



# COMMUNITY PARTNER UPDATE

CHECK OUT WHAT ONE-N-TEN  
HAS GOING ON THIS MONTH



Program Calendars

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POND Housing  
Applications now OPEN

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Prescott 18+ Meet-Up

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Satellite Info

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Youth Center Hours

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Drag Mentorship  
Program

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Summer Adventures at  
the Youth Center

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Camp OUTdoors -  
Workshop Facilitators &  
Volunteers Needed

CareerQUEER

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We're hiring

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Volunteer Opportunities

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2SLGBTQ Health Matters  
Conference

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Resources/Crisis Lines

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Contact Us


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# MAY PROGRAM CALENDAR



## YOUTH CENTER CALENDAR

**Youth Center**  
 Monday-Friday | Open: 3:00 PM  
 Program: 5:00 - 6:30 PM | Ages 14-24 | Unless otherwise noted  
 Text @yconentten to 81010 for address and program updates



**Calendar Key**

- For Youth of Color
- For Transgender Youth
- Hybrid Zoom + In Person
- Haircuts 3:30-4:45pm
- MedVan Mobile Clinic 3-5pm
- Dental Van 3-5pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 3:30-4:30 PM WorkOUT Wednesday 4:30-6:30 PM Mindful Movement & Healing Through Dance	<b>2</b> zgether N Color: European Black History	<b>3</b> 4:00-6:00 PM Drag Mentorship Series: Makeup	<b>4</b>
<b>6</b> Rainbow Music & Wellness	<b>7</b> Pakistani Pakoras and Art!	<b>8</b> 3:30-4:30 PM WorkOUT Wednesday 5:00-6:30 PM Mother's Day	<b>9</b> TGNC: Studying Seven Days to Free by Ayling Zulema Dominguez	<b>10</b> 4:00-6:00 PM Drag Mentorship Series: Piece Development Part 1	<b>11</b> 12:00-2:00 PM Big Brothers Big Sisters 6:00-9:00 PM Queer Prom
<b>13</b> Lets Make Zines	<b>14</b> Workforce x Wellness	<b>15</b> 3:30-4:30 PM WorkOUT Wednesday 5:00-6:30 PM Finding Your Passion	<b>16</b> The Zone Outing: AIDS Activism in Art & Chosen Family Dinner Ages 18-24	<b>17</b> 4:00-6:00 PM Drag Mentorship Series: Piece Development Part 2	<b>18</b>
<b>20</b> Cooking like Queer Eye Host Antoni Porowski	<b>21</b> LGBTQ+ Youth Housing Resource Night!	<b>22</b> 3:30-4:30 PM WorkOUT Wednesday 5:00-6:30 PM Workforce Game Night	<b>23</b> TGNC: Queer Neurodivergence	<b>24</b> 4:00-6:00 PM Drag Mentorship Series: Rehearsal	<b>25</b> 12:00-2:00 PM Big Brothers Big Sisters
<b>27</b> PROGRAM	<b>28</b> Sources of Strength: Mentors	<b>29</b> 3:30-4:30 PM WorkOUT Wednesday 5:00-6:30 PM zgether N Color Presents: Zine Distribution	<b>30</b> Enneagram & Personality!	<b>31</b> 4:00-6:00 PM Drag Mentorship Series: Public Performances! & Wellness Collaboration Meeting	

one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs: [CLICK HERE](#)

To view our calendar on our website: [CLICK HERE](#)

# East Valley Satellite Program Calendar



## EAST VALLEY SATELLITE PROGRAMS

Satellite programs are for youth ages 14-24 unless otherwise noted. Youth ages 11-13 may attend some satellites with parent/guardian permission. Contact Sandra@onenten.org for more info.



