

PFLAG BUFFALO/NIAGARA

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

**We will be meeting virtually in
October on Zoom. We will meet on
Sunday, October 18th, 2:30-4:30.**



Photograph with permission from Alicia Kwietniewski

We meet virtually on the third Sunday of most months. To be included in October's virtual meeting, call our Helpline, 883-0384, and leave contact information. We will contact you with the meeting code. We can also help you if you need assistance to use Zoom. Calls for the code must be received 24 hours before the meeting.

In addition, outside of our monthly sharing meeting, New Parent Virtual Meetings can be scheduled for those in need of support and information between monthly meetings. Call our Helpline to request a meeting. Please reach out. We are here for you.

PFLAG Buffalo/Niagara
P.O. Box 617
Buffalo, New York 14207

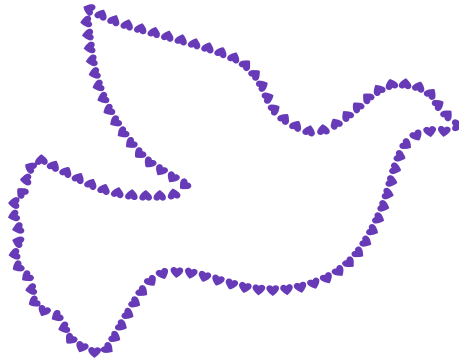
Helpline-883-0384

info@pflagbuffalo.org

www.pflagbuffalo.org

www.facebook.com/pflag.niagara

We meet because we have learned someone very close to us is gay, lesbian, bisexual, or transgender. 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.



ELIZABETH "BABS" CONANT 1929- 2020

A POWERFUL FORCE AND PFLAG PIONEER

Babs Conant was a kind and strong woman who was pivotal to PFLAG Buffalo/Niagara's mission, giving support as a participant and board member for decades. She was a pillar of the PFLAG family and community.

We would not be where we are or who we are without her. She passed away last month, leaving behind a legacy of giving and helping others.

We stand with those honoring and grieving the loss of Babs; PFLAG Buffalo/Niagara has grown and been successful in its mission, in a large part because of Babs' advocacy, hard work, and supportive ways and words for those in need.

Please use the following link to read more of a truly exceptional, far-reaching, impactful, kind, generous, and inspiring life.

Elizabeth 'Babs' Conant, 91, biology professor, scientist, activist

https://buffalonews.com/obituaries/features/elizabeth-babs-conant-91-biology-professor-scientist-activist/article_22035e42-e6ee-11ea-a28a-dbc018cb410.html

PFLAG Remembers Babs Conant

When an elder dies, a library burns to the ground. Babs was an incredible human being and the love she had for life, fun, justice, fairness, peace and her love, Camille, will continue to shine on.

I met her when I had the incredible privilege of being president of PFLAG Buffalo. She was always full of sage advice and had the best smile and laugh.

She has left a void in our community but she has also left a cleared path for those she raised up to take on the next part of the adventure.

May we be better listeners, patient, open hearted, relentless in pursuit of knowledge and understanding of ourselves and each other.

I am changed for the better for having known her. Kristin Ricusso, past president

Babs greeted me at my car door with that great, big, genuine smile all those years ago before my very first PFLAG meeting.

I will never forget the light that shone through that big smile and her dancing eyes.

Her light touched my heart, and I just KNEW I was in the presence of a kind and wonderful spirit,

I had the honor of being the secretary on the board of PFLAG Buffalo/Niagara when Babs passed that torch to me. My life is better for knowing her, and my heart is bigger because she touched it.

Rest now, Babs. Your hard work is done here, and all of us are that much better for having you as an advocate. Michele Perry, past secretary.

We join so many in thanking Babs Conant for the 200 years of goodness, insight, activism, support, and joy she fit into her 91 years. Rest in Peace and Light, Babs.



GROUP ADDS MORE TRANS PARENT SUPPORT

We at PFLAG are here for parents, families, and friends of LGBTQ persons. Our support is encompassing, but often parents of trans adults have asked if there is a group dedicated to trans parents and concerns

We reached out to GLYS for more information and learned that their parent group is open to parents of trans individuals of all ages.

