

STARR NEWSLETTER

PARENTS, FAMILIES & FRIENDS ALLIED WITH THE LGBTQ COMMUNITY

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Happy New Year with Thanks!

President's Message

As we welcome 2018, I want to thank all of you who work so hard to carry out our mission of support, education and advocacy for LGBTQ persons and their families.

First, I'd like to thank our members and donors. Without your financial support, our doors would close. To those of you who responded so generously to our end of the year appeal, special thanks. Your contributions will make it possible for us to reprint our informational brochures—for youth, parents, transgender persons and their families, and those dealing with religious issues. We publish them in English and Spanish and give them away free of charge. In the past year, we have distributed over 8,000 copies at Models of Pride and other venues, reaching people far beyond the physical location of our meetings. If you'd like to help this work, please click here to donate or renew your membership.

I also want to thank our board members, who do so much unseen work: record keeping, planning the meeting programs, maintaining and improving our website and social media presence, answering helplines, responding to queries to the website, organizing Speakers Bureau engagements, leading and facilitating meetings, writing about our work, the list is endless. There would be no PFLAG Los Angeles without you.

Many thanks to the members of the Speakers Bureau members. All of you—gay, lesbian, bisexual, transgender, straight, cisgender, non-binary, genderqueer, and other identifying—make room in your busy lives to share your stories with school children, high schoolers, college/graduate students, businesses, community organizations and government offices. Your positive impact on the greater Los Angeles community is immeasurable.

Finally, thank you to all who attend our meetings. Your trust in us as you share your deepest feelings is profoundly moving.

Introducing Our New Board Member

We are delighted to announce that Juan Castillo-Alvarado is joining the PFLAG Los Angeles Board of Directors. A staff member of the Latino Equality Alliance (LEA), Juan has been collaborating with PFLAG Los Angeles for over a year to increase our outreach to the Latino community. At his invitation, we have been holding a monthly Spanish language support meeting at Mi Centro LGBTQ Community Center in Boyle Heights.

The Latino Equality Alliance has a strong focus on family acceptance, LGBT equality, and immigration reform. The Alliance works with Latina/o LGBT community leaders, organizations, and families to address issues of bullying, homophobia, xenophobia, family separation, violence against youth, homelessness, high health risk behaviors and HIV/AIDS.

Juan, the Director of Public Education, offers workshops to parents often through the schools their children attend, and runs the LGBTQ Youth Council. The Council helps youth build leadership and community organizing skills in order to create safer, more inclusive and supportive spaces at home, school and in the communities in which we live. Support meetings for their parents are offered by PFLAG Los Angeles facilitators.

(continued on next page)

SUPPORT EDUCATION ADVOCACY

Presidents Message - continued Prior to LEA, Juan was a bilingual teacher for ten years at Camino Nuevo Charter. He is working to develop leadership among the PFLAG attendees with the goal of starting an independent chapter.

Speakers Bureau Transition

I'd like to share with you the resignation letter of Liz Mullen, our Speakers Bureau Coordinator. She has done a magnificent job scheduling panels, particularly this past year, during which engagement requests doubled in the first six months. She has also streamlined procedures making us more efficient. We are very fortunate to have Melanie Woloz, one of our board members, taking over her position. The two have been working closely together during the summer and fall to make the transition smooth. And we're not saying good-bye to Liz. She's staying on as a board member, and will continue to be a panelist.

Please read her letter in our Spreading the Word section.