Mesa	Queen Creek	Chandler	Tempe	Scottsdale	Gilbert
Mondays	Tuesdays	Tuesdays	Tuesdays	Wednesdays	Thursdays
7:00 - 8:30 pm	7:00 - 8:30 pm	6:00 - 8:00 pm	6:30 - 8:00 pm	6:30-8:00 pm	6:00 - 7:30 pm

### MESA

For address & updates, text @msonenten to 81010

• May 6 •	• May 13 •	• May 20 •	• May 27 •
Plant Night	Karaoke Night	Coffee Time **4:30pm-6pm	Let's talk about Gender

### QUEEN CREEK

For address & updates, text @qconenten to 81010

• May 7 •	• May 14 •	• May 21 •	• May 28 •
Choose Your Own Adventure	Sources of Strength	Global Food Tasting Celebration	Painting Rocks

### CHANDLER

For address & updates, text @chonenten to 81010

• May 7 •	• May 14 •	• May 21 •	• May 28 •
Fidget Toy Tier List	Agender Pride Day	Board Game Night	Tie Dye

### TEMPE AGES 18-24

For address & updates, text @teonenten to 81010

• May 7 •	• May 14 •	• May 21 •	• May 28 •
Karaoke & Chipotle	Pet Rocks & Pizza	Draw Your Inclusive World	Tie Dye Shirts

### SCOTTSDALE

For address & updates, text @sdonenten to 81010

• May 1 •	• May 8 •	• May 15 •	• May 22 •	• May 29 •
Jackbox Game Night	Star Wars Night	Would You Rather	Harvey Milk Day	Strange & Unusual Facts with Strange & Unusual Snacks

### GILBERT

For address & updates, text @gbonenten to 81010

• May 2 •	• May 9 •	• May 16 •	• May 23 •	• May 30 •
Poem Night	Field Trip	Game Night	Show and Tell	Harvey Milk Day!

one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs:



To view our calendar on our website:



# West Valley Satellite Program Calendar



## WEST VALLEY SATELLITE PROGRAMS

Satellite programs are for youth ages 14-24 unless otherwise noted. Youth ages 11-13 may attend some satellites with parent/guardian permission. Contact Sandra@onenten.org for more info.



<b>Litchfield Park</b> Mondays 6:00 - 7:30 pm	<b>Surprise</b> Mondays 6:00 - 7:30 pm	<b>Peoria</b> Tuesdays 6:00 - 7:30 pm	<b>Glendale</b> Wednesdays 6:00 - 7:30 pm
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### LITCHFIELD PARK

For address & updates, text @lponenten to 81010

• May 6 • Mental Health Month	• May 13 • Bracelet Making	• May 20 • Pizza and Game Night	• May 27 • Thrifting & Coffee
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### SURPRISE

For address & updates, text @sronenten to 81010

• May 6 • Origami Night	• May 13 • Make your own hair accessories	• May 20 • Strawberry Shortcake, YUM	• May 27 • Wood Sign Painting
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### PEORIA

For address & updates, text @peonenten to 81010

• May 7 • Jackbox Game Night	• May 14 • Mental Health Month	• May 21 • Tie Dye Night	• May 28 • Self-Portrait Collages
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### GLENDALE

For address & updates, text @gdonenten to 81010

• May 1 • Mental Health Matters	• May 8 • Game Night	• May 15 • Pizza Party	• May 22 • Pansexual Visibility	• May 29 • Tote Bag Decorating
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one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs:



To view our calendar on our website:



# North Valley Satellite Program Calendar



## NORTH VALLEY SATELLITE PROGRAMS

Satellite programs are for youth ages 14-24 unless otherwise noted. Youth ages 11-13 may attend some satellites with parent/guardian permission. Contact Sandra@oneten.org for more info.



<b>Anthem</b> Wednesdays 5:00 - 6:30 pm	<b>North Phoenix</b> Thursdays 4:00 - 5:30 pm
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## ANTHEM

For address & updates, text @anoneten to 81010

• May 1 •	• May 8 •	• May 15 •	• May 22 •	• May 29 •
Exploring Creative Inspiration	Queer Adult Identity Development	CRAFTNAROK	Talent Show and Tell 2!	Going Away Party!

