

Newsletter of PFLAG Fort Worth Chapter, P.O. Box 8279, Fort Worth, TX 76124. Published monthly, June & July issues combined.

PFLAG promotes the health and well-being of LGBTQ people and their families and friends through support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and secure equal civil rights. PFLAG provides opportunity for dialogue about sexual orientation, and acts to create a society that is healthy and respectful of human diversity.

PFLAG Fort Worth Meeting/Support Group Meets on FIRST THURSDAY Every Month

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PFLAG Fort Worth Important Dates

- 5/02 PFLAG Fort Worth Monthly Meeting Page 2
- 05/08 Food & Fun ConFAB (conversation) Page 1
- 05/09 PFLAG Dallas Monthly Meeting See below
- 05/27 Sam House Supper Club Page 4
- 05/26 Trans Support Group on Zoom Page 2
- 06/06 PFLAG Fort Worth Monthly Meeting Page 2
- 06/12 Food & Fun ConFAB (conversation) Page 1

To attend VIRTUAL PFLAG Fort Worth events, please EMAIL info@pflagfortworth.org for Zoom link

For information about PFLAG Dallas events, please see their website—pflagdallas.org or their [Facebook](#) page.

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Food & Fun ConFAB
Join us for conversation and fun at 6:30pm
the 2nd WEDNESDAY of May
Shaw's Patio Bar & Grill on Magnolia Ave
Fort Worth, TX

See you at Shaw's on May 8 at 6:30pm!



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Transgender Support Group Meets on ZOOM LAST SUNDAY Every Month

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Often, what stands in our way isn't a lack of people who are willing to help, but rather our unwillingness to ask for it. We could be afraid of imposing on people with our issues or worry about being scrutinized for our weaknesses. Nonetheless, it is critical to recognize that helping one another is a fundamental aspect of the human experience and that we are all interlinked. Through seeking help, we not only give ourselves a chance to get better, but we also give others a chance to show grace by giving their knowledge and compassion.

"Giving Grace" by Faria Tavacoli [Read more here](#)

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LET'S TALK
Transgender Support Group
 In Partnership with
St. Stephen's Episcopal Church - Hurst
VIRTUAL on Zoom
LAST SUNDAY of Every Month 3-5pm
 Talk as much or as little as you want
Share Our Stories - Share Our Strength

PFLAG Fort Worth
 Call or Email for Link
 817-382-7353
 info@pflagfortworth.org



PFLAG Fort Worth meeting/support group is every FIRST Thursday, at 6:45pm
 We meet in the building behind Celebration Community Church, 908 Pennsylvania Ave., Fort Worth 76104
Parking is free and easy to find.

Our May meeting is Thursday, May 2. Come meet Denis Cranford and hear all about Camp Haven. Then, we'll share stories and support.
Talk as much or as little as you want.

Family support /acceptance are critical to health and wellbeing of LGBTQ+. Come to PFLAG Fort Worth meetings to give and receive support.
You do NOT need to be a member to attend.
There is no cost to attend.

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About Faria Tavecchi

Faria Tavecchi has written stories for the Channel Kindness Storytellers Club which is a project of the **Born This Way Foundation**. [Learn more here](#)

"Loving your LGBTQ+ child is always the right thing to do." Brian Bond, CEO of PFLAG National



United Methodist Church - Accepting LGBTQ+

The United Methodist Church, meeting in general conference, has passed a resolution that can end the church's ban on LGBTQ+ clergy and same-sex weddings. [Read more here](#)

LGBTQ SAVES' mission is to provide safe, brave spaces for social and personal development of LGBTQ youth." Youth meetings are a place for youth (12-24) to connect with mentors and peers
 For information Vic.Maldonado@lgbtqsaves.org
[Read more here](#)

Inclusion Guide - How to Create Welcoming Spaces

The guide was published by the Justice Network of Tarrant County. They say, "As we strive toward creating more welcoming spaces in our religious and communal life, we know that matters of inclusion and equity for LGBTQ+ individuals are not always obvious. This guide serves to make this easier, offering suggestions on avoiding pitfalls and accepting yourselves and your community where you are. Of course, the Justice Network encourages every effort to include LGBTQ+ voices in this work." [Download the guide here.](#)

National Suicide Prevention Lifeline 800-273-8255

Please mark your calendar NOW!
 1st Thursday - PFLAG Fort Worth - 6:45
 2nd Wednesday - PFLAG at Shaw's - 6:30
 Last Sunday - Trans Support on Zoom - 3:00

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Westside Unitarian Universalist Church
 We Are a Welcoming Congregation



901 Page
 Fort Worth, TX 76110

817.924. MYUU (6988)

Sunday Service at 10:30 in person and on Facebook Live



CELEBRATION COMMUNITY CHURCH

908 PENNSYLVANIA AVE . FT WORTH . TX

#TRADITIONWITHOUTJUDGMENT

JOIN US FOR WORSHIP
 EVERY SUNDAY AT 10AM

www.celebration-community-church.com

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Joon - LGBTQ-Affirming Online Therapy