Models of Pride—25th Anniversary Year

The 25th annual Models of Pride Conference was a tremendous success. Youth attendance remained high at over 1500 young people. The Parents and Professionals Institute (PPI) had recorded attendance with 404 participants. I and board member Melanie Woloz served on the Steering Committee. PFLAG Los Angeles members offered two PPI workshops, and a workshop on coming out in families of color for youth—all highly scored. While students attended the much anticipated evening dance, PFLAG Los Angeles facilitated a support meeting for parents accompanying their children. It was a chance for parents to recap what they had learned, connect with other parents, and reflect on the challenges and joys of having LGBTQ children. One mother summed it up: "It was good to be here. I don't feel so alone." **END**

Our Stories

Ana, Proud Mom

My daughter is transgender, male to female. When she was 13, she first came out as gay and I thought I had a gay son. I found out when I walked into her room and she was viewing something on the internet. She got really scared and immediately turned off the computer. I asked, 'What are you watching?' She got up and looked at me, terrified of my reaction, and said, 'Mom, I think I'm gay.' I gave her a big hug and told her that everything was going to be OK. At that moment I was scared, I was shocked, but I didn't want her to see that.

**"... I was scared, I was shocked,
but I didn't want her to see that."**

Parents like me, with our upbringing and our culture, don't want to talk about it, you don't want to say it. Maybe you know something, but when your own child tells you that - I was, like, wow. I was really scared for my daughter. Because all those years she has been bullied in school. I used to hear her cry at night. She was not happy. When she was little she used to be a happy kid, playful and joyful. We used to cuddle and play and laugh. She was a happy, happy kid. And then, when she was about 10, that stopped. Everything changed. I was really scared when she told me, but I pretended I was calm and everything was OK. I gave her a hug and told her, it was fine.

You always hear there are gay people. But you never expect that YOU'RE going to have a kid that's LGBT. Never. Like anything else too, any other thing that happens that affects other people in different ways. You don't think it's going to happen to you.

I tried to get used to the idea of having a gay kid. But it wasn't always so easy in the [\(continued on next page\)](#)

**PLEASE
SUPPORT
OUR
WORK!**

As an all-volunteer organization, our work is made possible only with the generous contributions of our donors. Your contributions support our monthly meetings, website, helplines, Speakers Bureau, and outreach to ethnic and faith communities. PFLAG Los Angeles is a 501(c)(3) charitable organization and 100% of your donation supports our programs. When you make a donation of \$35 or more to PFLAG Los Angeles, \$15 of your donation goes to PFLAG National and makes you a member of PFLAG National as well.

Donate online at: www.pflagLA.org/join-donate

Our Stories - continued beginning. In that first year she was about to graduate from the 8th grade. It was in the summertime, close to graduation, and I told her not to say anything to the kids at school because I was afraid of her being bullied. And I didn't realize that was a mistake. Because the worst thing you can do to a child is tell them not to be themselves. I was trying to protect my daughter by telling her don't tell people at school, don't tell the kids. My daughter started being angry with me. I told her, 'I love you but I just don't want you to get bullied.' I was worried. I didn't know what to do. I was not educated on LGBT and I made mistakes. At the time I thought I was doing the right thing. But soon I realized it was the wrong thing to do. I was happy that she didn't listen to me.

About six years later, she came out as transgender. She was 19 years old. She was communicating with me over the phone about being transgender. That was during the last semester, the first year of college. She said, 'Mom, this is who I am.' For me to understand that this is what is happening was difficult. There were a lot of signs I didn't understand. I was like, transgender – OK, but I still used the wrong pronouns.

"If they ask me "How's your son?"
I have to tell them that I don't
have a son. I have a daughter, she's
transgender, and that's it. End of story."

So when she came home for two weeks, the day before she left, she showed me a video. It was a video of transgender women talking about who they were. Then she told me, 'Mom, this is who I am.' And that's when I got it, when I understood. This time I wasn't scared like I was before. The first reaction was, honestly, I gave her a big hug. I told her I love her and thought to myself that finally she was going to be happy. I realized that this is what was going on all those years. All those years I would try to do everything that I could because as a parent I want to see my kid happy. She had depression, she was angry, it was like walking on eggshells with her. I knew she was a good kid and a very good student. She had a lot of qualities, she always made me proud. Always. People used to give me compliments about every little thing. And I was happy, I was so very proud of her. But she was not. I knew

something was wrong but didn't know what it was. I asked myself, what's going on, how can I help? It was really hard because at one point I thought I could lose my daughter, especially at the end of high school and the first semester of college. So I was relieved when she told me she was transgender.

