Greetings!

The holiday season is a wonderful happy time for most people, but we must not forget that for a lot of people, it can be a time of high anxiety, especially when things are rocky with their family. If you are one of those people, 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 having a big Christmas dinner and have room for one more at your table? Consider inviting someone, who may not have anywhere else to go, over to share in the holiday spirit.

Wondering what else is going on in December? Check out the calendar on our website. We list all our support meetings and other events that may be of interest to you.

And remember, we love our volunteers! If you’d like to know more about ways you can help our chapter, email us at info@pflagphoenix.org or check out our Volunteer page on the website where you can find all kinds of great opportunities to help out.

Don’t forget to "like" our Facebook page if you haven’t yet! And from PFLAG Phoenix, we wish everyone Happy Holidays.

Sincerely,

PFLAG Phoenix
602.843.1404

A Message from PFLAG

This time of year presents challenges for many of our PFLAG Phoenix friends & family. We know it can feel overwhelming. We see it and feel it in our support meetings. And though we cannot assure people that their fears are unfounded, we can assure them that they are loved, valued, and not alone. Please know PFLAG will always be there for you.

We’ve got 5 local meetings here in the Phoenix area, more than 400 chapters and 200,000 members and supporters across the country ready to get this done. That’s thousands of people committed to sending this holiday message: You are loved and you are valued. And with your help PFLAG will always fight for you & always be there for you.

P.S. If you are struggling and need help, don’t wait, and don’t suffer alone: Asking for help is a sign of strength. If you or a loved one is in danger or have thought about self harm, please call The Trevor Project at 1-866-488-7386. Other hotlines and crisis centers can be found here on our website.
December support meetings

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>December 6</td>
<td>7:00pm-8:30pm</td>
<td>Tempe</td>
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<td></td>
<td></td>
<td>Check their website Native American</td>
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<tr>
<td>Thursday</td>
<td>December 12</td>
<td>7:00pm-8:30pm</td>
<td>Scottsdale/PV</td>
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<tr>
<td>Tuesday</td>
<td>December 17</td>
<td>7:00pm-8:30pm</td>
<td>Mesa</td>
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<tr>
<td>Tuesday</td>
<td>December 17</td>
<td>7:00pm-8:30pm</td>
<td>Phoenix</td>
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General information on all of our support meetings can be found [here].

Membership Reminder

Just a quick note to remind everyone that NOW MORE THAN EVER is the time to join or renew your membership. We must defend all of the progress we have made and fight harder than ever to continue gaining ground in the fight towards full equality, respect, and dignity. And that takes volunteers and money. So please consider becoming a member (though it is NOT necessary to be a member to attend meetings, work as a volunteer, or join in on PFLAG Phoenix activities).

Joining is easy. Just go to our website where you will find numerous ways to donate or join, easy-to-follow instructions, and lots & lots of choices when it comes to picking a membership or a sponsorship to fit your budget. And of course, a big heartfelt thank you to everyone who has already joined or renewed. We could not do it without you!

A Note About the Election of our 2020 PFLAG Phoenix BOD Officers

If you are a member, you will be receiving or have already received a letter from us regarding our BOD election. It will have a ballot included. Three of our Board of Director positions have been filled for 2020 by acclamation as they ran unopposed. They are: President, Secretary, & Treasurer. The only contested office for which you will have to cast a vote is the Vice President. We have 2 very worthy nominees: Andrew Barreras and Debra Wilson.

Please fill the ballot out as soon as possible and get it back to us by December 10th. All ballots postmarked later than December 10th will not be considered.

Here are the 2020 Officers for President, Secretary, and Treasurer:

- President: Crystal Assetta
- Secretary: G. Lewis Penrose
- Treasurer: Ron Elkins
We want to thank these three Board officers and two nominees for their commitment to PFLAG Phoenix. We cannot do it without you!

**A message from one*n*ten: Adopt a Diva for Queermas**

If you are not familiar with this wonderful organization, one*n*ten, you can check them out here. And if you are already familiar with it and want to be a part of supporting it this holiday season, check out this special Adopt a Diva event they do every year.

Every holiday season, the one*n*ten youth and staff celebrate Queermas! one*n*ten youth range in age from 11-24, and nearly half of the youth in our programs are homeless, or otherwise disenfranchised, and they all are in need of a great holiday through community supporters like you. Their Youth Center is open each year on Christmas Day, where the youth receive personalized gifts under the tree that are made possible by the community.

So if this is something you would like to do, please click on the Adopt a Diva link above and scroll down the page and get much more information on this event. And while you are there, check out the "Holiday Wish List" the one*n*ten staff collects towards the bottom of the page.

**Calling all LGBTQ+ students**

Point Foundation is now accepting applications to become a Point Scholar! Apply for a Point Foundation scholarship today! Deadline is Jan 27th, 2020. Check out their website for more information.