



GENDER QUEER HEART



BISEXUAL HEART



ASEXUAL HEART



NONBINARY HEART



AGENDER HEART



AROMANTIC HEART



GAY MEN HEART



PROGRESS PRIDE HEART



RAINBOW HEART



PANSEXUAL HEART



TRANS HEART



LESBIAN HEART

PFLAG Fort Worth

Important Dates

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 03/05 PFLAG Meet/Support (Page 2)
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To attend PFLAG Fort Worth events
For Zoom, contact us at 817.382.7353
or at info@pflagfortworth.org
for Dallas PFLAG go to pflagdallas.org



PFLAG Fort Worth
 wishes everyone a
 Happy Valentine's Day!

PFLAG Supports Trans Kids and Their Families



Amber Briggles writes, "It's hard to believe that this kid's name used to be something different. He's just always been Max, even if it took a court order – 9 years ago *today* – to make it official." The "today" Amber mentions was January 12, nine years ago. [Read Amber's heart-warming story about Max's legal name change here.](#)

Support LGBTQ+ on Valentine's Day

How can straight allies support LGBTQ+ family and friends on Valentine's Day? Here are several ideas. [Read more here](#)

PFLAG Fort Worth

Choose the people
 who choose YOU!

No need to be a member.

No cost to attend.

You are not alone!

Meeting and Support Group

1st Thursday Every Month

6:45pm Snacks & Social

7:00 Meeting/Support Group

In person and on Zoom

Celebration Community Church

Fellowship Hall

908 Pennsylvania, Ft Worth

Trans Virtual Support Group

Last Sunday Every Month

3:00-5:00 on Zoom



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
Interesting speakers/Group Support

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

Speakers for PFLAG February Meeting



Our speakers
in February
will be this
sweet family.
They are Maria
and Claudia
De La Pena
and their son,
Mateo.

4th MONDAY PFLAG Fort Worth Sam House Supper Club

Join your PFLAG friends by
bringing a dish and/or coming to
help serve supper to residents of
Samaritan House every 4th
Monday of the month from
5:30 – 6:30 at 929 Hemphill St.,
Fort Worth 76104.

Every 1st THURSDAY
PFLAG Fort Worth Meets
Please join us at our
meeting and support
group on the FIRST
THURSDAY of every month.



Perhaps you need us.
We KNOW we NEED you!
We meet in the building behind
Celebration Community Church.
On Thursday, February 5, come
at 6:45 for refreshments. At 7:00
we have a speaker. After that, we
divide into small support groups
where we can talk and listen.

You're welcome to talk as much or
as little as you want or not talk at
all. You can listen and discover how
much PFLAG loves, supports, and
cares for you. You are not alone!
You don't need to be a member.
There is no cost to attend.

2nd WEDNESDAY PFLAG Fort Worth CONFAB

Join us for fun and conversation
every 2nd Wednesday at 6-6:30ish
Ruby with the glorious red hair
usually arrives first to save us a table
at Shaws Patio Bar and Grill, at 1051
W. Magnolia, in Fort Worth, south of
downtown. Parking is free and easy
to find. See you soon!

🌈 PFLAG Poster 🌈

Later in this newsletter, there is a
poster of our 4 PFLAG Fort Worth
monthly events. Please share this
poster with others who may be
interested in PFLAG Fort Worth or
who need to know we're here for
them. Thank you for caring and
supporting us by displaying our
PFLAG Fort Worth poster!

LAST SUNDAY

Trans Support Group Meeting
On Sunday, Feb. 22, the LAST
SUNDAY of the month our Trans
Support Group meets at 3:00 on
Zoom. To attend, contact us at
817.382.7353 or at
info@pflagfortworth.org

LEADING WITH LOVE

"When I dare
to be powerful,
to use my strength
in the service of my vision,
then it becomes
less and less important
whether I am afraid."

~ Audre Lorde

LEADING WITH LOVE

"It is not our differences
that divide us.
It is our inability
to recognize, accept,
and celebrate
those differences."

~ Audre Lorde

LEADING WITH LOVE

"When we speak
we are afraid our words
will not be heard or
welcomed.

But when we are silent,
we are still afraid.
So it is better to speak."

~ Audre Lorde

LEADING WITH LOVE



GNK - Gays with Kids on Instagram

GNK = Gays with Kids

Want hope and insight into families with gay parents and/or gay kids? Take a look at how GNK “community is building families with greater intention, demanding more affirming care...” etc.