Ever since she came out as transgender I have my happy kid again. I hadn't seen that kid happy and loving, the way she was when she was little. That happy kid came back again.

I didn't ask my daughter any questions, I just told her that I love her. At this point it was my responsibility as a parent to learn about it. It was my responsibility to inform myself what this means. I was determined to do my homework. The next day I took her to the airport. Back home, I went online and was reading all night long about transgender issues. I was reading everything from A to Z. And when I read about what transgender identity means, it brought back a lot of memories and I realized I always had a girl and never had a son. I always had a daughter. She was always my daughter.

I continued reading, trying to understand pretty much everything. It shocked me reading about all this discrimination, about what they go through. They get murdered for being themselves. I had no idea. It really affected me because the last thing I want is lose my daughter. I thought to myself, wow, what am I going to do? How am I going to handle this? I wanted to do the right thing. I had no clue how to start. And then it just came to my mind: With love. You're going to do this with love.

So I've been showing my daughter love, keep showing that I love her unconditionally, that I support her, and that I'm there for her. My daughter is happy and I'm happy with our good relationship.

I also couldn't keep it to myself. I don't have to pretend something that is not. So I have to tell people everywhere. If they ask me 'How's your son?' I have to tell them that I don't have a son. I have a daughter, she's transgender, and that's it. End of story. At the beginning, especially at work, I didn't know how to respond. I was nervous because I did hear homophobic comments in the past. They didn't know that I had a son who was gay at that time. I didn't say anything about that. I thought this is private, this is my personal life. But the more I learned and when I found out about the [\(continued on next page\)](#)

"When I see a parent who is struggling and is having a hard time, I talk to them. I want to help them."

Our Stories - continued discrimination I knew I have to speak up. And I got a lot of reactions from people. I was so excited to tell them and explain, and next time I saw them they turned around and looked at me from the corner of their eye. They cut me off. That was hard. I don't know what goes through their mind. I don't know if they were afraid or if they just don't understand and didn't want to go there, or what. But it was very painful for me. Because of my kid. What if it were their kid?!

Even though, it's been difficult for her. These past three years my daughter shared the times that somebody did something to her or said the wrong thing to her. She was harassed in the one way or other. One time she called me, she sounded so broken, so sad. When I hear my daughter like that, hurt, I'm hurting many times more.

The first time I heard of PFLAG was when my daughter was in high school where she got involved with the GSA Network and then became a leader. She was President of the GSA. They had a Pride event and she took me there. That was the first time.

I never went to a PFLAG meeting. I didn't think it was important. But I realize now that it was, that I should've been there a long time ago. I started going to PFLAG after my daughter came out as transgender.

And then I attended Models of Pride. I remember being in a room with a lot of parents sharing their stories and I heard a mom talking about how scared she was because she had a transgender daughter. I remember her so well because I could relate to her.

It's a difficult journey, but I think most parents will be like me in a way of standing up for their kids. Does not everybody want the best for their kids? And just because your kid is part of the LGBT community, you're not gonna be standing up for them? That's not a normal thing. The kids are not doing anything wrong.

We parents should put religion aside and what other people think of us. We should think about our child first. These are our children from the minute they are born. We parents have to understand what our kids go through.

There's a lot of pain out there on the streets and in schools. Being bullied, of course they get angry and rebel. Of course, they probably trying to hide some things because nobody understands and then they come home and their parents don't understand. It just makes a really terrible time for them. We really need to put our kids first. They're gonna do fine if we, the parents, love them and accept them and are proud of them because of the kind of person they are, not because of who they like or how they identify. Don't let anybody else tell you who your kids are.

My child is still my child.

