



You are not alone

We have the support and resources you need.

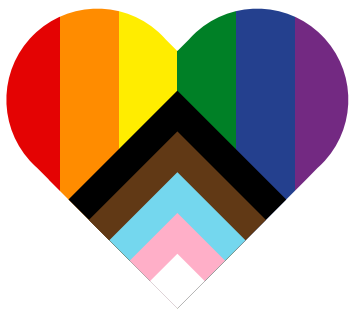
PFLAG Fort Worth

Important Dates

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To attend virtual PFLAG Fort Worth events, access form on website - pflagfortworth.org

For Dallas PFLAG - www.pflagdallas.org



PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

Join PFLAG Fort Worth today!

Unsure How to Help?

Ben Greene, of Good Queer News, says, "Lately, I've heard from a lot of people in two camps:

1. Folks who are feeling isolated and fearful, and are wishing more people would reach out to see how they're doing.

2. People who are tremendously worried about their friends, loved ones, coworkers, and favorite Substack author, but aren't sure what to say or how to help."

Ben has written a vitally important article on how to "bridge the gap between these groups." He says he has spent time in both groups! Perhaps you are in one group and have loved-ones, friends, etc. who are in one group. Ben says, "If you have LGBTQ+ people you love, they are probably struggling right now. I don't tell you this to alarm you. I tell you this to encourage you to reach out, or have a conversation, or whatever feels right for you. It's time to check in." [Read more here from Ben Greene's Good Queer News](#)

PFLAG Fort Worth

Meeting and Support Group

First Thursday Every Month

6:45pm Social

7:00 Meeting/Support Group

In person and on Zoom

Celebration Community Church

Fellowship Hall

908 Pennsylvania, Ft Worth

Food and Fun Confab

Every Second Wednesday

at 6:30ish pm

Trans Virtual Support Group

Last Sunday Every Month

3:00-5:00 on Zoom

**Share our stories,
Share our strength.**

**Talk a little or a lot as you want
or just listen.**

**You do not need to be a member
There is no cost to attend.**

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



CELEBRATION COMMUNITY CHURCH

908 PENNSYLVANIA AVE . FT WORTH . TX

#TRADITIONWITHOUTJUDGMENT

JOIN US FOR WORSHIP
EVERY SUNDAY AT 10AM

www.celebration-community-church.com

March Speaker – Denis Cranford

Care about LGBTQ+ children and youth? Join us at our PFLAG Ft Worth meeting on Thursday, March 6, in person or on Zoom to hear Denis Cranford talk about Camp Haven for LGBTQ+ kids.

Big and Small Problems – Help!

Do you know an LGBTQ+ young person, ages 13-24, who needs someone to talk to who believes no problem is too big or too small? The TREVOR Project says, “No problem is too big or too small – we are here and ready to talk it through.” 24 hours a day, 7 days a week, and 365 days a year, LGBTQ young people can reach out to TrevorLifeline, TrevorText, and/or TrevorChat. [Find these resources and learn more about them here](#)



PFLAG Fort Worth's meeting/support group is the 1st Thursday of every month. We hope to see you in person or on Zoom on Thursday, March 6 at 6:45pm, when we meet for a social time. At 7:00, we have a speaker. At 8:00, we gather in small groups to share our stories. Come talk as much or as little as you want, or just listen.



Our speakers are excellent, and many are from our LGBTQ+ community.

We meet in the Fellowship Hall behind Celebration Community Church at 908 Pennsylvania Ave., Fort Worth, TX. Parking is free and easy to find.

Family support and acceptance are critical to the health and wellbeing of LGBTQ+ individuals. Come to PFLAG Fort Worth to give and receive support. You do NOT need to be a member, and there is NO COST to attend.

Dallas Pride Parade - June 15

Parade with PFLAG on June 15, 2025 at 2:00pm at Fair Park in Dallas. It's great fun! People love to see PFLAG march!

Trinity Pride – June 28

Trinity Pride, 2025, will have a block festival on South Main in Fort Worth on Saturday, June 28 from 6:00pm – 10:00pm. We look forward to seeing you there!

