

PFLAG is creating a caring, just, and affirming world for LGBTQ+ people and those who love them.

PFLAG
BUFFALO/NIAGARA

P.O. Box 617 Buffalo 14207
www.pflagbuffalo.org
Helpline 716.883.0384

DECEMBER 2025

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Be kind to yourself at this holiday season.

Have realistic expectations for yourself and others.

Turn off or tone down social media as needed.

Reach out to those whose voice comforts and encourages.

Watch your favorite holiday shows. Listen to favorite holiday songs.

Allow yourself to be yourself.

Seek what comforts.

Avoid what stresses.

Remember your presence is the most important present,

HAPPY HOLIDAYS!



May the warmth, caring, and hope of the season be yours. May 2026 be a good and gentle year to you, your family, and your friends. We are very thankful that you a part of our PFLAG Buffalo/Niagara family.



PFLAG



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We will not have a Sharing Meeting in December.

**We are always here for you via our Helpline.
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