Emily Pesce, a trans woman and LGBTQ+ activist, who is Joon’s CEO, says that Joon’s “vision is to create a new model for mental health care, designed specifically for youth and young adults, that integrates the benefits of one-on-one therapy sessions with a mobile app-based experience.” Joon’s mission is to overcome barriers to mental health care by making

quality care accessible to more youth and families

Emily transitioned when she was 38-years-old and was helped a great deal by therapy before, during, and since then. Her mission is to provide easy access to therapy for youth that need it, especially LGBTQ+ youth and those who are marginalized. Emily feels strongly that it is vitally important for LGBTQ+ to share their stories for visibility, community and to show how they are thriving in life.



Joon’s therapists personalize their approach for each client and provide tele-therapy that’s fits into anyone’s busy schedule. Joon’s student advisory board provides feedback that helps Joon provide an engaging and enjoyable therapy experience for clients.

For resources to use now, [go here](#) and click on “Resources” for Parent Guides, Links for Teens, etc. For PFLAG members interested in Joon, use this code go.joon.com/PFLAG [Read here](#) [Joon on Facebook](#)

Parents of Trans Youth

Mandy Giles, founder of Parents of Trans Youth, is the mom of 2 non-binary young adults. She has spoken to the Texas Legislature in support of trans people, and she works to make the world a safe place for trans youth. Parents of Trans Youth is an excellent resource for parents and caregivers of trans, nonbinary, and gender diverse kids and youth. [Read more here](#)

Trevor Project Lifeline - 866-488-7386
Or Text “START” to 678-678

You’ll talk to a Trevor counselor who understands LGBTQ issues and won’t judge you. Your talk will be anonymous. You can share more or less as you like. Counselors are available 24/7 to talk/text/listen



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TRANS SUPPORT GROUP meets on ZOOM on the last Sunday of the month at 3:00.

To join the Zoom meeting, please email info@pflagfortworth.org. PFLAG Fort Worth partners with St. Stephen’s Episcopal Church in Hurst, TX, to provide this Trans Support Group.

Healing Power of Music

Lady Gaga says, “No matter what race or religion or nationality or sexual orientation or gender that you are, it [music] has the power to unite us.” [Click here for Spotify playlist](#) of music chosen by the group Channel Kindness.

LGBTQ+ Stress Relief

The Born This Way Foundation, National Council for Mental Wellbeing, and National Assn for School Psychologists composed lists of tips on issues that may cause stress to LGBTQ youth. These include “Bullying: Everyone Can Help,” “Helping Others in Distress,” “Know the Warning Signs of Suicide,” etc. [Read more here](#)



Don’t miss the Dallas Pride Parade at 2:00pm on Sunday, June 2 at Fair Park in Dallas. March in the parade with PFLAG Fort Worth!

[Read more here](#) [FYI about Dallas Pride here](#)

Penzy’s Spices Speaks Up About Trans

“...if we are going to save our democracy, if we are going to save our environment we have to get over our discomfort about speaking honestly about their actions.” [Read more here](#)

Penzy’s supports same-sex marriage. [Read more here](#)

BlackLine - Call 1.800.604-5841 for support BlackLine is a Black, Indigenous, People of Color (BIPOC) LGBTQ+ support line, by BIPOC folks,

Trans Lifeline Hotline at 877-565-8860

Trans people located all over the US and Canada, for trans and questioning callers.

Walk or ride with us on Sunday, June 2 in Dallas Pride Parade

Meet us before 2:00pm in the parade line-up at Fair Park in Dallas

You don’t have to be a member to march with us, you just have to care about LGBTQ+

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Important Dates in May

- May - Mental Health Awareness Month
- May 05 - International Family Equality Day
- May 05 - Red Dress Day
- May 17 - IDAHOBIT
- May 19 - Agender Pride Day
- May 24 - Pansexual and Panromantic Day

Mental Health Awareness Month

Compared to their straight and cisgender peers, LGBTQ+ people are often more likely to deal with anxiety, depression, thoughts of suicide, etc. [Read more here](#)
 For popular mental health articles and quick, online tests that screen for mental health conditions, [read more here](#)

International Family Equality Day

Since 2012 on the 1st Sunday in May, rainbow families have been celebrated world-wide. We must create awareness about need for equal treatment for ALL families, including those with LGBTQ+ family members. [Read more here](#)

Red Dress Day

May 5 is “a day to remember and honor missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ peoples.” [Read more here](#) and [Read more here](#)
 Sponsored by Amnesty International [Read more here](#)

IDAHOBIT

International Day Against Homophobia, Transphobia, and Biphobia is on May 17 because on that day in 1990, the World Health Organization declassified homosexuality as a mental disorder. [Read more here](#)

Agender

To be “agender” is to not identify with any gender. “We are all individuals of our own identities and should acknowledge, educate and celebrate one another.” [Read more here](#)

Pansexual and Panromantic

Pansexual and Panromantic people are attracted to others regardless of their sex. [Read more here](#)
[Read more here](#)

Please mark your calendar NOW!
 1st Thursday - PFLAG Fort Worth - 6:45
 2nd Wednesday - PFLAG at Shaw's - 6:30
 Last Sunday - Trans Support on Zoom - 3:00

Finn's Place – Trans and Gender Diverse Space in Fort Worth, TX, is on [Facebook](#), [Twitter](#), and [Instagram](#).

