

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

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, 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: For singles and couples alike. 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, beads, 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/ Sasha: For all levels. Mindful breathing and movements to strengthen body awareness and flexibility. Must reserve seat via Eventbrite on G32 website. \$5 - \$10 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.

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.

Music for the People: A private drumming group that means all over the valley. Meets outdoors in winter and inside Grounded32 during summer. To join, contact Jeff: 602-410-4340.

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. Contact Jeff for details: 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! Contact Kim for details: 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. Reserve seat via Eventbrite on website. Contact Jeff for details 602-410-4340..

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.