



Making the World a Little Less Lonely and a Lot More Meaningful

JULY 2022 NEWSLETTER



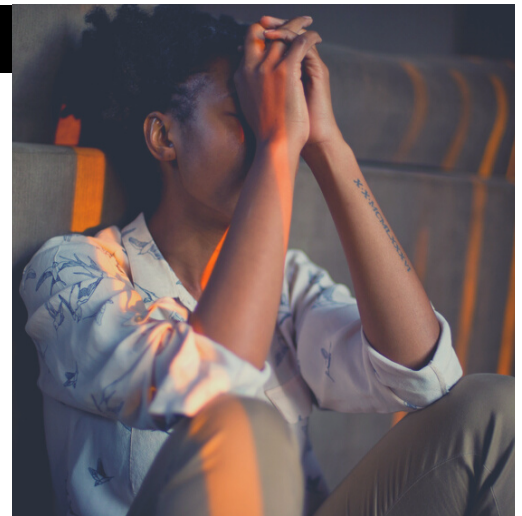
OUR MISSION IS TO ERADICATE LONELINESS

Grounded32 is a nonprofit community center where people find reprieve from stress, discover their strengths, and develop friendships.

Our mission is to eradicate loneliness and foster connection. We host donation-based gatherings with altruistic causes — book studies, support meetings, artist meetups, game nights, open mics, potlucks, and writing workshops.

BILLIONS OF DOLLARS, MILLIONS OF LIVES

Feelings of disconnection are detrimentally powerful. Loneliness is linked to depression, restless sleep, and impaired immunity. It's the number one risk factor for suicide and worsens preexisting conditions, like chronic pain and heart disease. People suffering from loneliness are more likely to return to domestic abuse and use addictive substance—even after an extended period of recovery. Hopelessness, stress, and disconnection—these are expensive problems! They cost us billions in medical care, absent labor, institutionalization, and tragically, lost lives.



HOW DO WE DO IT?

Dr. Thomas Insel—neurologist, researcher, and mental health reformist—explains that long lasting recovery from mental and emotional pain involves three important ingredients: place, people, and purpose. Humans need a place to go, safe people to connect with, and reason to believe life is meaningful. Grounded32 programs provide these three things. Turn the page to find out how.

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OUR MISSION IN ACTION

Grounded32 opened in June 2021 - check out all that's happened in just one year.



CREATIVE ARTS PROGRAM

From June 2021 - May 2022, Grounded32 provided over 150 free creative gatherings to the public. Creativity promotes exploration, empowerment, healing, exploration, and self-expression.

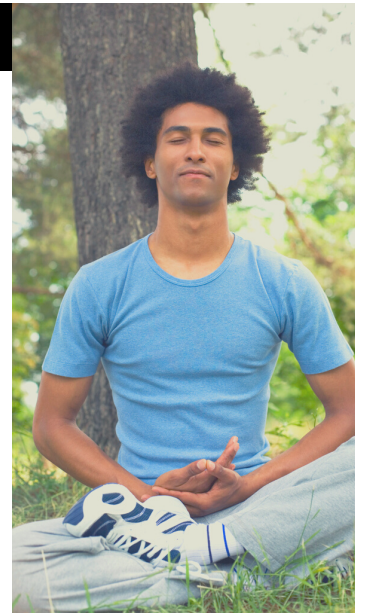
- Writing groups + mentorships
- Open mics + performance arts
- Story telling events
- Maker's space + art classes
- Local community murals
- Small store of poetry books, gallery art, and handcrafted goods made by patrons
- Artisan fairs that encourage entrepreneurship

MENTAL WELLNESS + LONG TERM SUPPORT

In our first year, patrons hosted over 340 gatherings focused on wellness. These groups continue to bring social support and mindfulness education to those who would otherwise be unable to afford them.

- Addiction recovery support
- Meditation + serenity practice
- Body work + tension release
- Personal growth workshops
- Autism social meetups
- Sound healings + drum circles
- Gender specific peer support
- Subsidized individual + group counseling sessions for those in need

This fall, Grounded32 will help Phoenix House Recovery host an outpatient program for men recovering from addiction. Aside from mental health services, we will provide these men with free toiletries, educational workshops, and employment opportunities.