## NORTH PHOENIX

For address & updates, text @nponeten to 81010

• May 2 •	• May 9 •	• May 16 •	• May 23 •	• May 30 •
Comic Book Day	Eat Like an Astronaut	Day Against Hate	Game Night!	The More You Gnome

one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs:



To view our calendar on our website:



# Northern Satellite Program Calendar



NORTHERN  
SATELLITE  
PROGRAMS

Satellite programs are for youth ages 14-24 unless otherwise noted. Youth ages 11-13 may attend some satellites with parent/guardian permission. Contact Sandra@onenten.org for more info.



<b>Flagstaff 18-24</b>	<b>Flagstaff 14-18</b>	<b>Prescott 12-17</b>	<b>Cottonwood</b>	<b>Prescott 18-24</b>	<b>Show Low</b>
Tuesdays	Tuesdays	Tuesdays	Wednesdays	Thursdays	Thursdays
5:30 - 6:30 pm	6:45 - 7:45 pm	4:00 - 5:30 pm	5:00 - 6:30 pm	7:00 - 8:30 pm	6:00 - 7:30 pm

## FLAGSTAFF AGES 18-24

For address & updates, text @f18onenten to 81010

• May 7 •	• May 14 •	• May 21 •	• May 28 •
Author Guest Speaker	Self Esteem, Consent & Boundaries	Music Appreciation Night	Community Building

## FLAGSTAFF AGES 14-18

For address & updates, text @fsonenten to 81010

• May 7 •	• May 14 •	• May 21 •	• May 28 •
Author Guest Speaker	Upcycled Fashion & Queer Artists	Creative Prompts Night	Show and Tell

## PRESCOTT AGES 12-17

For address & updates, text @psonenten to 81010

• May 7 •	• May 14 •	• May 21 •	• May 28 •
Field Trip	Bye Bye Binary	Pansexual Visibility	Fidget Toys

## COTTONWOOD

For address & updates, text @cwonenten to 81010

• May 1 •	• May 8 •	• May 15 •	• May 22 •	• May 29 •
Movie Night Part 1	Movie Night Part 2	Upcycled Fashion & Queer Artists	Poetry Appreciation Night	

## PRESCOTT AGES 18-24



For address & updates, text @p18onenten to 81010

• May 16 •	• May 23 •	• May 30 •
Grand Opening Celebration	Harvey Milk Day	Get to Know You

## SHOW LOW

For address & updates, text @slonenten to 81010

• May 2 •	• May 9 •	• May 16 •	• May 23 •	• May 30 •
Comic Book Villians	Taste the Rainbow	Agender Pride	Pansexual Visibility	Tie-Dye Night

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To join our programs:



To view our calendar on our website:



# Southern Satellite Program Calendar



SOUTHERN  
SATELLITE  
PROGRAMS

Satellite programs are for youth ages 14-24 unless otherwise noted. Youth ages 11-13 may attend some satellites with parent/guardian permission. Contact Sandra@onenten.org for more info.



<b>Maricopa</b>	<b>Yuma</b>
Mondays	Tuesdays
6:00 - 7:30 pm	5:00 - 6:30 pm

## MARICOPA

For address & updates, text @mconentten to 81010

• May 6 •	• May 13 •	• May 20 •	• May 27 •
Bob Ross Painting Night	Show and Tell	Pansexual Visibility	Tote Bag Decorating

## YUMA

For address & updates, text @yuonentten to 81010

• May 6 •	• May 13 •	• May 20 •	• May 27 •
Community Appreciation Activity: National Teacher Day	Button Making and Mental Health Awareness Month	Cosplay 101	Game Night 5: Stay Alive

one.n.ten programs are open to LGBTQ+ youth and their allies 11-24 years old in Arizona!