[Read more here](#)

Protect Youth Against Death-by-Dusting

“Dusting, huffing, chroming” are all slang terms for “getting high by inhaling household dusting spray products,” says Dr. Sylvie Stacy, an addiction medicine specialist. Dr. Stacy says, they breathe in “gases or vapors of chemicals ...like whipped cream canisters, adhesives, paint thinners, spray paint, and keyboard dusters.” Children and teens who inhale these vapors can die even if it’s only their first sniff. Dr. Randy Weisman, an ICU physician, says, “When they inhale these chemicals in the gas, it will replace the oxygen within their lungs and the rest of the body” and can cause death. [Read more here](#)



Dykema

JPMORGAN
CHASE & CO.

LAMBDA
LEGAL

[Click here for information](#)

FREE Estate Planning Clinic for LGBT Community Members

Dykema and JP Morgan Chase will host a free estate planning clinic for low and modest-income LGBT seniors, supported by the Coalition for Aging LGBT and Lambda Legal* on the afternoon of February 5th in Dallas. The clients will be provided a questionnaire, which should be fully completed prior to their appointment on February 5th. Leveraging technology and inspired by the American Bar Association’s *Wills for Heroes* program, which provides basic estate planning for first responders, the clinic will prepare 16 estate plans for LGBT community members, with a mirror estate plan for their partner (as applicable). All participants will leave with a fully executed estate plan.

Participants (and partners) must have assets valued at less than \$750,000 (estimating tool included in questionnaire) and be willing to be physically present at the clinic site on the afternoon of February 5th. We will hold a wait list for those who do not initially receive an appointment, but are available to attend in the event of a last-minute cancellation. Interested parties should follow the link below.

Thursday, February 5th, 2026
12:30 p.m. – 4:00 p.m. CT

Oak Lawn Neighborhood

*No attorney-client relationship with Lambda Legal will result with any participant in the clinic.



♥️ Palentine’s Potluck ♥️

Sat., Feb 21 | 6–8 PM

Join us for our annual LGBTQ SAVES Palentine’s Potluck on February 21 from 6 - 8pm at 1959 Sandy Lane! There is no better time to celebrate the love of community and friendship over delicious food and fun activities.

We’re inviting attendees to help make this night delicious! Please bring a favorite dish to share:

[Potluck Sign-Up Here](#)

We’re also looking for volunteers to assist with set-up and tear-down from 5–9 PM. If you’re able to lend a hand, we would love your support:

[Volunteer Sign-Up Here](#)

Come hungry, come kind, come as you are. ♥️

🏠 The Prom Project: Circus Prom 🏠

Saturday, March 21 | 6–9 PM

Step right up to The LGBTQ SAVES Prom Project: Circus Prom on Saturday, March 21 from 6–9 PM. Our youth are planning a magical night filled with games, carnival-style food, whimsical décor, and all the sparkle of a big-top celebration.

Free tickets for youth age 13–19 go live Jan 26

[Click here for Youth Ticket Registration](#)

We’re also seeking volunteers to help the day of the event from 5–10 PM:

[Volunteer Sign-Up Here](#)

Want to support Prom in a bigger way? Financial donations and sponsorship opportunities are available.

[Donate or Become a Sponsor Here](#)

Please note that all volunteer opportunities require a background check prior to being approved. Any questions regarding attendance, volunteering, and sponsorship can be directed to bertinand.gardner@lgbtqsaves.org

PFLAG Fort Worth supports LGBTQ SAVES.

“SAVES empowers LGBTQ youth aged 12-24 in Fort Worth by fostering safe and brave spaces for social connection, personal growth and community support. Through in-person and virtual weekly meetings, Pride events and inclusive community dinners, we create a nurturing environment for youth and their families.” [Learn more about SAVES here](#)

International Stand Up to Bullying Day

Remember to wear your pink shirt on Friday, February 27. Twice a year, the last Friday of Feb and the 3rd Friday of Nov, all of us are asked to wear a pink shirt and pledge to “Stand Up to Bullying.” Why wear pink? [Read more here](#)

Why does it matter? Isn't bullying just “kids being kids” or “boys being boys?” No! No! No! It's much more than that. Please [read more here](#)



Picture is from [CKNW Kids' Fund's Pink Shirt Day](#): a day to encourage everyone to put an end to bullying by spreading kindness, both online and off. CKNW is a commercial radio station in Vancouver, Canada.