I hear it from a lot of parents, they say they feel like they lost their child and now they are going to grieve. It's hard for them. I feel so happy to see my daughter happy. I didn't lose a son. She was always my daughter. She was angry and she was really unhappy. And that hurt me so much. It used to break my heart to see other kids happy, wondering why is my kid not happy? So I gained a lot more. I didn't lose anything. I gained a happy and amazing kid. Nothing can come between my daughter and me. With her coming out we bonded even more. My daughter is everything to me. As a parent, you want your kids to be happy and to be successful, to be independent, to have a good life. That's what I want for my daughter. Nobody's gonna tell me that my daughter is sinful. Nobody's gonna tell me that.

At the beginning, it wasn't that easy. It's a whole learning process. I started out being very scared, and now I'll be part of a PFLAG parent panel at Models of Pride. What a journey.

When I see a parent who is struggling and is having a hard time, I talk to them. I want to help them. I want them to have a happy home and a happy life and their kids to be happy like all kids, not just the straight kids.

We all can help. We all can be allies. Just say something when you hear homophobic comments, and speak up against discrimination. You never know who's next to you. You never know what the person next to you is going through. You have no idea. So, if you hear anything, say something. Because next time it could be YOUR kid. It happened to other parents, it happened to me. **END**

We Need YOUR Stories!

We all have a PFLAG story to share. Some are about growth while others are painful and heart-breaking. Stories of real peoples' lives can be teaching moments to some and life-savers to others.

We encourage you to share YOUR story. The focus should be on your personal story as it relates to the coming-out of an LGBTQ family member/loved one. If you prefer, we can interview you over the phone and write the story for you! All stories are welcome and submissions are subject to editing. By submitting your story you give PFLAG permission to publish it in our newsletter, on our website or other media to promote PFLAG. If requested, your name will not be published.

Please e-mail your story, request to be interviewed, or any questions to NewsletterEditor@pflagLA.org

Spreading the Word

in the community through our Speakers Bureau engagements/ education, activism & advocacy

USC Social Work School: Christie Carney, Elizabeth Gilbert, Rudy Perez, and Kimmy Tran.

RISE Program Staff Meeting: Christie Carney, Jehanne Eily, Steve Krantz, Chris Tompkins, and Sylvia Weisenberg.

Arleta High School: Cara O'Donnell, Alejandro Garcia, Steve Krantz, and Lauren Padick.

El Camino Real High School: Jehanne Eily, Barry Mason, and Sylvia Weisenberg.

LA Center for Enriched Studies Peer Mentors: Inez Carillo, Liz Mullen, and Martin Vitorino.

Santee High School: PFLAG En Española parents.

2017 Models of Pride Parent Panel: Ana C., Terri Duba, Alison Kellman, Barry & Karen Mason, and Liz Mullen.

The Help Group Staff Meeting: Jehanne Eily, Alejandro Garcia, Elizabeth Gilbert, Steve Krantz, and Lauren Padick.

Arleta High School: Cara O'Donnell, Steve Krantz, and Sylvia Weisenberg.

Resignation Letter Liz Mullen

Dear PFLAG Los Angeles Speakers Bureau panelists and friends,

Our Board of Directors is in the process of making some revisions to coordination activities and leadership of the Speakers Bureau of PFLAG Los Angeles. It has come at my request. As of a year ago, I became the full time caregiver to my 95-year-old mom, and I am no longer able to devote enough time and effort to the day to day arrangements the Speakers Bureau requires. That said, I want to assure you that I am continuing as a Speakers Bureau Lead Speaker, I will continue training new speakers, and I will be an active adviser, as we go forward. I will be remaining on the board, as well.

As of January 15th, 2018 Melanie Woloz, a current PFLAG Los Angeles Board Member, will be the new Speakers Bureau Coordinator, in charge of fielding requests, and arranging panels and all that the role entails. Melanie and I will work together to make this transition as seamless as possible. Melanie is a pro in every sense of the word. She will be working using this email address.

In addition to this change in title for Melanie and for me, we will be assigning the role of Lead Speaker to many of you who have been a part of this amazing group for a while, and who have demonstrated comfort and skill in the role of establishing the framework at the start of the panel, briefly discussing PFLAG Los Angeles's mission, and fielding questions that might touch on challenging subjects. We will be sending out a separate email to the designated Lead Speakers.