SOCIAL ENGAGEMENT + COMMUNITY OUTREACH

Patrons of Grounded32 strengthen their sense of connection to local communities through outreach and resource sharing.

- Reoccurring friendship potlucks
- Holiday gatherings for all
- Annual Winter Festival fundraiser
- Clothing swaps for adults in need
- Free neighborhood lending library
- Donation-based co-working space
- Off-site community garden, nature hikes, and volunteering
- Nonprofit partnerships that benefit populations most vulnerable to isolation and mental health crisis.

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SHANNON'S STORY: ACCEPTANCE IS KEY

The first event I attended at Grounded32 happened to be a Thanksgiving potluck. **Since I was new to Arizona, I didn't have many social connections. I was immediately drawn to the inclusive energy and started showing up regularly to more groups, including a class that helped with relationships.** I've developed bonds with a handful of regular attendees and consider them friends. **If there's something I love about Grounded, it's that they accept everyone from all backgrounds and walks of life.**



CRISTO'S STORY: REDISCOVERING HOPE

A friend invited me to Grounded32 when I was struggling with grief after the end of a serious relationship. **I have a history of depression and felt stuck in a pattern of isolation and numbness. Showing up to G32 was the absolute best thing that could've happened.** I met guys who laughed during hard times and taught me of the acronym for HOPE: hold on, pain ends. **The groups at G32 have helped me with emotional stability, balance, and believing in myself.**



PATRICK'S STORY: A NEW FAMILY

Grounded is the bomb. I'm in addiction recovery, and I went there to find something healthy to do. Story Slam was great - I met people who were open and had a blast without feeling any pressure to conform. These people are my new family. **Where do people go to meet other people and make friends if they don't belong to a church and don't want to go to a bar? Society needs this place. I need this place.**



KATELYN'S STORY: UNEXPECTED PURPOSE

As a new mom, it was hard to find time for myself. I got involved in G32 so I could dedicate personal time to creativity. Hosting Open Art Studio has provided that and so much more! **The friendships I've made have been life-giving. Other events like Creative Writing and Story Slam have offered healing and community in unexpected ways.** I love G32's mission to make the world less lonely and more meaningful. Every time I'm there, I contribute to that mission.



ROSIE'S STORY: A PLACE TO BELONG

From the moment I walked into Grounded, I felt moved by the friendliness and support. They knew nothing about me and didn't ask for anything in return. I recently moved to Phoenix and was feeling very disconnected from the community. Grounded 32 is changing that. **I feel part of something.** This is a community that brings people together to foster feelings of connectedness. When people feel secure, it makes our larger, local communities stronger.



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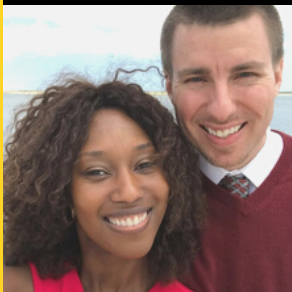
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JEFF'S STORY: LIFE AFTER TRAUMA



I grew up in a small religious community that was oppressive and controlling. I didn't have the wisdom or courage to leave until well into my thirties. **Because of this abuse, I was reluctant to join clubs or belong to anything, no matter how altruistic they claimed to be. Grounded changed that for me.** There are no leaders or power structures to fear. Everyone feels equally important. **It's one of the few places where the agenda is clear—to be kind for no reason.**

EDDIE'S STORY: POSITIVE CHANGES



Grounded helped me discover so much within me that I would have never realized. **I attended classes that explained some of my traumas and helped me change destructive patterns. This group made an incredible impact on how I navigate difficult situations.** I can't ever remember feeling more welcome in a place—so many creative people with open arms. I stumbled upon this place on accident and I feel like it was a gift from God.

MEG'S STORY: PASSION FOR HELPING OTHERS



Discovering Grounded32 was an incredible gift from the universe, right when I needed it. After leaving my career, I felt lost and struggled to find my passion again. **Living in a single income household made hobbies and social outings expensive. I found Grounded32's free meditation and yoga offerings and fell in love with the community and space.** I'm now volunteering multiple days a week, learning new job skills, and reigniting my passion for helping others!

