PFLAG phoenix

Parents, Families and Friends ~~of~~ And Lesbians and Gays

(and Bisexual, Transgender, and "Questioning" People)

# PFLAG Phoenix Newsletter

**Events and information** **May 2018**

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### 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:

| | | |
|---|---|---|
| **Friday** | **May 4** | **Tempe** |

| | | |
|---|---|---|
| Wednesday | May 9 | Beatitudes Campus |
| **Thursday** | **May 10** | **Scottsdale/Paradise Valley** |
| **Check their website** | | **Native American** |
| **Monday** | **May 21** | **Central Phoenix** |
| **Tuesday** | **May 15** | **Mesa** |

**Information about our new Scottsdale/Paradise Valley meeting can be found here. General information on PFLAG Phoenix support meetings, including locations & times, can be found here.**

## Did you hear the news? We have a new support meeting!

We are pleased to announce that we have a new Scottsdale/Paradise Valley support meeting. Our first meeting was last month on April 12th. It will fill the time slot that our old North Scottsdale meeting had, the 2nd Thursday of each month @ 7:00pm.

We hope to see those of you who used to attend the North Scottsdale meeting or the Fountain Hills meeting at this new meeting, and of course newcomers are always welcome! More information about this new meeting can be found **here**.

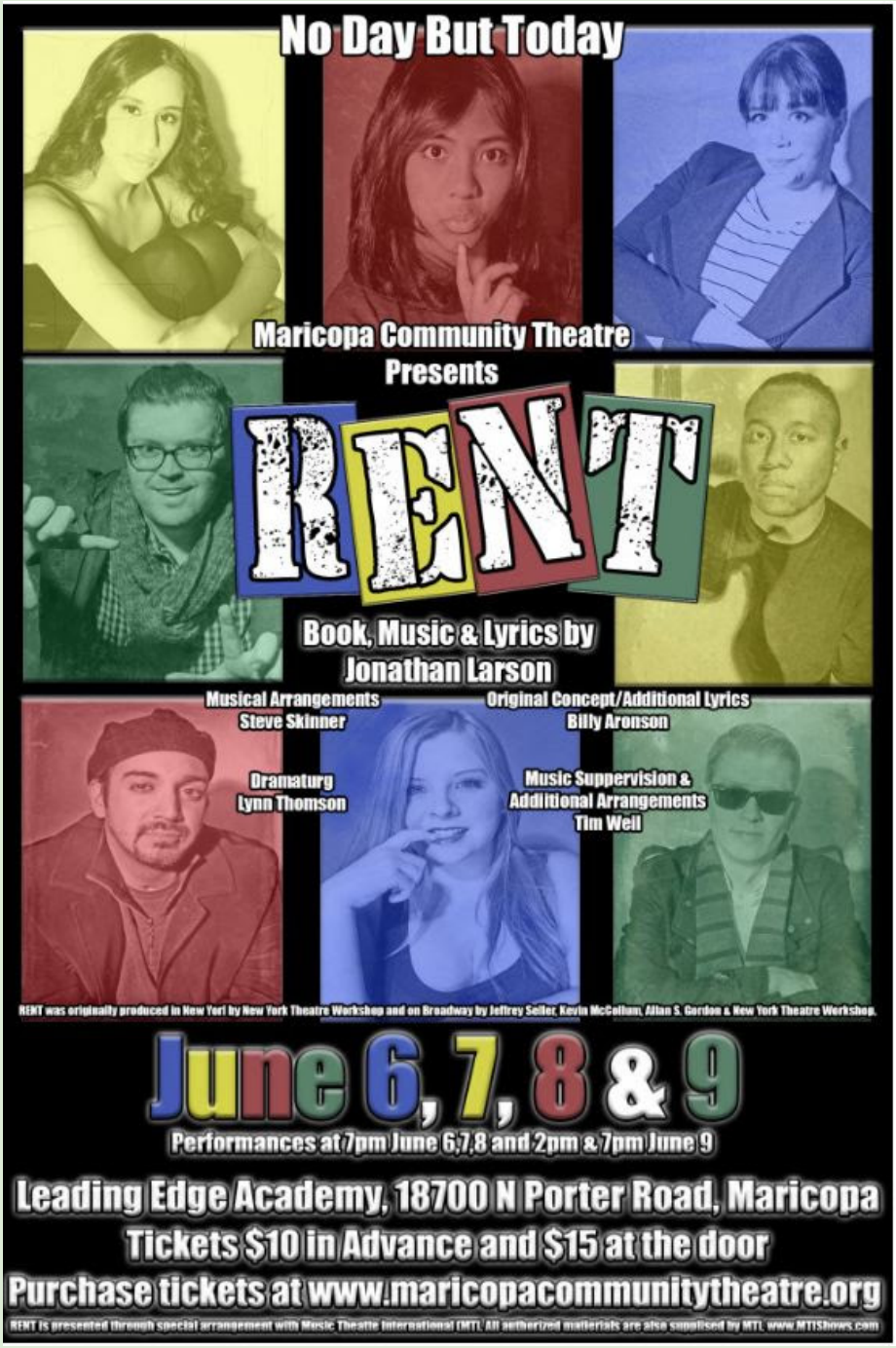
## Mark your calendars ...

Are you looking to escape the heat? Well, we have two great events to tell you about. Both are great ways to have some fun while staying cool & comfortable.

