

MARCH 2023

VIEW CLASS DETAILS AT GROUNDED32.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
			4:00p - Painting w/ Acrylic + Watercolor 1 6:30p - Mindful Practice	5:30p - Men's Support 2 7:00p - Drum Circle	Share your talents and host something awesome on this day! 3	2:30p - Storytelling Workshop 4 5:30p - Poetry + Arts Open Mic
1:00p - Yoga w/ Sasha 5 6:30p - Men's Support 9:00p - DBT online	5:00p - Lit150 Write 6 6:30p - Recov. Dharma 6:30p - Open Mic Music (Cowboy next door)	7:00p - SLAA 12-Step 7	4:00p - Painting w/ Acrylic + Watercolor 8 6:30p - Mindful Practice	5:30p - Men's Support 9 7:00p - Drum Circle	7:00p - Energy Flow w/ Shylo 10	11:00a - Metaphysics 11 1:00p - Drum MH Pros 3:00p - Intimacy Wksp
10:00a - EFT Selfcare 12 3:00p - Drum MH Pros 6:30p - Men's Support 9:00p - DBT online	5:00p - Lit150 Write 13 6:30p - Recov. Dharma 6:30p - Open Mic Music (Cowboy next door)	7:00p - SLAA 12-Step 14	4:00p - Painting w/ Acrylic + Watercolor 15 6:30p - Mindful Practice	5:30p - Men's Support 16 7:00p - Drum Circle	7:00p - Story Slam 17	12:00p - Collage + Vision Boards 18 5:00p - Growth Group
10:00a - Zines 19 1:00p - Yoga w/ Sasha 6:30p - Men's Support 9:00p - DBT online	5:00p - Lit150 Write 20 6:30p - Recov. Dharma 6:30p - Open Mic Music (Cowboy next door)	7:00p - SLAA 12-Step 21	4:00p - Painting w/ Acrylic + Watercolor 22 6:30p - Mindful Practice	5:30p - Men's Support 23 7:00p - Drum Circle	7:00p - Energy Flow w/ Shylo 24	Share your talents and host something awesome on this day! 25
6:30p - Men's Support 26 9:00p - DBT online	5:00p - Lit150 Write 27 6:30p - Recov. Dharma 6:30p - Open Mic Music (Cowboy next door)	7:00p - SLAA 12-Step 28	4:00p - Painting w/ Acrylic + Watercolor 1 6:30p - Mindful Practice	5:30p - Men's Support 2 7:00p - Drum Circle	Share your talents and host something awesome on this day! 3	2:30p - Storytelling Workshop 4 5:30p - Poetry + Arts Open Mic

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. We do this by hosting low-cost events, like book studies, yoga groups, support meetings, artist meetups, game nights, and writing workshops. We hope you join us!



Sign up for class on Eventbrite!



Visit us online to host a class or contact us!



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

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

Listed in Alphabetical Order

Basic Yoga w/ Dajana: Saturdays (starting April 8th). All-levels class to release tension, gain inner peace, nurture the self, and feel refreshed. Cost is \$10. Must reserve seat via Eventbrite (QR code below). Contact Dajana for details: tanasic.dajana@gmail.com.

Collage + Vision Boards: 3rd Saturday. Make a zine, a quilted envelope, photo journal, or vision board. All canvases and crafty things provided. Suggested \$5 donation. Sign up on Eventbrite. Contact Rachel K. for details: 303-815-6813.

DBT Support Online: Sundays. Peer-led workbook study group on Zoom (ID: 491-724-8165, Password: Grounded32). Suggested \$5 donation (not required). Contact Colten for details: 480-347-7010.

Drum Circle: Thursdays. 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.

EFT Tapping + Self-Care Workshop: 03/12 & 04/09. Learn Emotional Freedom Technique (EFT) Tapping with Kaye Bahr. Use Tapping to relieve stress and create emotional healing. Suggested \$5 - \$10 donation. Contact Kaye for details: 480-500-9281.

Energy Flow w/ Shylo: 2nd + 4th Fridays. Intention setting and free-flowing rhythmic movements to releases tension. Must reserve seat via Eventbrite (QR code to the right). Cost is \$10. Contact Shylo for details: 856-287-7263.

Growth Group: 3rd Saturday. Supportive personal growth group for anyone that wants to continue self-improvement and self-acceptance. Contact AI for details: 505-979-4552. \$5 donation suggested.

Lit150 Creative Writing: Mondays. Enjoy the company of other writers, create something new, and share your work! Bring pen/paper or laptop. No experience necessary. \$5 donation suggested. Sign up on Eventbrite.

Men's Support Group: Sundays + Thursdays. 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.

Mindfulness Practice: Wednesdays. Cultivate inner stillness with Tara Brach & Jack Kornfield's mindfulness course. Includes discussion, breathwork, and sound healing. \$5 donation. Sign up on Eventbrite. Contact Jeff for details: 602-410-4340.

Open Mic Music w/ Cowboy Rex: Mondays. Meets inside Genesis church. Open to listeners and musicians, totally free. Sign up to play at the door. Contact Cowboy for details: 602-359-1546.

Painting w/ Acrylic + Watercolor: Wednesdays. Bring your own projects or start something new! Canvases, paints, brushes are available for free. Suggested \$5 donation. Sign up on Eventbrite. Contact Katelyn for details: 480-266-9940.

Poetry + Arts Open Mic: 1st Saturday of the month. 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. Sign up on Eventbrite.

Recovery Dharma: Mondays. Open to everyone seeking addiction recovery. Inspired by Buddhist principles. Meditation, book study, and sharing. Contact Jeff for details: 602-410-4340. \$3 - \$5 donation suggested (not required).

SLAA 12-Step: Tuesdays. Sex and Love Addicts Anonymous. Open to anyone seeking support from codependency or problems with sexual relationships. \$3 - \$5 donation suggested (not required).

Story Slam: 3rd Friday of the month. Take turns telling funny personal stories based on a chosen topic. Share or just listen! Best story gets a trophy. Sign up on Eventbrite. Hosted by Grounded32. \$5 donation suggested.

Yoga w/ Sasha: 1st + 3rd Sundays. Active vinyasa class. Mindful breathing and movements to strengthen body awareness and flexibility. Must reserve seat via Eventbrite (QR code below). Suggested \$10 tip paid to the host. Contact Sasha for details: 480-282-3411.

Zines: 3rd Sunday of the month. Make your own mini 8-page magazine! Design by hand or digitally with Canva software. All materials provided. Hosted by Grounded32. \$5 donation suggested. Sign up on Eventbrite!



Sign up for class on Eventbrite!



Visit the website to host a class, donate, or contact us!

