

MARCH 2024

VIEW CLASS DETAILS AT GROUNDED32.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
					1 6:30p - Sound Healing Journey	2 5:30p - Poetry + Arts Open Mic
3 6:00p - DBT Online 6:30p - Men's Support	4 5:00p - Lit150 Write	5 7:00p - SLAA 12-Step	6 4:00p - Painting w/ Acrylic + Watercolor	7	8 6:30p - Sound Healing Journey	9 6:00p - Creative Play for Adults
10 6:00p - DBT Online 6:30p - Men's Support	11 5:00p - Lit150 Write	12 7:00p - SLAA 12-Step	13 4:00p - Painting w/ Acrylic + Watercolor	14	15 7:00p - Story Slam	16
17 6:00p - DBT Online 6:30p - Men's Support	18 5:00p - Lit150 Write	19 7:00p - SLAA 12-Step	20 4:00p - Painting w/ Acrylic + Watercolor	21 6:30p - Sound Healing Journey	22 6:30p - Sound Healing Journey	23 6:00p - Creative Play for Adults
24 6:00p - DBT Online 6:30p - Men's Support	25 5:00p - Lit150 Write	26 7:00p - SLAA 12-Step	27 4:00p - Painting w/ Acrylic + Watercolor 6:30p - Women's Circle	28	29	30/31

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!



See all of our classes!



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

Creative Play for Adults: 2nd + 4th Saturday. This FUN class combines an art class, a game show, and a therapy circle. Bring a growth mindset, a playful spirit, and a little bit of bravery. No talent required. Sign up on Eventbrite. Suggested \$5-10 donation to Grounded32. Contact Megan Bryant for details: 903-363-6254.

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.

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. 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). \$5 paid to the host.

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.

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.

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).

Sound Healing Journey: Multiple Dates. Enjoy profound moments of meditation, inner wisdom, inner vision/knowing, and deep rest. Sign up on Eventbrite. Cost is \$10. Contact Jackie for details: 804-727-9404.

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.

Women's Circle: 4th Wednesday. Create space for social connection and a sense of belonging. Enjoy relaxation practices, meditation & shared conversation on various topics. Sign up on Eventbrite. \$5 donation to Grounded32. Contact Elizabeth for details: 623-205-7042.



See full class
schedule!

