Greetings,

Thank you to everyone who marched with us in the Phoenix Pride parade! And thank you to everyone who cheered for us as we walked by.
Don't forget to "like" our Facebook page and if you haven't checked out our website, now is the time to do that too.

Sincerely,

PFLAG Phoenix
602.843.1404

### May support meetings:

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>May 5</td>
<td>Tempe</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 10</td>
<td>Beatitudes Campus</td>
</tr>
<tr>
<td>Thursday</td>
<td>May 11</td>
<td>North Scottsdale</td>
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<td></td>
<td>Check their website</td>
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<tr>
<td>Monday</td>
<td>May 15</td>
<td>Central Phoenix</td>
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<tr>
<td>Tuesday</td>
<td>May 16</td>
<td>Mesa</td>
</tr>
<tr>
<td>Friday</td>
<td>May 26</td>
<td>Fountain Hills</td>
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General information on PFLAG Phoenix support meetings, including locations & times, can be found [here](#).

### North Scottsdale Support Meeting Guest Speakers

Please join us May 11th at the North Scottsdale meeting for an evening of support and a special presentation. Our guest speakers for this meeting are Rick and Richard, a couple who are celebrating 33 years together this year.

Richard retired from teaching in New Jersey after 32 years. He taught high school biology. Rick retired from an industry specializing in human resources after 34 years.

Both have experienced speed bumps along the way due to their sexual orientation. Please come prepared to ask questions about their lives. Nothing is off limits.

### Mark your calendars
You are invited to the 22nd anniversary of AIS-DSD Support Group Conference which will be held in Phoenix July 13-16! Don’t miss it!

AIS-DSD Support Group is dedicated to helping those with Androgen Insensitivity Syndrome (AIS) and Differences of Sex Development (DSD)/ Intersex. This group has a network of hundreds of adults, youth, children, families and allies and they partner with many medical professionals and other organizations.

More information about this support group and the July 2017 Phoenix conference can be found here on their website.
More information about this Phoenix Children's Adolescent Medicine Group can be found [here on our website](#).

Information about Phoenix Children's Crew's'n Healthmobile, which treats children & young adults (through the age of 24) who say they are homeless or at risk of being homeless, regardless of insurance status and ability to pay, can be found [here on our website](#).

Phoenix Children's Hospital is the only children's hospital in Arizona with a comprehensive Gender Management Program. More information about this program can be found [here on our website](#).
How can YOU contribute at a PFLAG support meeting?

NOTE: This is a question we get often so I am reposting it for those who have not yet read this article from our website.

Well there are so many ways to contribute, but today we will focus on one valuable way you can make a BIG difference. The following is an excerpt from an essay posted on our website:

Ever see someone enter a PFLAG meeting and you know instantly they are a first-timer, but you don’t know how to approach them? Some support groups have official “Greeters”, but actually, we ALL should consider ourselves “Greeters”. I think we can all remember when we were that person who was entering the support group for the first time. We can remember that fear of not knowing anyone, or not being sure we even wanted to be there, or how we felt about baring our souls to strangers, or the doubts we had about whether even being there was going to help or not.

Just having one person come up to us and say “Welcome to PFLAG” means so much and begins the process of melting away many of those fears. And if that Greeter takes their welcome to the next level and says, “Let me show you our library table. If you’d like to check out a book or a video to take home, you don’t have to be a paying member to do so. Just bring it back the next time you return” or, “Here is a name tag, if you’d put it on, it makes it easier for us all”, or “Do you have someone close to you who is LGBTQ?” You could even ask if it is their first time at the meeting, and if they say “Yes this is my first meeting”, you can respond by reminding them that everyone at the meeting has also had that first meeting at some point. You can also reassure that person that everyone is friendly and knows what they are going through because just about everyone there at the meeting “has been there too”. It is also important that we assure our new attendee that PFLAG meetings are totally confidential and free of judgment. And this is usually when you start to see some relief appear in their eyes. The bottom line is we all like it when someone comes up to us, introduces themselves, pinpoints and directly addresses some of our fears. There is nothing worse than feeling alone and isolated or ignored. We all need to feel like someone cares about us and understands what we are going through. No one wants to feel like they’ve just walked into a big “CLIQUE”.

Continue reading essay …