

**Creating a caring, just, and affirming
world for LGBTQ+ people a
nd those who love them.**

PFLAG
BUFFALO/NIAGARA

www.pflagbuffalo.org
Helpline 716.883.0384
PO Box 617 Buffalo 14207

OCTOBER 2025

WHY WE MEET



We meet because someone close to us has come out as LGBTQ+.

We share our feelings and experiences in a small group setting.

We meet with openness and understanding.

We meet with support and help in mind so that families can remain close.

We strive to maintain anonymity while sharing on a comfortable level.

We encourage people to attend not just for their benefit but for the benefit of the group.

It is our hope that when people reach understanding and acceptance, they realize that is when they are needed the most.



SHARING MEETING

Sunday, October 19th

1:00-2:00

University Presbyterian Church

3330 Main Street Buffalo 14214

Main and Niagara Falls Boulevard

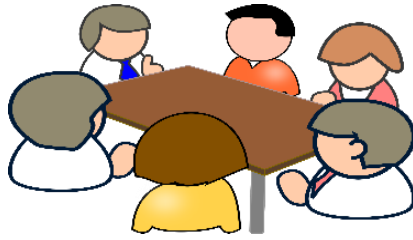
**There will be a PFLAG parent to meet you
and PFLAG flags to guide you.**

Hybrid option available. Please contact the Helpline.

716-883-0384



BOARD BASICS



We currently have 3 officers on our board: president, secretary, and treasurer, Julie Christiano, Lisbeth Ball, and David Barrett, respectively. We have two directors, Sharon Barrett and Mary Van Volkenburg.

Our board meets virtually in most instances. There is at least one meeting every quarter, though in general the meetings are held every other month. Members communicate between official meetings and do email voting as needed. We work with our parent organization, PFLAG National, throughout the year.

We are updating our by-laws and scholarship application. PFLAG makes donations to other LGBTQ+ organizations throughout the year. The board decides where monetary support goes and for what amount. If there is an event where fundraising tickets are purchased, often board members attend (GAYLA, GLYS events, the Buffalo Brunch, for example). Fundraisers are great places to get to know other community group members and get the word out about PFLAG.

When board members know of a person who may be a good fit for the board, the member presents that name to the board for discussion. If a person is interested in being a part of our board, a letter of interest can be sent to PFLAG Niagara via US mail or emailing info@pflagbuffalo.org.

We take our responsibilities very seriously as we continue the life and legacy of this group that has been active in support, advocacy, and education in WNY since 1986. We have a small but strong board that works well to keep our group vital and helping parents, families, friends, and community members in this region.



FALL INTO READING!

Free downloads from National and Halloween book lists for you and families!



OUR TRAN LOVED ONES

Written by PFLAG staff members, and created with the help of content experts, reviewers, and PFLAGers with experience to share, *Our Trans Loved Ones* is full of information, first-person stories, and expert input geared to those who have a loved one who has come out. This e-book is available for free download at pflag.org on its resources page. A hard copy can be purchased as well.

OUR CHILDREN

Our Children offers a fresh eye for families and others about what to do when a loved one comes out. Full of useful knowledge, helpful tips, expert opinions and first-person stories, *Our Children* is a must read for anyone looking to learn more about how to support LGBTQ loved ones...or looking for support for themselves/ *Our Children* offers a fresh eye for families and others about what to do when a loved one comes out. Full of useful knowledge, helpful tips, expert opinions and first-person stories, *Our Children* is a must read for anyone looking to learn more about how to support LGBTQ loved ones...or looking for support for themselves. This book is also available at pflag.org for free download.

MOMBIAN BOOK SELECTIONS

Mombian is a website that offers “sustenance for lesbian moms and other LGBTQ families. Mombian has an extraordinary list of LGBTQ+ themed books of all types and for all ages on its site. Summaries and themes are given for each book. Please follow this link to find many and various “spooktacular” books you can read or share with others!!



We thank PFLAG National for its supportive resources; we thank Mombian for the book lists!