To join our programs:



To view our calendar on our website:



# ONE•N•TEN POND HOUSING APPLICATION NOW OPEN



Accepting applications! Applications are now open for the one•n•ten Promise Of A New Day (POND) Housing Program through Monday, May 06, 2024. POND provides housing solutions for LGBTQIA+ and allied youth ages, ages 18-24, who are literally homeless or unstably housed. For more information and to access the short application, please visit



<https://www.tfaforms.com/5123616>



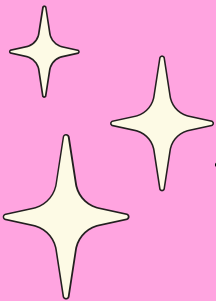


Want to learn about the latest housing resources available in your community?



one.n.ten

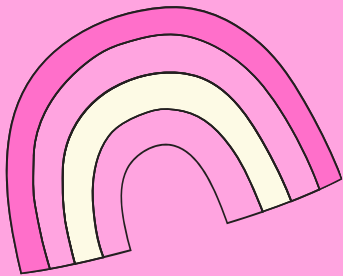
Come to the Youth Center to attend a Housing Resource Night!



**What:** Housing Resource Night for LGBTQ+ Youth!

**When:** May 21st from 4-6pm

**Where:** one.n.ten youth center



See you at the housing resource night!

