts Open Mic: Share your work or just listen to others! All artistic expressions welcome. No expectations, tons of encouragement. Led by Dylan (602-920-6541). \$5 donation suggested.

Recovery Dharma: Open to everyone seeking addiction recovery. Inspired by Buddhist principles. Meditation, book study, and sharing. Hosted by Jeff (602-410-4340). \$3 - \$5 donation.

Reiki Shares: Reiki practitioners share their talents to develop skills and practice. All practitioners, drop-ins, family, friends are welcome! Organized by Kim (602-295-8463). \$5 - \$15 donation suggested.

SLAA 12-Step: Sex and Love Addicts Anonymous. Open to anyone seeking support from codependency or problems with sexual relationships. \$3 - \$5 donation suggested.

Sound Healing: Meditative sound journey with beautiful instruments. Organized by Jeff (602-410-4340). \$12 to attend. Must RSVP via Eventbrite on website. Call or text Jeff for details.

Story Slam: Take turns telling funny personal stories based on a chosen topic. Share or just listen! Favorite story gets a trophy. Hosted by Grounded32. \$5 donation suggested.

Tai Chi: Join us as we quiet mind chatter and sink into The Flow with slow, graceful movements. Contact instructor Jim for details: 602-548-0000. \$5 suggested donation.

Yoga w/ Shylo: Energy Movement & Meditation is a yoga class focused on fluid movements that releases stagnant energy in the body. All levels welcome. \$5 donation suggested. Contact Shylo for details: 856-287-7263

Zines: Join us and make your own mini 8-page magazine! Design by hand with art supplies or digitally with free Canva software. All materials provided. Hosted by Grounded32. \$5 donation.

PRIVATE EVENT RENTALS

Rent Grounded32 for parties, photo shoots, or networking group! Cost is for \$45/hr. for private gatherings. 100% of fees fund free charitable programs for the public! For details, visit grounded32.org/book-space.

Visit grounded32.org to sign up for events via Eventbrite.