

WE'RE HERE TO HELP

PFLAG Buffalo/Niagara is dedicated to preserving relationships during and after a loved one comes out. Our goal is to promote understanding of LGBTQ+ people in the community. Our phone help line is available for ongoing support and for those who are reluctant to come to a meeting but would still like to talk to an empathetic person. All calls to the help line will be returned within 48 hours.

OUR PFLAG MEETINGS

Our meetings are a safe place to discuss issues, ask questions, and share personal struggles and successes. The meetings are conducted in a loving, supportive, and confidential atmosphere. Our meetings are nonjudgmental.

Please visit www.pflagbuffalo.org for current meeting times and locations.

You may also wish to visit PFLAG NATIONAL's website for a wealth of information and resources.

PFLAG NATIONAL OFFICE
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Washington, D.C. 20036
(202) 467-8180
EMAIL: info@pflag.org
WEBSITE: www.pflag.org



PFLAG Buffalo/Niagara

"You have a home in PFLAG"

**Parents, Families, Friends
and Allies United with
LGBTQ+ People**



Support - Education - Advocacy

Visit our website at:
www.pflagbuffalo.org

PFLAG Buffalo/Niagara

P.O. Box 617 Buffalo, NY 14207
(716) 883-0384
Email: info@pflagbuffalo.org



PFLAG Values All Families

What We Do

PFLAG Buffalo / Niagara promotes the health and well-being of gay, lesbian, bisexual, transgender, and questioning persons, their families and friends through:

Support - to cope with an adverse society.

Education - to enlighten an ill-informed public.

Advocacy - to end discrimination and secure equal rights.

PFLAG / Buffalo provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

LGBTQ+ People are Everywhere. Lesbian, gay, bisexual, transgender, and queer+ people are part of families and are in all geographical locations around the world from every culture, religion, and ethnic group. Approximately 10% of the population is estimated to be LGBTQ+. Everyone knows or loves someone who is LGBTQ+ although they may not be aware of this fact because many people, out of fear of rejection and discrimination, are unwilling to disclose this information about themselves.

Exploding the Myths. Both the American Psychiatric Association and the American Psychological Association recognize that homosexuality is not a mental illness or emotional disorder.

Using the term gay lifestyle is just as inaccurate as using the term straight lifestyle. Just like straight people, gays live different lifestyles and cannot be lumped into one category simply because they share a particular sexual orientation. Unlike the stereotypes, gay persons establish stable, long-lasting relationships, work in every kind of occupation, shop, watch tv, vote, pay taxes, and raise children.

There is no pattern to the kinds of families that LGBTQ+ people come from: dominant or submissive mothers, weak or strong fathers, single parent homes or so called "model homes". An LGBTQ+ person may be an only child, the youngest, middle, or oldest child, with siblings who are not LGBTQ+. Claims that gay people are recruited are false. Most gay people report knowing that they are "different" from an early age. IN spite of what some opponents claim, many LGBTQ+ people have spiritual lives and are part of faith communities. LGBTQ+ people worship in every denomination. Just like heterosexuality, homosexuality is not chosen.

WHAT IS SEXUAL ORIENTATION?

Sexual orientation is an enduring emotional, romantic, sexual, or affectional attraction to another person. It is easily distinguished from other components of sexuality, including biological sex, gender identity (the psychological sense of being male or female) and the social gender role (adherence to cultural norms for feminine and masculine behavior).

CAN SEXUAL ORIENTATION BE CHANGED?

No. According to the APA attempts to change someone's sexual orientation are not only harmful but ineffective. Often there is pressure from religious groups and family members for LGBTQ+ persons to enter therapy. The reality is that being LGBTQ+ is not an illness, does not need treatment, and is not changeable. However, not all LGBTQ+ people who seek assistance from a mental health professional want to change their sexual orientation. They may seek psychological help with the 'coming out' process, or for strategies to deal with prejudice and discrimination, as well as for the same kinds of issues that others seek help from mental health professionals.

RELIGIOUS VIEWS VARY

Theologians differ in their interpretations of Judaic, Christian, and Islamic scriptures that are sometimes used to condemn sexual expression between same sex couples. While many faith communities are not accepting or supportive to varying degrees, growing numbers are welcoming to LGBTQ+ people and don't consider them sinful because of their sexual identity or gender identification.. There are welcoming and supportive movements in most faith communities.