YOUR Voice Is Important

In fact, as the Human Rights Campaign says, “Your voice has never been more important!” To support our LGBTQ family and friends, HRC says, we are “brought together by our passion to realize a truly equal society... helping the LGBTQ+ community... from marching to donating to voting.” HRC gives links to help us follow events as they unfold. For information about the latest Executive Orders, [Read more here](#) HRC follows the administration daily. [Read more here](#)

“Years ago, as I was finding my way into the world of nonviolent social change, I received some wise advice: ‘If you hope to advance love, truth and justice, stop asking yourself, ‘Was I *effective* today?’ MLK’s Beloved Community is generational work, and measuring your work by short-term results will lead you to despair.” [by Parker J. Palmer](#)

LEADING WITH LOVE

“Instead, let *faithfulness* be your standard: ‘In what I did today, was I faithful to the values I aspire to embody, and to my opportunities to serve the common good?’ If you can say yes to that question more often than not, you’ll find the will to do it again another day.”

“That’s why I love this story about the great A.J. Muste (1885-1967), an under-appreciated exemplar of active nonviolence, who quietly inspired many well-known anti-war and civil rights activists. Muste knew that Rule #1 in times like these is, ‘Don’t let them rob you of your soul.’” [by Parker J. Palmer](#)

LEADING WITH LOVE

“Memo to Self: Do something every day that reaffirms your identity and integrity. No matter how limited your reach may be, there is always a way to light a candle in the face of the powers of darkness. Don’t burn out. Burn bright.” [by Parker J. Palmer](#)

PFLAG Confab - 2nd Wednesday



Join us for fun and casual conversation every 2nd Wednesday of the month at 6:30ish. Ruby saves a table at Shaws Patio Bar and Grill, easily found at 1051 W. Magnolia, Fort Worth. See you there!

Support Local LGBTQ+ Youth! - LGBTQ SAVES

LGBTQ SAVES provides safe and affirming spaces for LGBTQ+ youth, offering resources, community, and life-changing programs like our upcoming Prom Project—a prom designed by and for queer youth.

Right now, we need your support more than ever! A [financial donation \(click here\)](#) helps us continue this vital work, from emergency assistance to expanding our youth programming. You can also contribute by purchasing items from our [Amazon Wishlist \(click here\)](#) to help make Prom Project an unforgettable experience. Together, we can ensure every LGBTQ+ youth has a place where they belong. Thank you for being a part of the mission of LGBTQ SAVES!



Important Dates in March

Women's History Month, PFLAG founded in March 1973

1 - Zero Discrimination Day

8 - International Women's Day

15 - Ruth Bader Ginsberg's birthday

17 - 21 National LGBTQ Health Awareness Week

21 - International Day for Eliminating Discrimination

21 - Two-Spirit & Indigenous LGBTQ+ Awareness Day

31 - International Trans Day of Visibility

International Trans Day of Visibility

Few Americans say they personally know someone who's transgender. So, most people learn about trans people from the media. "This is a problem because, as shown in the Netflix program [Disclosure](#), the media has misrepresented, mischaracterized, and stereotyped trans people... These false depictions have shaped the cultural understanding of who trans people are and have modeled, often for the worse, how the average cisgender person should react to and treat trans people in their own lives." [Read more here](#)

PFLAG Founded - March 1973

PFLAG was founded in March 1973 by the Manfords whose son was gay. Called Parents of Gays, in 1982, it became Parents, Families and Friends of Lesbians and Gays. Now it's just PFLAG. [Read more here](#)

RBG's Birthday - March 15, 1933

Ruth Bader Ginsburg was a passionate advocate for women's rights, civil liberties, and the rule of law. She said, "Women belong in all places where decisions are being made..." [Read more here](#)

Zero Discrimination Day

Zero Discrimination Day is held every March 1 by the United Nations plus other world organizations. This "promotes equality before the law." [Read more here](#)

National LGBTQ Health Awareness Week

Health Equity NOW! is an urgent call to action for better healthcare for all LGBTQ+. [Read more here](#)

Looking for a Way to Help?

WHO: PFLAG Fort Worth's Sam House Supper Club

WHAT: Serve Dinner to Sam House residents, bring a dish to donate, or just come to 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](#)