How to Be an Anti-Bully

Dr. Bryan Pearlman, author of *How to Be an Anti-Bully*, writes “We have decided to make the anti-bullying book available for FREE to educators, ... families, and anyone who cares about and supports kids and teens.” That's us! That's PFLAG! We are Parents, Family, Friends of LGBTQ+ and of ALL people who are bullied! [Read more here](#)

“HIV Is Not A Crime” Awareness Day

The HELP Center in Fort Worth “works to combat ...the idea that ‘HIV Is Not A Crime’ through community engagement and education.” The local [HELP Center](#) provides free services for all including walk-in testing for HIV and syphilis, free PrEP and PEP services, etc. [Read more here](#)

Important Dates in February

Black History Month

United Kingdom's LGBTQ+ History Month

02/07 - National Black HIV/AIDS Day

02/12 - National Freedom to Marry Day

02/15 - 21 - Aromantic Spect. Awareness Week

02/18 - Audrey Lourde's Birthday

02/22 - Chosen Family Day

02/27 - International Stand Up to Bullying Day

02/28 - HIV Is Not A Crime Awareness Day

02/29 - Pedro Pablo Zamora's Birthday

Black History Month

GLAAD, a non-governmental media monitoring organization, celebrates Black History Month by offering a resource kit inclusive of black LGBTQ+ people. GLAAD writes, “...far too often the contributions of black lesbian, gay, bisexual, transgender (LGBT) people are often left out of the picture. From civil rights leader Bayard Rustin to community advocate Mandy Carter to well-renowned inventor George Washington Carver, black LGBT people have enriched our nation and our lives.” [Read more here](#)

Audre Lorde

Audre Lorde, a poet and author, illuminated “her experience of the world as a Black lesbian woman and later, as a mother and person suffering from cancer” through her writings. She was important in “the women's and LGBTQ rights movements.” [Read more here](#)

Pedro Pablo Zamora

Pedro Pablo Zamora (2/29/1972 – 11/11/1994) was an AIDS activist/educator and TV personality. In his time on MTV's Real World TV series, Zamora spoke openly about LGBTQ and HIV/AIDS issues and prejudices. He was “one of the first openly gay men with AIDS to be portrayed in popular media.” [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



PFLAG

FORT WORTH



1st Thursday

PFLAG Fort Worth Meeting & Support

6:45pm Social+Snacks
7:00pm Meeting/
Support Groups

**Celebration Community
Church - Fellowship Hall
908 Pennsylvania
Fort Worth**

For Zoom info, call or email
817.382.7353
info@pflagfortworth.org

2nd Wednesday

PFLAG Fort Worth CONFAB

Join us at 6-6:30ish
for an evening of fun
and conversation at

**Shaw's Patio Bar & Grill
(at PFLAG table)
1051 W. Magnolia
Fort Worth**

For more info, call or email
817.382.7353
info@pflagfortworth.org

4th Monday

PFLAG Fort Worth Sam House Supper Club

Join us to serve dinner to residents
of Samaritan House, bring a dish,
or just help serve from 5:30-6:30pm

**Samaritan House
929 Hemphill St.
Fort Worth**

For more information contact Ruby at
817.382.7353

Last Sunday

PFLAG Fort Worth Trans Support Group

**Virtual on Zoom
3:00pm**



For Zoom info, call or email
817.382.7353
info@pflagfortworth.org

You are not alone! At PFLAG Fort Worth, we have the support and resources you need.

We are parents, family, and friends of LGBTQ+ people and LGBTQ+ people.

Join us to help create a caring and affirming world for LGBTQ+ people and all who love them.

#PFLAGProud #PFLAGProud #PFLAGProud #PFLAGProud #PFLAGProud #PFLAGProud

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, renew your membership, attend events/meetings, and/or donate 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.

Some ways we served our mission in 2024-2025:

- Providing a monthly speaker and support group, in person and virtually on Zoom
- Providing a monthly dinner for Fort Worth Samaritan House residents
- Making Christmas stocking for Samaritan House children, providing money for Halloween costumes, and tutoring residents
- Proudly marching in the Dallas Pride parade and attending Pride events
- Staffing a booth at the Fort Worth Pride Festival and Picnic events as well as other area events
- Sponsored Badge of Pride exhibit
- Donated scholarships to LGBTQ SAVES, Camp Haven, TRANSportation Network.

- Sharing our mission of advocacy, support, and education with businesses, universities, federal agencies, etc.
- Hosting a monthly virtual trans Support Group on Zoom with partner St. Stephen's Episcopal Church, Hurst, TX
- Sent an officer to the PFLAG National Conference

Goals for October 2025 - September 2026:

- Continue to offer scholarships to graduating seniors of LGBTQ SAVES, etc.
- 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, talent, presence at events, etc. Commit to our mission of support, education, and advocacy. Attend our events 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.