We have a great group of active speakers. I am honored to do this work with all of you. I am amazed each and every time we share what a deeply profound and moving experience we provide for our audience and for ourselves.

I am proud that we carry on the tradition established so many years ago of sharing our truths with the community.

I will continue to see you on panels in the community.

Thank you for your continued participation in this most important endeavor.

Sincerely,
Liz Mullen

Noteworthy Posts

Transgender Rights

When it comes to transgender rights, you may have heard about restrooms and scare tactics used by some people, mostly for political reasons to get votes from uninformed or ill-informed voters because those are easy to scare and manipulate. Or the heated debates, often driven by emotions or faulty reasoning, over whether or not transgender men and women should be allowed to serve in the U.S. military. (I added U.S. because there are other, mostly Western, countries that have evolved and changed their policies years ago, the Netherlands being the first back in 1974, and 1993 was the year in which Israel changed its policy.)

But how many times have you heard of difficulties arising when someone petitions the court to legally change their name and gender marker?

I'm not talking about Tennessee that, according to Lambda Legal, is the only state that has a statute specifically forbidding the correction of sex designations on birth certificates for transgender people. I'm talking about our state, California.

I'd like to thank Marisa Gerber from the Los Angeles Times for covering this important issue, the headaches and heartaches that the Liljestrand family experienced when they went to their court hearing here in Los Angeles to change their eldest child's name and gender designation.

Following is the beginning of Marisa's article that appeared on December 3, 2017 in the Los Angeles Times. You'll find two links to the full article, in English and Spanish, at the end of the excerpt.

Transgender rights: Los Angeles families complain of insensitive treatment during court hearings

By Marisa Gerber

The Liljestrand family walked into the courthouse confident — if a bit nervous.

They'd come to get their eldest child's name legally changed to Melissa Rose and her gender designation switched from male to female.

When it was finally their turn to be heard, the judge cleared the courtroom. Before long, he turned to the 14-year-old and asked how she knew she was a girl.

"Convince me," the judge said, according to the family.

They'd expected the May hearing to be quick and simple. Instead, Melissa, and her parents Eric Liljestrand and Gwen Everman, said they left Stanley Mosk Courthouse frustrated and traumatized. The judge's questions, they said, seemed skeptical — even critical — of Melissa's transition.

To read the full article in English use this link: <http://www.latimes.com/local/lanow/la-me-ln-transgender-court-hearings-20171110-story.html>

To read the full article in Spanish use this link: <http://www.hoylosangeles.com/noticias/estadosunidos/hoyla-lat-amalias-trans-de-l-a-se-quejan-del-trato-insensible-en-las-audiencias-judiciales-20171203-story.html> **END**

We would love your support!

Buy your Valentines Day gifts at
smile.amazon.com and Amazon donates to PFLAG Los Angeles.

amazonsmile

Your everyday purchases or gifts can help PFLAG Los Angeles expand its mission of support, education, and advocacy.

<http://smile.amazon.com/ch/95-3707419>

Update - Transgender Service Members

The courts have ruled - transgender people can enlist as of January 1, 2018.

You may recall that after Trump tweeted in July of 2017 that the military “will not accept or allow Transgender individuals to serve in any capacity in the U.S. Military” it immediately created shockwaves among closeted transgender service members whose lives and families’ existence was put in jeopardy.

California-headquartered National Center for Lesbian Rights (NCLR) and GLBTQ Legal Advocates & Defenders (GLAD) immediately stepped into action and filed a lawsuit in federal court in DC challenging President Trump’s directive to reinstate a ban on military service by transgender people.

On October 30, 2017, the U.S. District Court for the District of Columbia ruled in favor of the plaintiffs and enjoined the transgender military ban, the discriminatory policy challenged in *Doe v. Trump*, the first case filed against President Trump’s transgender military ban.