RACHEL'S STORY: HOW THIS THING GOT STARTED

Hey There,

Thanks for checking out Grounded32. This love-fest was born out of my need for connection during a stressful time in my life. Overnight, I lost my family, my home, and my mind.

After therapy and doctor visits, I didn't want to be a project for anyone to fix. I didn't want to focus on the pain. I just needed healthy distraction in kind company, a safe place to chill out and be a messy human being.

We all go through tough shit sometimes. I hope you have a special place to relax, heal, and shine. G32 is that place for us. Come visit anytime. The hugs are free.

*Love,
Rachel C.*



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SIMPLE WAYS TO GIVE

Your gift has a serious impact – see the difference your dollar can make.



PUT CLASSES ON THE SCHEDULE

Based on the cost of the facility, class materials, volunteer acquisition, and instructor training, the suggested donation for each gathering is \$5 - \$15 per person, or \$70 per class. Sadly, most people who attend Grounded32 are unable to give. This is why donors like you are so important to our community!

\$140 = 2 classes x 10 participants = support for 20 people

\$700 = 10 classes x 10 participants = support for 100 people

\$2,100 = 30 classes x 10 participants = support for 300 people

\$4,200 = 60 classes x 10 participants = support for 600 people

GIVE CLASSES TO LOW-INCOME FAMILIES

Consider sponsoring a group of Class Passes, which provides 10 classes to each household who receives one. Sponsored Class Passes are distributed to trusted organizations that serve vulnerable populations. Recipients are usually members of low-income families or residents of supportive living facilities, such as group homes, sober houses, and DV shelters.

\$70 = 1 Class Pass = 10 classes to someone in need

\$630 = 9 Class Passes = 90 classes to people in need

\$1,400 = 20 Class Passes = 200 classes to people in need

\$3,500 = 50 Class Passes = 500 classes to people in need

PROVIDE COUNSELING SCHOLARSHIPS

When donations exceed our basic bills, Grounded32 dedicates funds to scholarships. Our scholarship fund subsidizes 50% of counseling costs for low-income households. This makes quality, trauma-informed care affordable with or without insurance. Our licensed therapists are trained in EMDR, and our recovery coaches are Peer Support Certified with the state of Arizona.

\$500 = 10 counseling sessions for low-income households

\$5,000 = 100 counseling sessions for low-income households

\$20,000 = 400 counseling sessions for low-income households

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PARNTER WITH US

MENTAL HEALTH + ADDICTION RECOVERY ORGANIZATIONS

BOOK EVENTS THAT CATER TO YOUR CLIENTS

We do the work for you.

Let us organize and staff private events for your clients. We provide a qualified facilitator, all materials, and a great place to meet, all for \$7 per person (\$100 minimum).

We want your clients to feel comfortable using free programs at Grounded32 long after they leave treatment — booking with Grounded32 introduces them to kind, supportive communities in the real world. Our space holds approximately 24 people in chairs, 16 at tables, or 12 on floor mats. Here's a list of our most popular groups:

- Nutrition
- Tai Chi + Yoga
- Recovery Dharma
- Meditation Groups
- Sound Healings
- Sticker + Apparel Design Workshop
- Zine Creation
- Drum Circles
- Explorative Art
- Writing Workshops
- Open Mic Music
- Community Murals
- Documentary Viewings
- Games + Competitions
- Guest Presenters
- Book Study Groups
- Volunteer Projects

Wanna spread all this love? Support your people with a monthly G32 Class Pass! These punch cards make great treatment graduation gifts and can be shared among sober living residents — 10 classes for just \$70!

EXPERIENCE A NEIGHBORHOOD OF SUPPORT

We show them the 32nd Street community.

When you bring clients to Grounded32, they get acquainted with other recovery communities in the area. This is especially helpful for those who don't have their own transportation. **One bus ride provides supportive activities for the entire day!**

- Studio164 provides 12-Step meetings, Recovery Dharma meetings, friends, and service opportunities.
- Grounded32 offers free daily classes, community potlucks, fundraisers, co-working space, a lending library, and counseling scholarships.
- No Filter Coffee Shop is operated by ETC by Emily, a staffing company that hires people new in recovery.
- Walkable amenities include VASA fitness, pizza and breakfast restaurants, Genesis Church, Walgreens, a thrift store, and a tattoo shop.

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