



Taking Pride in Flowers - Learn about the connections between LGBTQ+ people and flowers. [Read more here](#)

## PFLAG Fort Worth Important Dates

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  - 05/07 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](mailto:info@pflagfortworth.org)**  
**for Dallas PFLAG go to [pflagdallas.org](http://pflagdallas.org)**



Join PFLAG National's Online Community—a private Facebook group for parents, family members, non-family allies, and LGBTQ+ people to find community, ask questions, and hear about PFLAG chapter events across the country. You'll also learn about various advocacy actions you can take to fight for LGBTQ+ rights in your state and federally. Our group is growing and you can help us by inviting your friends to join, too! [Click here to learn more.](#) We look forward to welcoming you.



At PFLAG, our “goal is that one day we won’t need to talk about the need for allies, equality and inclusion will rule, and none of this will be relevant.” However, we’re not there yet, and we really need all of our allies to step up and speak out. “Majorities of LGBTQ+ Americans say that they’ve experienced discrimination in their personal lives, in places like the workplace, housing, and education.” This is why we need everyone to be a better ally! See where you fit on the “Ally Spectrum” on page 3, and [read more here](#)

### How Allies Can Take Action

Are you an ally who wants some ideas for ways you can support LGBTQ people? Allies don’t have to know everything before they can show up and make a difference. PFLAG has suggestions of “ways to build your ally skills and create a lasting difference for people who are LGBTQ+, Bisexual+, Trans or Nonbinary, Aromantic or Asexual, etc. [Read more here.](#)

#PFLAGally

## PFLAG Fort Worth

**Choose the people  
who choose YOU!  
No need to be a member.  
No cost to attend.  
You are not alone!**

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**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**

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**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

Speaker for PFLAG  
April Meeting

Denis Cranford, founder of Camp Haven, will tell us about this year's camp for LGBTQ+ kids. Camp Haven is a lovely, happy place where "the beauty of nature meets the strength of community, offering LGBTQ+ youth in Texas a one-of-a-kind opportunity to thrive both personally and emotionally." [Read more here](#)



➡ 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!

PFLAG Fort Worth meets every FIRST THURSDAY to support our LGBTQ+ family, friends, neighbors, etc. Please join us at our meeting and support group. Perhaps you need us. We KNOW we NEED you! We meet in the building behind Celebration Community Church. On Thursday, April 2, come at 6:45pm for refreshments. At 7:00pm 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 don't need to be a member. There is no cost to attend. You are not alone! We serve refreshments!



2nd WEDNESDAY of MONTH  
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!



LAST SUNDAY of MONTH  
Trans Support Group Meeting

On Sunday, April 26, the LAST SUNDAY of the month our Trans Support Group for all Trans people, parents, and supporters meets at 3:00 on Zoom. To attend, contact us at 817.382.7353 or at [info@pflagfortworth.org](mailto:info@pflagfortworth.org)



4th MONDAY of MONTH  
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 Sam House every 4th Monday of the month from 5:30 - 6:30 at 929 Hemphill St., Fort Worth 76104. Samaritan House is "a supportive community providing housing and resources for positive change in the lives of persons living with HIV/AIDS and other special needs." [Read more here](#)



LEADING WITH LOVE

I realized that I had internalized societal norms that made me unconsciously make assumptions about people, and breaking that habit took intentional effort.

It was challenging because those assumptions were so deeply ingrained in how I was taught to navigate the world.

I had to actively practice using inclusive language, asking for pronouns, and being more mindful of the diversity of identities people hold.

It wasn't about being 'politically correct' but about showing genuine respect and care for others."

~ Charlie E. in

"Guide to Being an Ally..."

LEADING WITH LOVE

"Being an ally to the LGBTQ+ community, for me, means that I am not silent in the face of adversity..."

It means listening to the community and learning from them how best to support them.