# SATELLITE PROGRAM ANNOUNCEMENTS

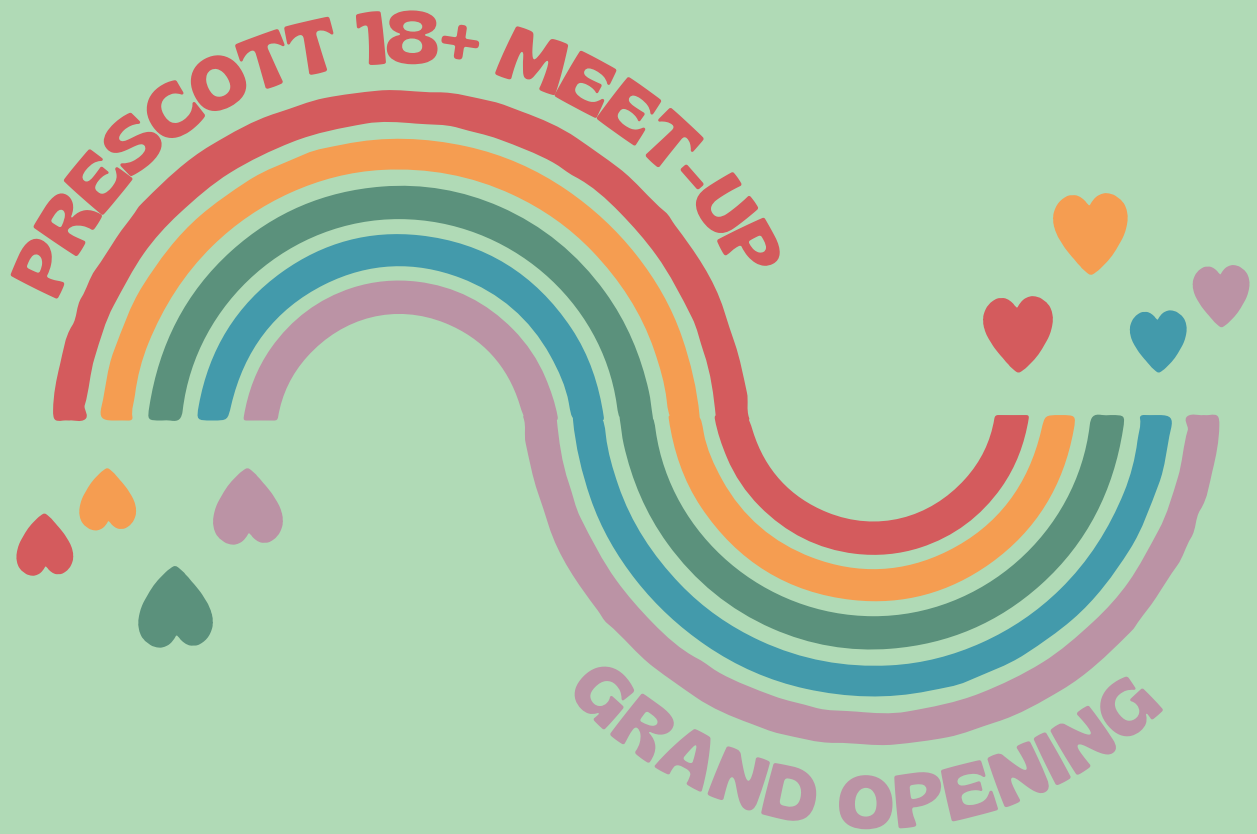


## Prescott 18+ Meet-up!

one·n·ten has **20** Satellite sites that are open for youth and young adults ages 11-24 years old. Anthem, Chandler, Cottonwood, 2 in Flagstaff, Gilbert, Glendale, Litchfield Park, Maricopa, Mesa, North Phoenix, Peoria, 2 in Prescott, Queen Creek, Scottsdale, Show Low, Surprise, Tempe, and Yuma!

Prescott 18+ Meet-Up starting May 16, 2024! A safe and sober space for LGBTQ+ young adults ages 18-24. Text @p18onten to 81010 for address!

For information on upcoming programs at the Satellite sites and to join us for digital programs or programs at the Youth Center, please check out the one·n·ten Program Calendar.



**MAY 16TH 7PM-8:30PM | AGES 18-24**

**FOR LOCATION, TOPICS,  
AND REMINDERS, TEXT  
@P18ONENTEN TO 81010**

**FREE GIFT JUST  
FOR ATTENDING!**

# MAY

## Satellite Spotlight



**Gabriel**

he/him

**PRESCOTT MEET-UP**

**AGES 18-24**

**GRAND OPENING**

**THURSDAY, MAY**

**16TH!!**

**What's your astrological sign:**

**Gemini**

**Favorite color:**

**Green**

**Favorite content genre:**

**Horror**

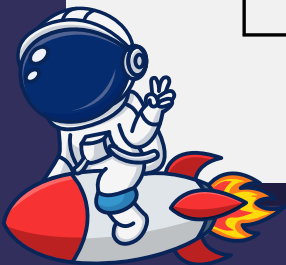
**What's the best concert you've ever been to:**