Westside Unitarian Universalist Church

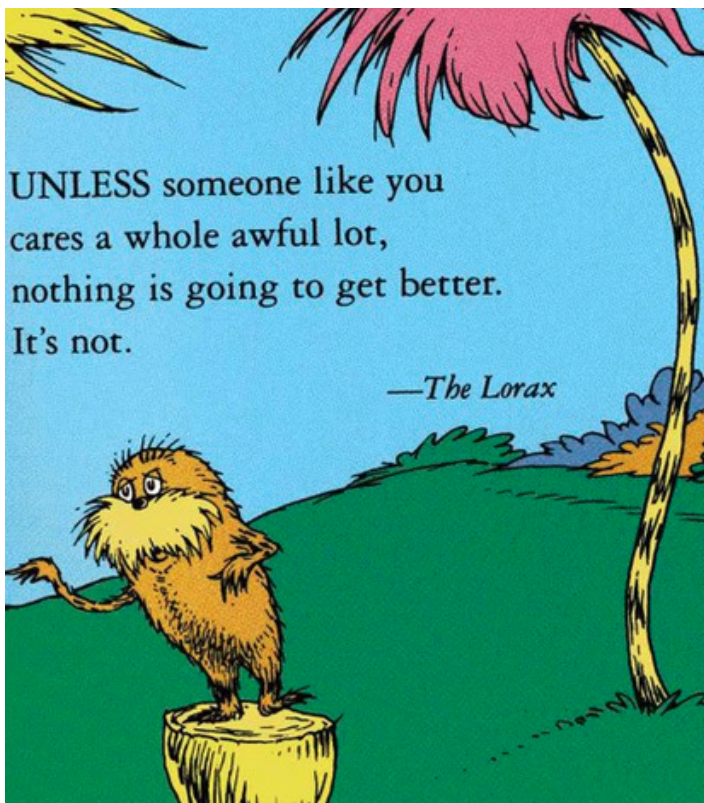
We Are a Welcoming Congregation

901 Page
Fort Worth, TX
76110



817.924. MYUU (6988)

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



The Lorax by Dr. Seuss

One of the most important stories we read as children is the great Dr. Seuss’s *The Lorax*. Seuss teaches that “we all have a very deep responsibility to share this planet and take care of it responsibly. To care.” [Read more here](#) This quote from *The Lorax* also reminds us that, as citizens, we have a greater responsibility than just to vote. Terri Lee Freeman, president of the National Civil Rights Museum says, “Your responsibility requires community engagement – understanding the issues facing your community, getting to know the folks who represent your community and holding them accountable... Too often we forget that they work for us. We must exercise our franchise and take advantage of the right... to be included in this process called democracy.” [Read more here](#)



PFLAG Supports Trans & Nonbinary

PFLAG has many resources to help us support our Trans and nonbinary loved-ones. To access resources, [click here](#)

Maine’s Governor Stands Up for Trans

Maine’s governor cares “a whole awful lot.” Last year, the state of Maine passed a law “designating it as a sanctuary for those receiving gender-affirming care – despite violent threats from the far right.” The state has excellent protections for Trans individuals and intends to uphold them in the future. [Read more here](#)

Power of the Phone Call

You: “Hellooo...People in power...I am a voter, and I live in your district...”

Can you guess what is the best way to get those in power to hear us? It’s by making a phone call. That’s all. A short, simple phone call to our representatives to tell them our opinions.

Yikes! Do you hate making calls? Or feel your one call won’t matter anyway? Or feel shy or embarrassed? I do! I HATE making calls. But, I understand we ALL matter and every call is counted! What if MY call is the one call that tips the balance? It may be MY call! It may be YOUR call! Use this guide to help. One tip is, “Think of it like ripping off a bandaid!

[Read more here](#) and DO it! Make that call!



2025 Anti-LGBTQ Bills Tracker

How do I find out what anti-LGBTQ bills have been put forward by state legislators? That’s easy when you take a look at the [ACLU Anti-LGBTQ Bills Tracker](#). [Read more here](#)

2025 Anti-Trans Bills Tracker

How can I keep up with legislation that is harmful to my Trans family members, friends, etc.? Take a look at the [Trans Legislation tracker here](#).

Transforming The Trevor Project

The Trevor Project says that on November 6, 2024, calls from LGBTQ youth to The Trevor Project increased by 700%. Jaymes Black (they/she/he pronouns), the first black, non-binary CEO of The Trevor Project, writes, “I grew up in a traditional, religious family in South Texas, which was hard for me as a young queer person. I was lonely, awkward, afraid, and grappled with my identity; I desperately needed a support network like The Trevor Project, but it didn’t exist yet. I came to lead The Trevor Project because I am deeply, personally invested in its work to support LGBTQ+ young people in crisis. Today, I’d like to share my observations and vision for the future of our vital organization.” [Read more here](#)



PFLAG's Sam House Supper Club

Want to make a difference and have a great time doing it? Come join us at Sam House Supper Club! Every 4th Monday evening of the month, PFLAG members and supporters meet at Samaritan House to provide and serve dinner to the residents. You can bring a dish and stay to help serve, just come to help serve, or drop off a dish at Samaritan House, 929 Hemphill St., Fort Worth, TX 76104.