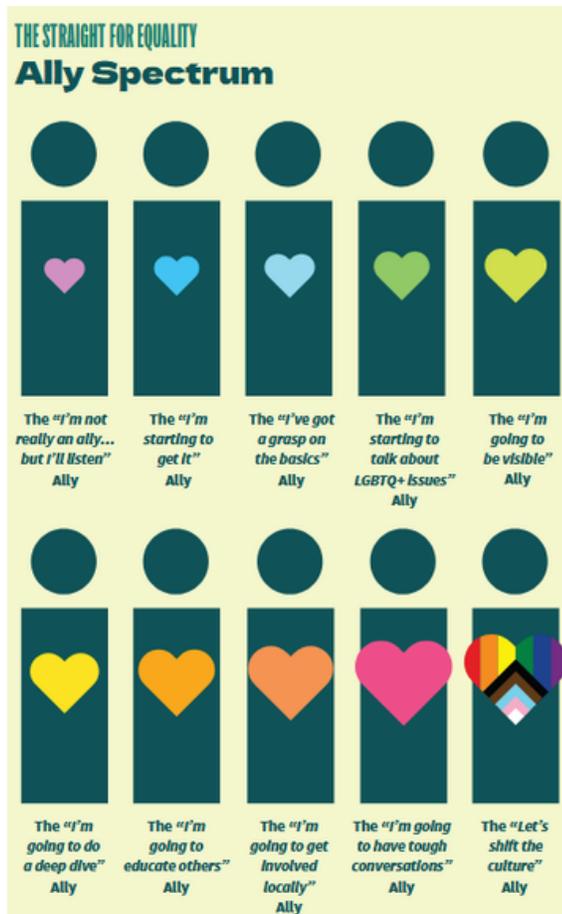
Being an ally means showing the people around me that I care, that they are recognized and valued, and that they matter."

~ Xiomara P. in

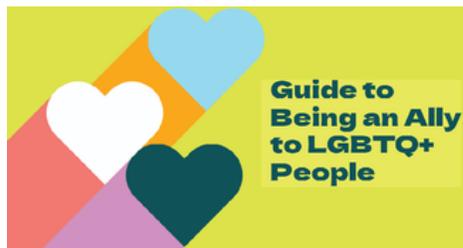
"Guide to Being an Ally..."

LEADING WITH LOVE

## Where Do YOU Fit on the Ally Spectrum?



[Read more here about this Straight for Equality Ally Spectrum](#)



PFLAG has written this incredibly detailed honest and wonderfully helpful exposition on a topic that people often have questions about but really shouldn't because this compelling open and straight to the point (pun completely intended) little publication will demystify the secret world of LGBTQ+ people and be your tried and trusted Guide to Being an Ally to LGBTQ+ People. [Read more here](#)

### Patty Potter - Unity Fort Worth

Here's a new link to Unity Fort Worth that works. Patty Potter, who has a trans, non-binary child, writes, "Unity Fort Worth offers a progressive, inter-religious approach to practical spiritual exploration. The mission is to provide a safe space to experience spiritual growth and realize divine potential, and all are welcome." To find out more about Unity Fort Worth, [please read more here about Unity Fort Worth.](#)

## Social-Emotional Learning = LGBTQ Inclusion

What can teachers do to support LGBTQ students in schools today? "In today's polarized educational climate, many educators feel caught in a bind: They want to support LGBTQ students and foster inclusivity but fear pushback for engaging with topics some consider "controversial." Yet what if we're already holding the tools to bridge this divide—tools that are evidence-based, developmentally appropriate, and already widely embraced in schools?" "Social-emotional learning (SEL) equips children with empathy, self-awareness, and the ability to navigate difference with compassion. When used intentionally, SEL can be a powerful, non-divisive path toward cultivating LGBTQ allyship—starting in the earliest years of a child's development." [Read more here](#)



Join Greater Good in building kinder, happier schools where everyone belongs. [Read more here!](#)

### Marriage = Happier, Healthier Couples

Same sex or not, couples are happier and healthier when they are married. "Expanding marriage rights to same-sex couples also expanded access to the psychological benefits that come with tying the knot." [Read more here](#)