**Orville Peck**

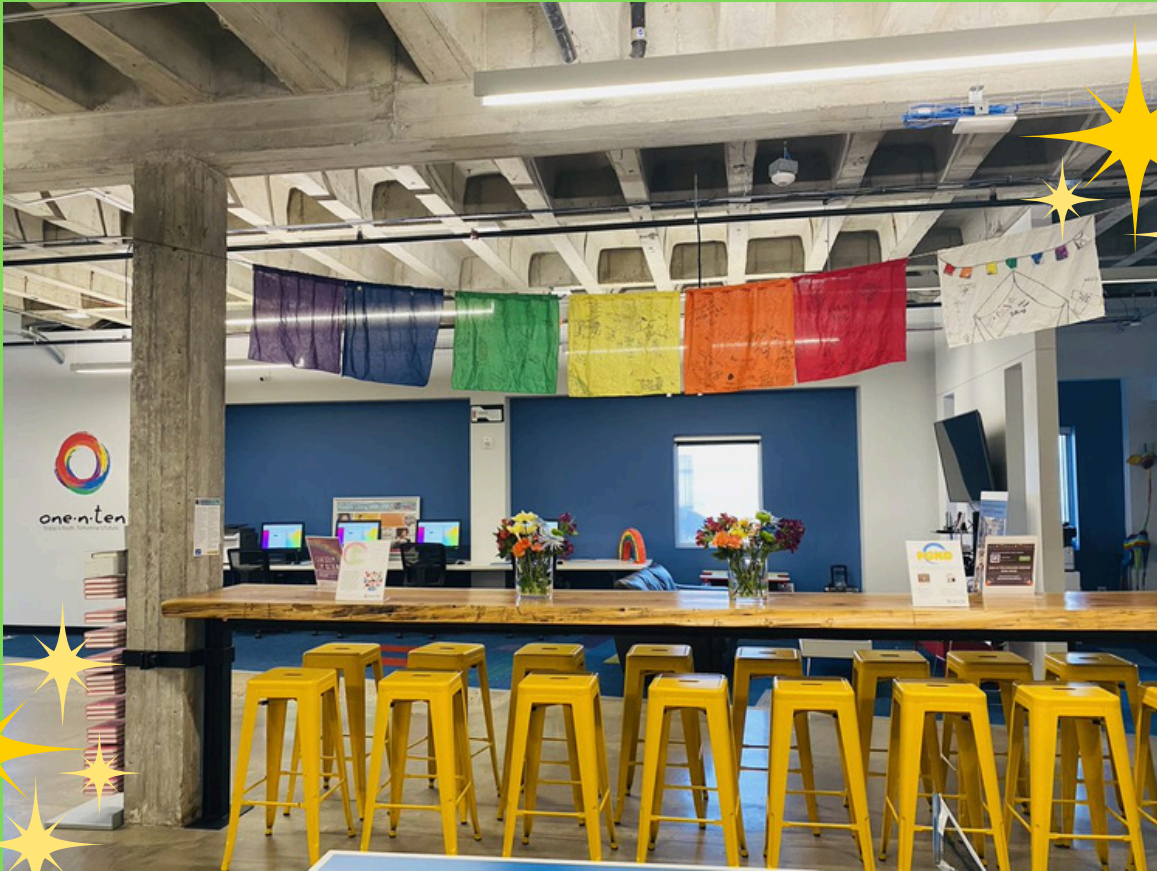
# CHECK OUT A SATELLITE LOCATION NEAR YOU!

TEXT REMIND CODE BELOW TO 81010 FOR PROGRAM TOPIC, DESCRIPTION AND ADDRESS!

<b>Anthem</b>	<b>@anonenten</b>
<b>Chandler</b>	<b>@chonenten</b>
<b>Cottonwood</b>	<b>@cwonenten</b>
<b>Flagstaff ages 18-24</b>	<b>@f18onenten</b>
<b>Flagstaff ages 14-18</b>	<b>@fsonenten</b>
<b>Gilbert</b>	<b>@gbonenten</b>
<b>Glendale</b>	<b>@gdonenten</b>
<b>Litchfield Park</b>	<b>@lponenten</b>
<b>Maricopa</b>	<b>@mconenten</b>
<b>Mesa</b>	<b>@msonenten</b>
<b>North Phoenix</b>	<b>@nponenten</b>
<b>Peoria</b>	<b>@peonenten</b>
<b>Prescott ages 12-17</b>	<b>@psonenten</b>
<b>Prescott ages 18-24</b>	<b>@p18onenten</b>
<b>Queen Creek</b>	<b>@qconenten</b>
<b>Scottsdale</b>	<b>@sdonenten</b>
<b>Show Low</b>	<b>@slonenten</b>
<b>Surprise</b>	<b>@sronenten</b>
<b>Tempe ages 18-24</b>	<b>@teonenten</b>
<b>Yuma</b>	<b>@yuonenten</b>



# YOUTH CENTER HOURS



**one·n·ten Youth Center is open Monday-Friday from 3-7 pm.**

**The 1st Friday of the month is 18-24 year old night (5-7 pm)**

**2gether N Color will be hosted on the 1st Thursday & last Wednesday of every month (5-6:30 pm). The Zone will be the 3rd Thursday of every month at the Youth Center (5-6:30 pm).**

**The 2nd and 4th Thursday is Transgender and Gender Nonconforming Group (5-6:30 pm)**

**Every other Saturday is Big Brothers Big Sisters (12-2 pm)**

# Drag Mentorship Series

**Are you an emerging drag artist? The beauty of drag is that it takes the best qualities about yourself and amplifies them by 1,000%. Trey, the “bearded burlesque Broadway beauty” of Phoenix firmly believes this philosophy and has found drag artist mentors from around the Valley to help make that dream come true. Starting March 15th, join Trey for a 12-week program around EVERYTHING drag, from history to persona-creation to hair and makeup, finishing with a final showcase!**



