



PFLAG Buffalo/Niagara

Parents, Families, and Friends United with LGBTQ+ People

We meet because we have learned someone very close to us is 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 strive to maintain anonymity while sharing on a level that is comfortable.

We want all to attend meetings for their own benefit as well as that of the group.

It is our hope that when each of us reaches a point of understanding and acceptance, we realize that this is when others need us the most.



April Sharing Meeting

Adjusted for Easter Sunday

Sunday, April 24th, 1:00-2:30

Zoom Meeting Code 555 112 0003

Passcode 700

PFLAG Buffalo/Niagara

P.O. Box 617

Buffalo, NY 14207

Helpline-83-034

info@pflagbuffalo.org

www.pflagbuffalo.org

We generally meet on the third Sunday of the month.

We are virtual now but look forward to in-person meetings. If you would like help outside of our sharing

meetings, please call the helpline



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GETTING THE WORD OUT

We have been updating our readers monthly as to PFLAG Buffalo/Niagara's outreach campaign. We have sent our informational brochures and bookmarks to local middle and high schools, mental health agencies, and libraries. Local LGBTQ+ agencies and groups have always had our materials but now also have our new and improved versions.

Our new collaboration with Niagara Pride has also been helpful; Niagara Pride offered our materials at its Health and Wellness Fair in March.



Bookmark



We have posted samples on our website, www.pflagbuffalo.org . Please click on the "Media" tab. You may also use this link: <https://www.pflagbuffalo.org/blank-1> .

Contact us if you would like copies, or if you know of a group that may be interested in receiving the materials.

Please join us in spreading the news that PFLAG Buffalo/Niagara is here to help.



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LGBTQ+ RECOVERY SUPPORT GROUP

From www.niagarapride.org



Save the Michaels is offering a LGBTQ+ Recovery Meeting. This peer-led group focuses on unique challenges of the LGBTQ community recovering from addiction. The group is focused on the same mission with the same goals: together we are stronger.

This group meets the 2nd and 4th Wednesday of every month from 6pm-7pm at 81 Walnut Street, Lockport, NY 14094

This meeting is for recovery from all substances or any form of addiction. Its members will be able to benefit from members' strength and hope to empower the LGBTQ+ community.

For those unfamiliar with *Save The Michaels*, this organization raises awareness of prescription and other drug addictions and help those struggling and their families find treatment.

Abuse and misuse of these controlled substances leads to serious illness, depression, deaths from overdose and suicide, and the devastation of caregivers and loved ones.

Save The Michaels House of Hope and Community Resources supports families during their loved one's journey through addiction and into remission.

This important resource provides nurturing and supportive environments for parents, grandparents and spouses of addicted individuals.

They practice compassion and promote education, self-help and wrap-around care before, during, and after treatment.

For more information: <https://savethemichaels.org/calendar/>



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PFLAG BUFFALO/NIAGARA SCHOLARSHIPS



Student applications PFLAG Buffalo/Niagara's three \$500.00 scholarships are due BY MAY 1st. P

Please let high school seniors know to check out the requirements and application on our webpage www.pflagbuffalo.org using the Scholarships/Grants tab.

Here is the link to click or cut and paste: <https://www.pflagbuffalo.org/scholarships-and-grants>.

ANOTHER OPPORTUNITY FOR LGBTQ+ YOUTH

On April 23rd, there will be a conference for LGBTQ+ youth that will offer guidance in career preparation. Along with the preparation, there will be a component that addresses challenges that an LGBTQ+ youth may face and how to meet these authentically. Please follow this link for the application and more details: <https://forms.office.com/r/j4PQHshtMW>

This conference is presented by Niagara Pride and sponsored by embraceWNY.

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PFLAG Buffalo/Niagara is a 501(c)(3) non-profit organization. PFLAG Buffalo-Niagara is an all volunteer, community-based organization, not affiliated with any ethnic, religious, economic, or political group.