

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



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

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WHY WE MEET

We meet because someone we love is LGBTQ+.

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

We meet offering support so that families can remain close.

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

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

The poster features a teal megaphone icon on the left, the PFLAG logo in the center, and a teal map of New York State with a red heart on the right. The background is a light pink color with a faint, repeating pattern of the word "LOVE" in a script font.

PFLAG
BUFFALO / NIAGARA

MAY SHARING MEETING
Sunday, May 17th
1:00-2:30

University Presbyterian Church
3330 Main Street
Buffalo 14214

Use building, not church entrance.

Scholarship Applications
Three \$1000.00 awards available
Accepted until May 15th
Details at www.pflagbuffalo.org



PFLAG Buffalo/Niagara



“STRONGER THAN BEFORE”

A PFLAG MEMBER SHARES JOURNEY

Michael Parra (excerpt, pflag.org)

When I came out to my mother six years ago, my experience was a tumultuous one, and I felt shunned, ignored, and alone. After deciding to seek professional assistance, I went to the LGBTQ+ resource center on my college campus in the hopes of finding resources to help guide my mother through this experience. One of those resources was my local PFLAG chapter in Northern Virginia.

My mother and I went to our first meeting together, and we were warmly greeted by members who had been attending PFLAG meetings for many years. But despite the open and welcoming environment, the meeting was hard on my mother, as she was not able to yet fully accept who I was. She stopped going after just two meetings.

I was disappointed, but I continued to go to PFLAG meetings by myself. I ended up becoming an active member and keeping the group updated on my relationship with my mother and where she was in terms of accepting me, her gay son. I was one of many younger members of PFLAG seeking advice on how to speak to their parents, while parents sought to learn from my coming-out experience and how best to support their LGBTQ+ children.

It’s been over six years since I attended my first PFLAG meeting, and the support I continue to get from the community is something I hold close to my heart. Because of PFLAG, I have learned how to approach

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PFLAG Buffalo/Niagara

challenging conversations with those that have difficulty understanding what it means to be lesbian, gay, bisexual, transgender, and queer.

As for my mother? Thanks to the support of PFLAG, I developed a new relationship with her, one that is stronger than ever before.

Although there is still work left to be done, she has accepted me for who I am through conversations we gained from PFLAG meetings. Her support gives me the confidence I need to pursue my career goals and educational dreams.



PRIDE MONTH IS APPROACHING

Buffalo, Niagara County, and Hamburg all celebrate!

We will have a wealth of opportunities to gather.

Details at www.buffalopride.org, www.niagarapride.org, and www.rainbowcollective.wny.com



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