14 - 24 years old  
Starts March 15th  
4-6pm



# SUMMER ADVENTURES

**AT THE YOUTH CENTER!**



**SUMMER PROGRAM PROVIDED BY ONE·N·TEN,  
AT NO COST, FOR LGBTQ+ AND ALLIED YOUTH AGES 11-13  
YEARS OLD.**

**WE PROVIDE A SAFE, INCLUSIVE SPACE THAT FOCUSES ON  
SELF-EXPRESSION, SELF-ACCEPTANCE, LEADERSHIP  
DEVELOPMENT, AND HEALTHY LIFE CHOICES.**



**JUNE 3RD- JUNE 7TH  
8AM-3PM**

## **Activities**

- ✓ Daily Field Trips
- ✓ Physical and Mental Wellness
- ✓ Inclusive Space
- ✓ Arts and Crafts
- ✓ Music Room

**Complete Application Here:**



**SCAN ME**

**Contact [abby@onenten.org](mailto:abby@onenten.org) for more details!**





# CAMP STAFF & WORKSHOPS VOLUNTEERS

## SESSION ONE

JULY 7 - 13

AGES 11-17

## SESSION TWO

AUG 30 - SEPT 2

AGES 11-24

### CAMP STAFF VOLUNTEERS

- BE AN INSPIRING & ENCOURAGING ROLE MODEL FOR LGBTQ+ YOUNG FOLKS
- CAMP OUTDOORS IS FOR THE CAMPERS! PROSPECTIVE VOLUNTEERS SHOULD BE PASSIONATE ABOUT MENTORING LGBTQ+ YOUNG FOLKS AND HELPING FACILITATE THEIR SAFETY, WELLNESS, AND FUN.
- FAMILY MEMBERS OF CAMPERS MAY NOT VOLUNTEER AT THE SAME SESSION THEIR CAMPER IS ATTENDING.

### CAN'T STAY FOR A WHOLE SESSION? FACILITATE A WORKSHOP!

ARE YOU A LEADER, ACTIVIST, ARTIST, OR HAVE OTHER SKILLS TO SHARE?

SIGN UP TO FACILITATE A CAMP WORKSHOP FOR LGBTQ+ YOUNG FOLKS!



[Volunteer](#)



[Workshop](#)



Fun,  
Friends,  
Future  
Preparation!

# CareerQUEER

Ready to learn skills for job success?  
Join our 6 week course!

**Where?** Virtual Via Zoom

**When?** Monday's 4pm-6pm  
June 3rd- July 15th

**Who?** 16-24 year old's

**Interested?** fill out this form:

<https://www.tfaforms.com/5080611>

Gifts  
and  
Incentives

Deadline to  
sign up is  
May 29th



# WE'RE HIRING



**MARICOPA SATELLITE  
COORDINATOR (PART-TIME)**

**YOUTH CENTER PROGRAM  
ASSOCIATE (PART-TIME)**

**CAMP OUTDOORS PROGRAM  
MANAGER**

**TRAINING PROGRAM MANAGER**

APPLY NOW





# SATELLITE VOLUNTEERS NEEDED!



**COTTONWOOD  
GILBERT  
LITCHFIELD PARK  
MARICOPA  
NORTH PHOENIX  
PEORIA  
PRESCOTT  
SHOW LOW  
YUMA**

[volunteer@onenten.org](mailto:volunteer@onenten.org)



# VOLUNTEER OPPORTUNITIES



**Our organization has an active volunteer program to support our mission of serving and assisting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. All members of our active volunteer program must be 25 or older. Former one•n•ten youth must be 26 or older to participate. Anyone interested in our active volunteer program is required to sign up and attend a volunteer information session. Volunteers must be able to commit to at least 4 hours a month (once a week for an hour) for a year. For more details, check out the link below.**