### LGBTQ Families

How do we prepare kids for prejudice they may encounter when their parents are LGBTQ? Take a look at Abbie Goldberg's book *LGBTQ Family Building: A Guide for Prospective Parents*. In her book, Dr. Goldberg "addresses how to help children navigate heterosexist bias in the world, alongside many other practical tips for LGBTQ readers who are considering becoming parents (or are parents already)" [Read more here](#)



### PFLAG Fort Worth Supports LGBTQ SAVES.

LGBTQ SAVES celebrates Pride 365 days a year through weekly meetings and monthly activities for queer youth and families in DFW. Membership is currently required in order to attend. Membership is free and available to LGBTQ youth ages 12-24. Registered members gain access to our Discord server, as well as regular communications regarding our calendar and access to special events. [Learn more about SAVES here.](#) If you know an LGBTQ youth (12-24) that needs a supportive, safe, and brave space to thrive, email us at [contactus@lgbtqsaves.org](mailto:contactus@lgbtqsaves.org).





## Day of Silence.

April 10, 2026, is the 30th anniversary of the first Day of Silence. "In response to the bullying and harassment of LGBTQ+ students, it has grown to a national day of action pushing back against the silencing of LGBTQ+ youth and the erasure of their experiences." Now, "In our deepening cultural and political divide, LGBTQ+ students are more directly targeted than ever before." [Read more here](#)

**Glitter's Day of Silence** is a national day of action pushing back against the silencing of intersectional LGBTQ+ youth and the erasure of their experiences.

**About Glitter:**  
Glitter is the leading national education organization dedicated to creating safe and respectful learning environments for youth of all sexual orientations, gender identities, gender expressions, race and ethnicity. Glitter was founded in 1992 by educators seeking to make schools safer and more supportive spaces for LGBTQ+ students. Operating through 10 chapters across the country, Glitter facilitates systemic change through education, training, equity advocacy, participatory research, youth leadership development, and community engagement.

**30 Years of Day of Silence:**  
2026 marks the 30th year of the first Day of Silence. Originally held at the University of Virginia in response to the bullying and harassment of LGBTQ+ students, it has grown to a national day of action pushing back against the silencing of intersectional LGBTQ+ youth and the erasure of their experiences. In our deepening cultural and political divide, LGBTQ+ students are more directly targeted than ever before. Much-needed legislation to ensure LGBTQ+ history from school curriculum. It is now more important than ever to take a step back and let our communities know what it feels like to be an LGBTQ+ youth.

**Get Involved as an Adult:**  
Day of Silence is a youth-led movement but as adults we can lend our support to ensure student leaders have the resources they need to take action in their schools. Take a pledge of silence on April 10<sup>th</sup> to raise awareness and funds for the next year's Day of Silence. Ask your family, friends, and colleagues to sponsor your pledge of silence and Glitter will ensure all funds raised go toward helping students create safer and more inclusive learning environments in their schools.

**Steps for Taking the Pledge:**

- Create your fundraising page by visiting Glitter's fundraising page
- Use Glitter's toolkit to ask your network for support
- Stay silent on April 10<sup>th</sup>
- Thank your friends and family for supporting you!

**Join the Movement Today:**  
Reach out to [development@glitter.org](mailto:development@glitter.org) for fundraising support. Your [glitter.org/daysilence](https://glitter.org/daysilence) for actions you can take to show up for intersectional LGBTQ+ youth in honor of Day of Silence 2026.



