









Monday	Tuesday	Wednesday	Thursday	Friday
	1.	2. Yoga/Gentle Stretch & Move 12-1 Music of our Lives 1-2:30	3. Tai Chi 2-3 Healthy Living 10:30-1 Drumming Circle 3-4:30	4. Out & About 9-10:15 Strength in Times of Change 10-11:30 RSVP Bowling 11-1:30 RSVP LOL Film and Planning 2-4
7. Spanning the Spectrum 10-11:30 Pride Preparation (Flowers) 11:30-1:30 Transwomen Healing Circle 2:30-4 Games 4-6	8. 	9. Yoga/Gentle Stretch & Move 12-1	10. Tai Chi 2-3  Healthy Living 10:30-1 Drumming Circle 3-4:30	11. Strength in Times of Change 10-11:30 RSVP Bowling 11-1:30 RSVP Community Gathering 2-4
14. Spanning the Spectrum 10-11:30 Pride Preparation (Puzzle Pieces) 11:30-1:30 Transwomen Healing Circle 2:30-4 Games 4-6	15.	16. Yoga/Gentle Stretch & Move 12-1	17. Healthy Living 10:30-1 Speak Up & Speak Out 12-2 Tai Chi 2-3 Drumming Circle 3-4:30	18. Strength in Times of Change 10-11:30 RSVP Bowling 11-1:30 RSVP Community Gathering 2-4
21. Walk-In HIV & Hep B/C testing 9-12 Spanning the Spectrum 10-11:30 Pride Preparation (T-shirts) 11:30-1:30 Transwomen Healing Circle 2:30-4 Games 4-6	22. Vaccine Clinic 9-3 	23. Yoga/Gentle Stretch & Move 12-1	24. Tai Chi 2-3  Healthy Living 10:30-1 Drumming Circle 3-4:30	25. Strength in Times of Change 10-11:30 RSVP Bowling 11-1:30 RSVP Community Gathering 2-4
28. Spanning the Spectrum 10-11:30 Pride Preparation (T-shirts) 11:30-1:30 Transwomen Healing Circle 2:30-4 Games 4-6	29. 	30. Yoga/Gentle Stretch & Move 12-1	31. Tai Chi 2-3 Healthy Living 10:30-1 Drumming Circle 3-4:30	 It's SUMMER!

Wellness Group Descriptions

Beginner Yoga

Refresh mind, body and soul by learning the principles behind and movements in a gentle, relaxing environment. Group is held at Cactus Bloom.

Community Gathering

A group focused on teaching, learning, and accessing community resources in Tucson that support and reflect positively the 8 dimensions of intersectionality: gender identity, sexual orientation, nationality, race, class, age, disability, and religion.

Pride Preparation

Group will work on coming up with ideas for Pride Parade in September. We'll be making tie dye T-shirts, rainbow ribbons to wave at the parade, paper flowers for the LOL float, flags for the float, photo booth props, and more.

Games

This group is focused on utilizing the social and entertainment aspects of tabletop games, such as Dungeon and Dragons and similar, to build community. Through a communal activity, the goal is to encourage cooperation and bonding within our community as well as facilitating the creation and refinement of social skills that will serve members outside of the group as well. The group meets less than a block to the west of the Living Out Loud location at Tucson Games and Gadgets in The Village shopping complex. [RSVP livingoutloudrpg@gmail.com](mailto:livingoutloudrpg@gmail.com)

Gender Quest

If you identify as agender, gender neutral, gender fluid, gender creative, gender expansive, gender queer, intergender, or nonbinary AND/OR are questioning gender identity all together, this is the group for you! Members will actively participate through sharing and supportive communication using The Gender Quest Workbook and My Gender Workbook. This open group will create a safe opportunity for diverse gender nonconforming and nonbinary members to engage in meaningful conversation to support one another and to explore gender expressions that are outside of the binary system. [On Hold](#)

Gentle Stretch and Move (Yoga and Tai Chi)

Gentle Stretch and Move does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

Healthy Living

Six week group curriculum that teaches people how to self-manage chronic health conditions (i.e. Chronic Pain). **Must attend all six sessions.**

Hormone Workshop

Participants will be informed about the use of hormones, about health and wellness factors associated with hormones, and about how to self-advocate with your medical provider. Participants will be given a letter of completion at the end of this workshop. **It is recommended that you also work with one of our therapists to review health and wellness goals in preparation for hormone therapies.** This workshop meets the WPATH Standards of Care volume 7 recommendations for care. [Contact Staff to schedule appointment.](#)

Seeking Safety

This group is designed to help people who experienced trauma or substance use get connected with helpful resources. Open to all members of the community. [On Hold](#)

Spanning the Spectrum

This group is designed for individuals exploring the neutral and masculine span of the gender spectrum. A safe space is provided to talk about your experiences and needs related to gender identity and gender expression.

Transwomen Healing Circle

This talking circle is a safe space for transwomen and trans feminine folks to talk about experiences, needs, concerns and any other topics related to health and wellness. Topics fluctuate each week, though generally the group discusses safety and security, sex and sexuality, relationships, gender confirmation services and community issues in general.

Step up & Speak out

LOL Member advisory board. We are looking for members that will provide input about the Programming at LOL in order to assist staff in effectively planning groups and events. Please join us if you are able to help.

Strength in Times of Change

Sometimes we think our distress is something about us, when it is often about oppression and power. This group will raise your awareness of the forces that shape our ideas of gender, sexuality, age, social status and so on. One purpose of this group is to reduce harm done to you and within you, while another purpose is for you to resist oppression and cultural powers that attempt to harm us. The change we want to see in the world begins with understanding ourselves. This group is open to all members of Living Out Loud, but to maintain the safety and security of the group member you must speak with the facilitator prior to coming to a group. This is NOT a drop in group; you must RSVP with the facilitator (Chad Mosher).

SRS-GCS

Participants are given information about Sex Reassignment Surgeries, Meets WPATH Standards of Care. [Contact Staff to schedule appointment.](#)

WRAP

WRAP stands for Wellness Recovery Action Plans. It's a group that will help you take charge of your own mental health and/or substance abuse recovery. [On Hold](#)

Living Out Loud groups are open to enrolled CODAC members. Participants interested in any of these groups should call ahead. 3130 E. Broadway Blvd
Tucson, AZ 85716

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