Flexbox (1-Dimentional)	CSS Grid (2-Dimentional)
Perfect for components & layouts in one direction	Complex layouts with rows AND columns
Navigation bars and menus	Page layouts (header, sidebar, main, footer)
Centering content	Image galleries
Equal-height cards	Card layouts with different sizes
Form controls and alignment	Magazine-style layouts
Content-based sizing	Grid-based designs

Choose Flexbox For:	Choose CSS Grid For:
Navigation menus	Page layouts
Button groups	Image galleries*
Media objects (image + text)	Magazine layouts
Centering content	Dashboard interfaces
Distributing space between items	Complex card arrangements
Form control alignment	Responsive layouts
Card components	Calendar layouts*