## Stress Awareness Month

NBJC.org is an excellent resource to help learn to manage stress. Breathing, self-compassion, and reflection are some ways they suggest to help manage stress. [Read here](#)



See these posters and more resources at [matesinmind.org](https://matesinmind.org)

## HAPPY NATIONAL DEAF LGBTQ AWARENESS WEEK



Drago Renteria, Executive Director of the Deaf Queer Resource Center, says "National Deaf LGBTQ Awareness Week is about being proudly visible, celebrating our multiple marginalized identities, and most importantly, inspiring our youth. May every single one of our Deaf queer and trans youth grow up knowing that they are not alone, that they have roles models and vibrant Deaf LGBTQ communities and allies waiting to embrace and support them with open arms." [Read more here](#)

## Important Dates in April

- Child Abuse Prevention Month
- Sexual Assault Awareness Month
- Stress Awareness Month
- 04/06 - International Asexuality Day
- 04/08 - International Day of Pink
- 04/10 - National Youth HIV/AIDS Awareness Day
- 04/13 - 04/19 - National Deaf LGBTQ Awareness Week
- 04/17 - Day of Silence
- 04/18 - National Transgender HIV Testing Day
- 04/18 - Nonbinary Parents Day
- 04/20 - 26 - Lesbian & Queer Women Visibility Week
- 04/26 - Lesbian Visibility Day

## Child Abuse Prevention Month

During Child Abuse Prevention Month in April, the YMCA involves everyone in their "Five Days of Action," "a week-long campaign designed to raise awareness and inspire adults to take action to protect children from sexual abuse." Additionally, their focus is on protecting children from abuse online "and in other digital environments." [Read more here](#)

## Sextortion: What Parents Should Know

**Sextortion:**  
A form of child sexual exploitation where children are threatened or blackmailed, most often with the possibility of sharing with the public nude or sexual images of them by a person who demands additional sexual content, sexual activity or money from the child. This crime may happen when a child has shared an image with someone or when someone creates fake explicit content of the child.

**How Do the Offenders Gain Access?**  
The offender often knows their offender, who is typically a current or former contact partner. In other instances, the offender is someone the victim only knows online. In financial situations, the offender often makes initial contact online and extortion happens quickly after that. Additionally, the offender might make explicit content with someone at school and try to extort the child.

**Approach:**  
The offender typically initiates contact with a victim on a social media platform, online to target the child's parents, friends, school, family, etc. They then ask the child to pose in a sexual or nude platform that uses encrypted messaging systems. The extortion may also be perpetrated by an anonymous partner who received the image from the victim.

**Coercive Tactics:**  
Offenders use various tactics, such as offering something of value (money, drugs) in exchange for sexual material, pretending to work for a recruiting agency, pretending to be a manager and appear to have a romantic interest, creating fake sexual material of the child or hacking accounts to steal sexual images.

**Threats:**  
The offender may use the threat of spreading the image to force the victim into engaging in or returning to the relationship, requiring additional sexual content or obtaining money from the child. They may also threaten to physically assault the child or their family or leak the child's info with false narratives.

## What Can You Do?

**Get Involved:**

- Actively participate in your child's digital life.
- Regularly check in about online interactions should be the norm.
- Set online and offline behavioral expectations.



**Talk About Sexuality and Relationships:**  
Have regular discussions about your family's expectations and values regarding sex and relationships. Discuss the characteristics of healthy relationships, such as healthy and respectful boundaries, and consent. Explain that both preserving someone and being preserved are understandable or small social behaviors are not okay. Only children understand that they should never forward sexts they may receive from others, as having the images spread reduces the risk of it falling into dangerous hands.



For more resources, visit [NCEM.org/NetSmartz](https://NCEM.org/NetSmartz)



[Sextortion Tip Sheet English](#)

[Sextortion Tip Sheet in Spanish](#)

## Sexual Assault Awareness Month

This is the 25th year of SAAM. "Sexual violence is an umbrella term that includes any type of unwanted sexual contact — including sexual assault, harassment, and abuse. " Statistics show that "over 53% of women, over 29% of men" and "47% of all transgender people have been sexually assaulted at some point in their lives." [Read more here](#) [Watch video 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](http://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](https://paypal.com/us/fundraiser/charity/2047249)

To set up a recurring membership, go to our website, [pflagfortworth.org](http://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.**