Suicide Prevention Resource Center

LGBTQ suicide prevention. [Read more here](#)

Equality Texas' Resources for LGBTQ+ community are evolving. Please check here if you need help. [Please click here for Resources for Covid, Health Care, Crisis Hotlines, Food, Housing, Family, Youth](#)

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PFLAG FORT WORTH ON PAYPAL

There are now two ways to interact with PFLAG Fort Worth through PayPal!

To make a one time donation:

paypal.com/us/fundraiser/charity/2047249

If you have Questions or trouble with the link, please contact info@pflagfortworth.org.

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To set up a recurring membership, go to our website, pflagfortworth.org. Click on the Membership tab on the top, then choose the level of membership you want. Complete the process through PayPal (if you don't have a PayPal account, it's free and easy to set up), and voila you're all set! The advantage to online is you don't have to remember to renew every year!

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Come join us for the fun and reward of serving dinner at Samaritan House every 4th Monday from 5:30-6:30. Or send a dish to contribute

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Looking for a Way to Help?

- ♥ **WHO:** PFLAG Fort Worth's Samaritan House Supper Club
- ♥ **WHAT:** Serve Dinner to Sam House residents
- ♥ You can also make a dish to contribute even if you can't come to help serve.
- ♥ **WHEN:** Fourth Mondays, 5:30 - 6:30 pm
- ♥ **WHERE:** Samaritan House, 929 Hemphill St, Fort Worth, 76104
- ♥ **WHY:** Because it makes a Difference
- ♥ Interested? **Contact Ruby at 817-382-7353**

PFLAG FORT WORTH ON SOCIAL MEDIA

LIKE US ON FACEBOOK

<https://www.facebook.com/pflagfortworth/>

FOLLOW US ON TWITTER @pflagftworth



**Interested in helping an LGBTQ kid?
Check out Big Brothers Big Sisters**
<https://bbbstx.org/>





**Big Brothers
Big Sisters**



**PFLAG Food and Fun ConFAB
Shaws Patio Bar & Grill
1051 W Magnolia, Fort Worth**

**Come for fun & conversation
On Wednesday,
May 8
at 6:30pm**



 **To our PFLAG Fort Worth
Members and Friends** 

The PFLAG mission of support, education, and advocacy is as vital as ever. Please continue your support by renewing your membership, attending meetings, and/or donating to PFLAG Fort Worth so we can fulfill our mission. Despite a growing acceptance of diversity in our society we are all too aware of hostility and worse toward LGBTQ persons. **Please help PFLAG keep working toward the society we want;** where people are informed, rights are protected, and families find care and understanding.

Among the ways we served our mission in the 2022-2023 year:

- Speaking to Fort Worth Public Schools teachers/counselors and administrators to advance equality
- Offering a speaker meeting and having a support group on the 1st Thursday of every month at Celebration Community Church in Fort Worth. (now in person and on Zoom)
- Providing dinner for up to 50 residents at our monthly Supper Club at the Samaritan House in Fort Worth.
- Making Christmas stockings for the children living in Samaritan House family apartments, donating money Toward Halloween costumes, and tutoring residents.
- Proudly marching in the Fort Worth and Dallas Pride parades. Staffing a Booth at the Fort Worth Festival and Picnic.

- Briefing employees at several businesses, universities, and federal agencies on our mission of advocacy, support and education.
- Partnering with the TCU Education Department and TCC to share PFLAG's mission.
- Offering a Trans Support Group on Zoom in partnership with St. Stephens's Episcopal Church in Hurst TX.

GOALS for October 2023 - September 2024:

- Offer a scholarship to graduating seniors of LGBTQ SAVES
- Develop ways to become more visible to those who need us and don't know we're here.
- Send an officer to the PFLAG National Conference .
- Continue advocating for the LGBTQ community with businesses, educators, and families.

Everything we undertake has a financial outlay for materials, space, publicity, fees, insurance, printing, etc., and, proudly, the goal for scholarship awards.

We are making a difference and need you with us. Please help PFLAG Fort Worth move equality forward during our coming year. Please support PFLAG Fort Worth with generosity, commitment to mission of support, education, advocacy, and attendance at meetings!

***Join! Renew! Attend Meetings! Donate!
If you have already renewed, THANK YOU!!***

Membership Application



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You can also set up a recurring membership on our website!!