Despite Trump’s opposition, on December 30, 2017, the Trump administration dropped its attempts to delay transgender enlistment after repeated court losses in GLAD and NCLR lawsuits. The Pentagon confirmed that the military will begin accepting qualified transgender military recruits after January 1, 2018.

The U.S. military is not the first one to allow transgender individuals to serve openly. In 1974, the Netherlands became the first country to grant transgender people the right to serve in the armed forces. More than 15 countries have followed, including Israel whose military opened its doors to transgender service members in 1993.

GLAD has published information and resources for transgender individuals planning to enlist on their website. <https://www.glad.org/post/enlist/>

First Transgender Commander

While transgender military members are still a hot button for many in this country, Anastasia Biefang became the first trans commander in Germany.

As The Washington Post reported, “Biefang joined the German army as a man more than 23 years ago. Two years ago, despite fearing negative repercussions for her career, she came out to her superiors and eventually to her entire unit. Her decision to transition from male to female coincided with an unprecedented openness among top military officials in Germany, the United States and other countries to having transgender troops serve openly.

Since then, the United States and Germany have taken dramatically different turns. Biefang, now a lieutenant colonel, commands an information technology unit of more than 700 soldiers, and the Bundeswehr, Germany’s military, heralds her as a national role model. She is the first transgender commander in a force headed by a defense minister, Ursula von der Leyen, who has made support for transsexual and homosexual personnel a top priority.”

To read the full article please go to <https://www.washingtonpost.com/news/worldviews/wp/2017/11/11/as-trump-attempts-a-transgender-military-ban-germany-celebrates-its-first-trans-commander/>

How We Fought Back in 2017 (excerpt)

By Mara Keisling, Executive Director, National Center for Transgender Equality

We stopped biased and unqualified judges and other nominees

In 2017, the federal courts regularly acted as checks on the Trump administration’s attacks on civil and constitutional rights, siding with trans people in several important cases.

In addition to holding President Trump’s transgender military ban unconstitutional, numerous courts have rejected the administration’s position that federal civil rights laws don’t protect trans people in employment, education, and health care.

But while he's been losing in the courts, Trump is now trying to fill them with over 100 new lifetime-appointed judges. With the help of parents and families around the country, we stopped the nomination of Jeff Mateer—who called transgender kids proof of "Satan's plan"—and two other dangerously unqualified nominees.

In May, we also successfully worked to defeat Mark Green, Trump's anti-trans nominee to be Army Secretary.

We Fought the Military Ban

When President Trump tweeted on July 25 that "the United States Government will not accept or allow Transgender individuals to serve in any capacity in the U.S. Military," NCTE leapt into action, making sure news media and members of Congress got the facts about the thousands of transgender people currently serving. We turned a policy crisis into a public education opportunity and we are winning.

We Fought Hard for our Health Care

NCTE joined countless advocates around the country in the fight to protect the Affordable Care Act, also known as Obamacare, in Congress.

With your help, we defeated three separate attempts to repeal most or all of the ACA's critical protections. Unfortunately, the repeal of the ACA's individual responsibility mandate as part of the GOP tax bill will raise premiums for some consumers and cause others to lose coverage.

But we know the Trump administration isn't stopping there, and neither have we. The Department of Health and Human Services has drafted a plan to roll back the historic 2016 rule implementing the ACA nondiscrimination protections. NCTE helped rally thousands of organizations and individuals to tell HHS not to give a free pass to discrimination.

Among those calling on HHS to stand against discrimination are the American Medical Association, American Psychiatric Association, American Psychological Association, American Academy of Pediatrics, American Academy of Nursing, National Association of Social Workers, the American Congress of Obstetricians and Gynecologists, and numerous other faith, aging, and civil rights groups.

We Continue to Hold the Trump Administration Accountable

NCTE worked relentlessly throughout the year to shine a spotlight on the Trump administration's actions and stop or reverse them wherever possible.

We stopped plans to roll back employment protections for federal contractors, and to force students to out themselves on financial aid forms. We brought transgender students and parents to share their fears and outrage with Education Secretary Betsy DeVos after she and Attorney General Jeff Sessions withdrew lifesaving guidance supporting them.

