Greetings,

The holiday season can be a time of high anxiety, especially when things are rocky with your family.

Please remember that PFLAG is here to give you support and share ideas on how to survive the holidays. Stop in to one of our support meetings. We would love to see you!

Are you celebrating Thanksgiving and have room for one more at your table? Consider inviting someone, who may not have anywhere else to go, over for Thanksgiving dinner.

And don’t forget ... please "like" our Facebook page if you haven't yet and check out our website too!

Sincerely,
PFLAG Phoenix
602.843.1404
info@pflagphoenix.org

Submit your nominations

It is time to start thinking about elections for 2018 PFLAG officers. Our by-laws require that each chapter member in good standing (current year membership dues paid) be afforded the opportunity to place the name(s) of individuals on the ballot for the positions of President, Vice-President, Secretary and Treasurer. Self-nominations are permitted and encouraged.

To qualify, a nominee must:

* Be a Chapter member in good standing
* Have given permission to serve in the position being nominated for
* Expect to be present for at least four of the six bi-monthly Board of Directors meetings. More info on Board of Director's meetings can be found here.
* Nominations do not need a second.

If you are not a member, now is the time to become one (see below) so you too are able to provide direction and leadership either as a Board Member or an Officer in 2018.
Nominations can be mailed or e-mailed no later than 11/17 to:

**Address:**
Election Committee  
C/O G. Lewis Penrose  
2701 N. 7th Ave.  
Phoenix, Arizona 85007

**OR**

**E-mail:**  
info@pflagphoenix.org

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**November support meetings:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>November 3</td>
<td>7:00pm - 8:30pm</td>
<td>Tempe</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Check their website</td>
<td></td>
<td>Native American</td>
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<tr>
<td>Wednesday</td>
<td>November 8</td>
<td>2:00pm - 3:30pm</td>
<td>Beatitudes Campus</td>
</tr>
<tr>
<td>Thursday</td>
<td>November 9</td>
<td>7:00pm - 8:30pm</td>
<td>North Scottsdale</td>
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<tr>
<td>Tuesday</td>
<td>November 21</td>
<td>7:00pm - 8:30pm</td>
<td>Mesa</td>
</tr>
<tr>
<td>Monday</td>
<td>November 20</td>
<td>7:00pm - 9:00pm</td>
<td>Central Phoenix</td>
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</tbody>
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More information on all of our support meetings can be found [here](#).

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**Guest speaker at the Central Phoenix meeting on November 20th**

Please join us at our main support meeting on November 20th for guest speaker, Dr. Stacy LaMorgese. Dr. LaMorgese is currently an associate psychologist after completing her post-doctoral residency here at East Valley Counseling Associates. Dr. LaMorgese has had over five years of intensive training in the Family Forensic Psychology and Clinical psychology fields. She obtained her doctorate at the Arizona School of Professional Psychology in Phoenix, Arizona. Prior to joining East Valley Counseling Associates, Dr. LaMorgese conducted individual therapy, family therapy, group therapy, psychological assessments, learning disorder assessments, and psychodiagnostic assessments at Canyon State Academy and with the Glendale Union High School District.

**Treatment specialization includes:**

- Psychological Assessments
- Therapy for Depression and Anxiety
- Couples Counseling
- Lesbian, Gay, Bisexual, Transgender and Questioning Concerns
- Conflict Resolution
- And more ...

Our Central Phoenix meeting is held at First Congregational United Church of Christ,  
1407 N. 2nd Street, Phoenix, AZ 85004
A Big Thank You To Everyone Who Helped at the Rainbows Festival

We here at PFLAG Phoenix want to thank all of the wonderful people, both within PFLAG and outside of PFLAG, who helped us staff the PFLAG Phoenix booth at the October 2017 Rainbows Festival. It was so wonderful to see old friends we haven’t seen for a while and catch up on their lives. But we also met many new people that we’d love to see again. We hope they will consider joining us at one of our 5 valley-wide support group meetings and become a part of our PFLAG family.

A Message From Our President: It’s Membership Time!

Please join PFLAG Phoenix as an official member, or renew your existing membership for 2017/18

Greetings from PFLAG Phoenix,
October was the beginning of our annual renewal month for memberships. Would you please consider joining PFLAG Phoenix or renewing your membership again? In the last several years the LGBTQ+ community has made great strides in gaining equality. We have gone from Domestic Partnerships to Civil Unions to Marriage Equality. Many states have workplace protections, however Arizona is not one of those states, and there is still much work to be done. But there have been drastic changes in this past year and everything we have accomplished is in grave danger. Needless to say, we have a lot of work to do. Not only do we need continue fighting for the same rights that everyone else enjoys and takes for granted, but we must fight to protect the victories we have already won.

Generous donors and membership purchases & renewals keep PFLAG Phoenix afloat. We have no paid staff and all work is done by volunteers. Please consider renewing or joining now to help us support our loved ones, educate families and friends, and advocate to protect & advance strides gained in the past.

We have 4 easy ways to join or renew on our website with simple-to-follow instructions provided with each option and a wide variety of different Memberships and Sponsorships from which to choose. And remember, PFLAG Phoenix is a 501(c)(3) tax-exempt, non-profit organization. All donations are fully tax-deductible, as permitted by law.

Thank you for your past and ongoing support. And remember, membership is NOT required to attend any of our support meetings or public functions.

Best wishes,
Geoffrey Dorsey, President, PFLAG Phoenix

(Our membership letter can be found here.)

Another Huge Thank You
from Kim Sullivan, facilitator of the Fountain Hills support meeting

It was with a heavy heart, lots of stories, many laughs, and a few tears that we held our last Fountain Hills PFLAG Phoenix support meeting this past month. With six years of memories to cover, we had so little time in which to
most beautiful, compassionate, and interesting people I will ever know. I will miss them with all my heart.

But I would be remiss if I did not mention the person who was instrumental in making the Fountain Hills meeting a possibility, Pastor David Felten. None of this could have happened without him. He has a long history of being a strong advocate and warrior for LGBTQ rights, dignity, and equality. Many years ago he reached out to PFLAG Phoenix and offered us his church, The Fountains United Methodist Church, as a home for what would become the Fountain Hills support meeting. He supported us in every way possible and helped us get on our feet. We cannot thank him enough for all of his support.

So to everyone who has made this meeting a success these past 6 years, thank you. I came to give support & love, but it was me who is walking away feeling so supported and loved. These past six years have enriched my life in so many ways. Each and every person whose path has crossed with mine has left an indelible mark in my heart. It was truly an honor to be in a position that allowed me to meet so many wonderful people and I will be forever grateful to have had this opportunity. I can truly say that I am a much better person than I was six years ago.

Thank you so much.

With love,
Kim

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*Are you looking for a way to support PFLAG Phoenix but don't have the time to volunteer?*

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*Do you shop at Amazon? Great news if you do!*
Have You Considered United Way?

We have great news for those of you who are looking for a good way to support PFLAG Phoenix but do not have the time to volunteer. United Way and United Way Bank of America have been very important sources of our (PFLAG Phoenix) income - approximately 20% in 2016.

Anyone working for an employer who participates in an annual campaign for United Way may designate all or part of their donation to PFLAG Phoenix by entering agency code: 1016. And the best part is there are even some companies that match all or a percentage of these donations! Maybe yours is one of them.

What if PFLAG Phoenix is not on your company’s list? Then PFLAG Phoenix can be written in, but you must remember to include PFLAG Phoenix’s agency code, which is 1016.

We cannot express enough how much this helps us and how much we appreciate these donors. We thank you from the bottom of our hearts for your generosity!