# 3RD ANNUAL 2SLGBTQ HEALTH MATTERS CONFERENCE



Health  
Choice

## ◀◀ Information ▶▶

Date: June 19, 2024

Time: 8:30am - 4:30pm

Location: Twin Arrows Casino Resort, Flagstaff, AZ

Registration: <https://2slgbtqhealthmatters2024.eventbrite.com>

## ◀◀ Contact ▶▶

Holly Figueroa at [Holly.Figueroa@azblue.com](mailto:Holly.Figueroa@azblue.com)



# COMMUNITY RESOURCES



## Big Brothers Big Sisters of Central Arizona

Meet with your mentor once a month in person to hang out, play games, and talk about important life issues. This is a LGBTQ+ mentorship program where Littles get paired with a mentor who identifies as LGBTQ+. If you're interested in enrolling your child as a Little, please email Eva Siler at [Esiler@bbbsaz.org](mailto:Esiler@bbbsaz.org)

## Virtual PFLAG Phoenix Connects Support Meetings

PFLAG (Parents, Families, and Friends of Lesbians and Gays) is holding virtual support meetings for parents, families, and friends of LGBTQ+ youth. Please visit the website for specific dates:

[www.pflagphoenix.org](http://www.pflagphoenix.org). Send your  
RSVP to  
[pflagconnectsphx@gmail.com](mailto:pflagconnectsphx@gmail.com)



# RESOURCES CONTINUED



## Q-Chat Space

Q Chat - provides live, chat-based discussion groups for LGBTQ+ and questioning teens ages 13 to 19. Q Chat Space aims to help LGBTQ+ teens find community and connect with peers in a supportive environment that encourages them to feel pride in their identity.  
<https://www.qchatspace.org/>

## GLSEN Arizona

GLSEN Arizona is part of a national chapter network that works to ensure that each student in every K-12 school is valued and treated with respect, regardless of sexual orientation, gender identity, or gender expression. We believe that all students deserve safe and inclusive K-12 schools.  
<https://www.glsenarizona.org/>







# CRISIS LINES

**Trans Lifeline:** Trans-led crisis line for trans individuals.  
Call: 877-565-8860  
Website: [www.translifeline.org](http://www.translifeline.org)

**Trevor Project:** 24/7 national crisis intervention and suicide prevention lifeline for LGBTQ youth under 25.

Call: 1-866-488-7386

Text: Text START to 678-678

Chat: [www.thetrevorproject.org/get-help-now](http://www.thetrevorproject.org/get-help-now)

Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)

**National Suicide Prevention Lifeline**  
Call: 1-800-273-8255  
Chat: [www.suicidepreventionlifeline.org/chat](http://www.suicidepreventionlifeline.org/chat)  
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Teen Lifeline**  
Call: 602-248-8336  
(Maricopa County) /  
800-248-8336  
(Statewide)  
Website: [www.teenlifeline.org](http://www.teenlifeline.org)

**Crisis Response Network**  
Central Arizona Local: 602-222-9444  
/ 602-222-9444 (TTY)  
Central Arizona Toll-Free: 1-800-631-1314 / 1-800-327-9254 (TTY)  
Central Arizona Warm Line (Peer Support): 602-347-1100  
Northern Arizona: 1-877-756-4090  
Website: [www.crisisnetwork.org](http://www.crisisnetwork.org)



Please email Elliot (middle), Satellite Program Manager, at [elliot@onenten.org](mailto:elliot@onenten.org), K (left), Satellite Program Assistant Manager, at [k@onenten.org](mailto:k@onenten.org) or Sandra (right), Director of Youth Center & Satellites at [sandra@onenten.org](mailto:sandra@onenten.org)

# CONTACT US!

Questions about one·n·ten's programs & services?

Want to invite one·n·ten to your school, organization, and/or group?

Want to get on this email list?



**one·n·ten**  
Today's Youth. Tomorrow's Future.