When HHS tried to hide over 10,000 public comments it received on giving dangerous "right to discriminate" exemptions, NCTE called them out and the agency backtracked, publicly releasing the comments. And NCTE has stood shoulder to shoulder with Muslim and immigrant communities, communities of color, and women against countless Administration attacks.

We are still advancing in the states

Despite a hostile administration in the nation's capital, NCTE continued our work with state partners to advance equality at the state level, and to defeat almost 60 anti-trans bills in state legislatures, including SB6 in Texas.

NCTE worked to help pass an updated birth certificate gender change policy in Delaware; implement standardized

Quote - Unquote

"There is no reason to force service members who are able to fight, train and deploy to leave the military regardless of their gender identity."

— John McCain, U.S. Senator (R-Arizona),
Armed Services Committee Chairman

court forms for the gender change process in Virginia; adopt a Medicaid nondiscrimination policy in Montana and improve the Medicaid policy for coverage of trans related healthcare in Colorado; modernize driver's license gender change policies in Washington, DC and Oregon to allow self-reporting and a gender neutral option; pass legislation strengthening school nondiscrimination policies in New Jersey; and pass modernized driver's license and birth certificate gender change policies in Montana; and worked on many other efforts we hope will bear fruit in 2018.

We powered advocacy with groundbreaking data

In 2017, NCTE joined with our partners to publish 46 new reports based on the historic 2015 US Transgender Survey, putting critical data about trans lives into the hands of advocates, policymakers and researchers across the country.

To read more about NCTE's accomplishments please visit their website at <https://transequality.org/> **END**

PFLAG Los Angeles is an all volunteer, non-profit 501(c)(3) charitable organization run by parents, family members, LGBTQ persons and their friends. Each of us came for help, found support, and joined the organization to assist others on their journey to acceptance. Our chapter, together with a group in New York City, founded the national PFLAG organization, which provides assistance to over 350 independent chapters nationwide.



P.O. Box 24565, Los Angeles, CA 90024
info@pflagLA.org 888.735.2488

OUR VISION: PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.

OUR MISSION: By meeting people where they are and collaborating with others, PFLAG realizes its vision through:

Support for families, allies and people who are LGBTQ;

Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ;

Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

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RESOURCES

Support Meetings

sponsored by PFLAG Los Angeles

Westwood*

Westwood United Methodist Church
10497 Wilshire Bl. LA 90024
3rd Wednesday of each month
7:30 - 10:00 pm / Free Parking

*Visit our website for upcoming speakers www.pflagLA.org

Gender Focus

Bienestar in Hollywood
4955 W. Sunset Blvd., LA 90027
2nd Thursday of each month
7:30 - 9:30 pm / Free Parking

South LA

Meetings suspended until further notice

Boyle Heights (Sólo Español)

Mi Centro - Boletín
553 S. Clarence St., Los Angeles, CA 90033
2nd Wednesday of each month
7:00 - 9:00 pm / Free Parking

East LA (Sólo Español)

Bienestar East LA
5326 East Beverly Blvd, Los Angeles 90022
3rd Thursday of each month
7:00 - 9:00 pm / Street Parking

San Fernando Valley (Sólo Español)

Bienestar Centro del Valle de San Fernando
8134 Van Nuys Blvd., #200, Panorama City 91402
4th Friday of each month
7:00 - 9:00 pm / Free Parking

SPEAKERS BUREAU

Contact Melanie Woloz at
SpeakersBureau@pflagla.org

NATIONAL ORGANIZATION

PFLAG National
202.467.8180
www.pflag.org

PFLAG Los Angeles - English and Spanish
1.888.PFLAG 88 (1.888.735.2488)

The Trevor Project

24-hour suicide prevention line
866.488.7386
www.thetrevorproject.org

REMEMBER

When you no longer need PFLAG, that's when PFLAG NEEDS YOU!

www.pflagLA.org