What is "Sam House"? Established in 1991, Tarrant County Samaritan Housing, Inc. or Samaritan House provides housing to those living with HIV/AIDS. This mission grew to "provide affordable and supportive housing to additional vulnerable populations in Tarrant County, including the medically or mentally fragile, the chronically unhoused, and those with low-incomes." [Learn more here](#)

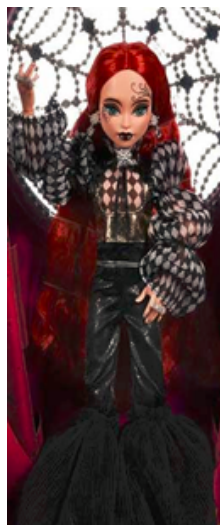
For more information, contact Ruby at 817-382-7353.



Join Ruby and PFLAG Friends at Sam House every 4th Monday evening from 5:30 – 6:30pm.

Mattel's Gender-Fluid Doll

The doll was designed by Harris Reed, a British-American fashion designer, model, and director. Reed identifies as gender-fluid "which is when someone does not identify solely as male or female, and their gender identity changes over time." Reed uses he/him pronouns. "'The Witch Weaver' is the newest member of the Monster High doll family, a punky and gothic younger sibling to Barbie. Donning red hair, fangs, and spiderweb tattoos, the doll embodies a supernatural spirit of transformation." [Read more here](#)



Trans Day of Visibility Reminds Us to Be a Better Ally Every Day!

Do you want to be better at supporting the Trans people in your life, want to make the world a better and safer place for Trans people, or both? Read on! [PFLAG's Straight for Equality site \(click here\)](#) and [PFLAG's Guide to Being a Trans Ally publication \(click here\)](#) are both excellent.

[GLAAD](#) says, "whether or not you know anyone who is Trans, when you become an ally of transgender people, your actions will help change the culture, making society a better, safer place for transgender people and for all people (trans or not) who do not conform to conventional gender expectations."

[GLAAD](#), the world's largest LGBTQ media advocacy organization, gives excellent information about being a better ally to Trans. [Read more here](#)

[A4TE](#), Advocates for Trans Equality, has excellent resources. A4TE says, "Learning to be an ally to the transgender people in your life, or to transgender people overall, is an ongoing process...One of the most important parts of being an ally to transgender people is learning what it means to be transgender. For information on identity, language, and other issues facing transgender people, read [FAQ about Trans \(click here\)](#). Also, read [Understanding Non-Binary People \(click here\)](#). And go to A4TE's [About Transgender People hub \(click here\)](#) to find resources and educational material.



Parents of LGBTQ+ teens are currently being recruited into a paid research program called Healthy Families Bright Futures. This program's goals are "to increase caregiver acceptance and support for their LGBTQ+ teen as well as equip caregivers with tools to help their teen make healthy choices. Likewise, the program seeks to increase pride and social connection among LGBTQ+ teens as well as to provide teens with information and skills about making healthy choices around things like substance use and dating."

To learn more about this program, [click here](#). Or contact Alyson Yablonsky at ayablons@uccs.edu

To Our PFLAG Fort Worth Members and Friends

Membership and/or Donations

To join PFLAG Fort Worth and/or make a donation, please go to www.pflagfortworth.org

Also, there are two ways to interact with PFLAG Fort Worth through PayPal!

To make a donation go to paypal.com/us/fundraiser/charity/2047249

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 PayPal, it's free and easy to set up).

The advantage to using PayPal online is you don't have to remember to renew every year!

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 2022-2023:

- Speaking to Fort Worth ISD teachers, counselors, and administrators about equality
- Offering a monthly speaker and support group, in person and on Zoom
- Providing a monthly dinner for up to 50 Fort Worth Samaritan House residents
- Making Christmas stocking for Samaritan House children, providing money for Halloween costumes, and tutoring residents
- Proudly marching in the Fort Worth and Dallas Pride parades
- Staffing a booth at the Fort Worth Pride Festival and Picnic events

- Sharing our mission of advocacy, support, and education to business, universities, and federal agencies, including the TCU Education Department
- Offering a monthly trans Support Group on Zoom with partner St. Stephen's Episcopal Church, Hurst, TX

Goals for October 2024- September 2025 are...

- Offer scholarship to graduating seniors of LGBTQ Saves
- Develop ways to become more visible to those who need us and don't know we are 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, scholarship awards. We are making a difference and need you with us. Please help PFLAG Fort Worth move equality forward during the coming year with your financial generosity, time, and talent. Commit to our mission of support, education, and advocacy. Attend our meetings to connect with us!



PFLAG FORT WORTH, TEXAS

PFLAG Fort Worth 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.