

PFLAG BUFFALO/NIAGARA

PFLAG BUFFALO/NIAGARA

Parents, Families, Friends, And Allies United with LGBTQ+ People



Sharing Meeting: Sunday, October 16th 1:00-2:30

Currently, Sharing Meetings are held virtually on the third Sunday of most months. Our meeting code is 555 112 0003. The passcode is 700.

Please contact us if you need help using Zoom. You do not need an account to join.

**PLFAG Buffalo/Niagara
P.O. Box 617
Buffalo, New York 14207
Helpline-883-0384
info@pflagbuffalo.org
www.pflagbuffalo.org
www.facebook.com/pflag.niagara**

We meet because we have learned someone very close to us has come out as LGBTQ+. We try to help one another deal with this information in a positive manner. Although we do not always agree, we try to be understanding. We offer help to those who seek it, but do not force ourselves on others. We strive to maintain anonymity while sharing on a level that is comfortable for us.

PFLAG BUFFALO/NIAGARA

PFLAG 101

PFLAG BUFFALO/NIAGARA HELPLINE



Maybe your first contact with PFLAG Buffalo/Niagara was a call to the helpline. Other readers may not be as familiar with this option. For this second installment of PFLAG 101, we want to give the basics about our support line.

For decades, PFLAG Buffalo/Niagara has had a telephone helpline. This resource is for people who have had loved ones come out as LGBTQ+ and would like to talk to someone. One PFLAG parent is dedicated to first responding to calls. This volunteer has been returning calls for approximately 4 years; her empathy and understanding help callers realize they are not alone. We are also happy to have a other volunteer parents who can help as additional support and resources.

The helpline number is (716) 883-0384; any person who calls will be prompted to leave contact information. Some people leave a message about why they are calling, while others simply ask for a call back. Calls will be returned within 48 hours. Whether a person needs support, information, or both, our helpline volunteer is able to help.

Sometimes the phone call is the first step, and the caller later joins a sharing meeting. Other times the conversation itself is the support or resource that is needed. Either way, (716) 883-0384 has been, and will be, there for people in need.

Our helpline is not a crisis or emergency line.

People in crisis should call Crisis Services at (716)834-3131.

PFLAG BUFFALO/NIAGARA

PFLAG NATIONAL OFFERS CLASSES



PFLAG National, our parent organization, offers opportunities for education and support.

Through *PFLAG Academy*, parents, friends, family, and interested persons can participate in a wide variety of LGBTQ+ themed webinars.

If you are unable to view or participate live, the webinars can be accessed online. To learn more about what is available (and while you are at it, browse other information on the site as well), please go to <https://pflag.org/onlineacademy>.

PFLAG BUFFALO/NIAGARA BOARD OF DIRECTORS



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Sharon Barrett, Director Jeanne Mullen, Director

PFLAG Buffalo/Niagara is a 501(c)(3) non-profit organization.