The first event, **I Am What I Am**, is a concert celebrating milestones in LGBT history. It is on Sunday, June 3rd, at 3:00pm at the Tempe Center for the Arts, 700 W, Rio Salado Parkway, Tempe. PFLAG will be recognized for its role in this remarkable history with our very own President, Geoffrey Dorsey, making the introduction for PFLAG Phoenix.

More information on this great event can be found **here**.

The second event is also in June (6th,7th,8th,9th) so check link below for more info. It is a really fun musical, presented by Maricopa Community Theatre, that many of you may be familiar with, "RENT". What makes this particular production very special to us is that one of our friends from PFLAG Phoenix and **TZAS**, Cameron Morgan, will be performing in this musical.




More information on this event can be found **here**.

## Spotlight on PFLAG Phoenix's Resource page

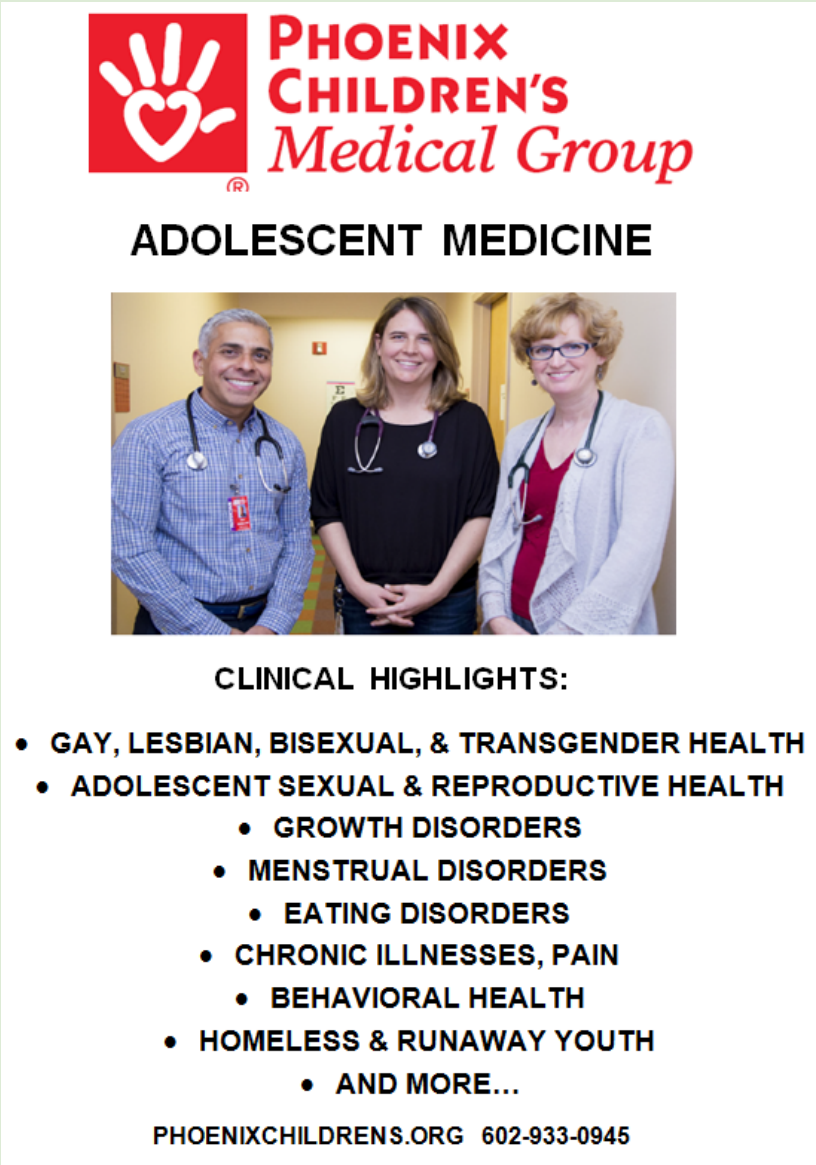
Are you looking for a welcoming church , a gay friendly therapist, a good book for your lgbtq child, or a fun gay bar? Have you checked out our PFLAG Phoenix **website** yet? It is full of useful information about all of those things and so much more.

If you have not checked it out yet, now would be the time to do it. So today we'd like to focus on our website's information-rich **Resources**page because this is where you would find that welcoming church or fun gay bar or that good book for yourself or your child.

Our resources page features a section on community resources,  a section on local annuallgbtq events, a section with links for finding a new PFLAG chapter if you are moving, a section listing lgbtq-friendly healthcare, a section listing hotlines & crisis centers, a section on keeping yourself safe in school, a section listing free PFLAG

publications, a section of youth/adult resources, an ever-growing list of books that feature transgender, gender non-conforming, and gay children/teens, a section of fiction and nonfiction for youth, and a section of books for adults.

So go on! Check it out. We think you'll find it worth your time & effort.




More information about this Phoenix Children's Adolescent Medicine Group can be found**here on our website**.

Information about Phoenix Children's Crews'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**.

For more resources on issues that impact the LGBTQ community, please check out PFLAG Phoenix's **Resource** page. It is loaded with links to invaluable information.

## How can YOU contribute at a PFLAG support meeting?

(Reprinted from last year)

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 ...