Faith Winship of GLYS of Western New York shared this information with us:

GLYS Western New York, Inc. offers a variety of support groups for transgender youth and their parents/caregivers.

On the first Thursday of each month, GLYS holds an **In-Person** Transgender, Non-binary & Questioning Youth Support Group *and* Parents/Caregivers of Teens Support Group.

These groups both meet from 6:00 - 7:30 PM at the same location, The Evergreen Commons at 67 Prospect Avenue, Buffalo, NY 14201, but in separate spaces to allow for privacy. This space is handicap accessible.

Parents of any age can join this support group, but the youth group is limited to ages 13-21. Participation is never dependent on the parent or child attending the concurrent meeting.

If you are interested in participating you can contact our group facilitators Mel LeMay and Susan Frawley via their email.

Mel LeMay is the Transgender Youth Group Coordinator and can be reached at youthoutreach@glyswny.org. Susan Frawley is our Parent/Caregiver Group Coordinator and can be reached at parentoutreach@glyswny.org.

Please note, GLYS abides by all NYS COVID-19 regulations and guidelines when hosting in-person groups.

For the time being, due to the pandemic, we have put our Gender Expansive Kids Group on hold, which is available for children ages 5-12!

For those who do not feel comfortable meeting in person we do offer **online** support groups, more information regarding our various support groups can be found our website at www.glyswny.org/transgender-youth or by calling our office at 716.855.0221.

PFLAG BUFFALO/NIAGARA BEGINS VIRTUAL MEETINGS

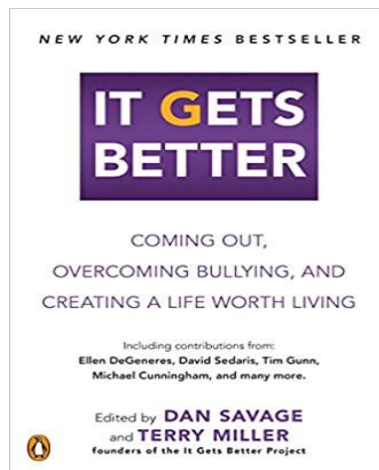


Sharing meetings were resumed in September via Zoom. We are pleased that we can continue supporting parents, families, and friends while being safe in these challenging times. Information about October's meeting is on the front page of this newsletter. Last month's newsletter has log-in information, and this can be accessed on our webpage, pflagbuffalo.org.

You may contact us at info@pflagbuffalo.org with questions.

BOOK CORNER

This month's book is not simply a book. It is an idea, a phrase, a book, that became a movement. *It Gets Better* is our choice for this month's pick. Please read this summary from [Amazon.com](https://www.amazon.com).



Every story can change a life. Growing up isn't easy. Many young people face daily tormenting and bullying, and this is especially true for LGBT kids and teens. In response to a number of tragic suicides by LGBT students, syndicated columnist and author Dan Savage uploaded a video to

YouTube with his partner, Terry Miller. Speaking openly about the bullying they suffered, and how they both went on to lead rewarding adult lives, their video launched the It Gets Better Project YouTube channel and initiated a worldwide phenomenon.

It Gets Better is a collection of original essays and expanded testimonials written to teens from celebrities, political leaders, and everyday people, because while many LGBT teens can't see a positive future for themselves, we can.

To read more stories and learn about the *It Gets Better Project*, please use this link: www.itgetsbetter.org

VISIT PFLAG NATIONAL'S WEBPAGE www.pflag.org

VISIT OUR WEBPAGE www.pflagbuffalo.org

VISIT OUR FACEBOOK PAGE <https://www.facebook.com/pflag.niagara>

PFLAG Buffalo/Niagara Board of Directors

Officers

Julie Christiano, President Lisbeth Ball, Secretary David Barrett, Treasurer

Directors

Sharon Barrett and Kathy Klopp



PFLAG Buffalo/Niagara is a 501(c)(3) **nonprofit** organization.