

PFLAG Volunteer Sign-up

- Facebook admin
- Website maintenance
- Newsletters
- Sharing meetings
- Graphics, brochures, flyers
- Brunch: food, decorating
- PRIDE Week decorating
- Photographer
- Setting up and cleaning up
- Baking, treats for meetings
- Archives: collecting media articles, photos, videos, etc referring to PFLAG Peterborough
- Information tables
- Ideas, talents, skills

Please call or email us with your volunteering interests.

PFLAG Peterborough
705-749-9723

pflagpeterborough@hotmail.com

www.pflagpeterborough.com

facebook:PFLAG Canada - Peterborough ON

YOUR CONTACT INFO (please print: clearly)

Supporting **P**arents & **F**riends of
Lesbians **A**nd **G**ays, Bisexual,
Transgender, Transsexual,
Two-spirit, Intersex, Queer and
Questioning persons, and their
families.

PFLAG Peterborough is made up of volunteers who support our rainbow community, their families, and their friends who are in need of knowledge and understanding. We do this through monthly sharing meetings; fundraising events; collaboration with PRIDE, Rainbow Youth Coalition, the DBIA, Fleming College, Trent's TQC, and other rainbow friends.

As our chapter grows, we find ourselves in need of your support.

Please consider volunteering with
PFLAG Peterborough.

705-749-9723

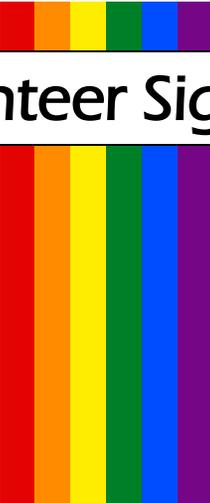
pflagpeterborough@hotmail.com

Sharing meetings:

159 King St., on the second Thursday of each month from 7:00 p.m.

Press #6 for intercom.

PFLAG  **CANADA**
PETERBOROUGH - ON



Volunteer Sign-up



PFLAG Peterborough provides support, education, and resources on issues of sexual orientation and gender identity for gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer and questioning persons, their families, and their friends.

You are not alone. Many parents have faced this situation and emerged with a new understanding of themselves and their child. Rest assured life is not over. In fact, a new chapter is just beginning. As parents, we want the absolute best for our children. We want them to have every opportunity and we don't want them shouldering unnecessary burdens. Most of us enter this new reality fearing for their safety and wellbeing. We wonder how their orientation will affect their prospects for a successful career, marriage, children, and overall happiness. And we wonder, how did this happen? Did we make them this way? Generally speaking, society believes that everyone is or should be heterosexual and because of this, people sometimes feel uncomfortable with anyone or anything that contradicts this assumption. This discomfort is called homophobia. It's homophobia that drives people to complain when they see two women sharing a romantic kiss, or two men holding hands. While we often celebrate the differences that make us unique, society tends to judge sexual minorities. Perhaps this is because we lack a common understanding of sexual orientation. Perhaps we fail to see that it has variations, just like any other human trait. Canada has taken a progressive approach to equal rights for gay, lesbian and bisexual people and mainstream attitudes are changing. Today, they share in every legal right afforded to heterosexual individuals. Furthermore, there are many people who welcome their contributions because they are different, not in spite of it.

Support

Support is important for everyone. We all need a safe place where we can share our concerns. It is not the same as acquiring new information. Information feeds our minds and sustains us intellectually. While it provides us with certain tools for coping, we are still alone in our quest. "Support" connects us to other people, which is an inherent human need. Living as a "closeted parent" is an isolating experience. You may find yourself avoiding friends or social settings that typically require you to talk about family. Support helps to heal this disconnect and re-opens important channels that sustain our emotional well-being. If friends and family members cannot provide you with this vital link, find others who can. There are people who are willing to listen, who understand. You just have to reach out and find them. While we all need support, we can also give it. Members of your family will require a certain amount of consideration and understanding and of course, your son or daughter will benefit from knowing the family will continue to thrive

Hope

As adults – and as parents, we are generally accustomed to feeling secure in our ability to handle most situations. New experiences are rarely foreign.



We are born. Just the way we are.

Most of us have either observed or imagined just about everything that could possibly happen. It's one of the ways we mentally prepare for life's eventualities. Still, many of us are caught off-guard when our child comes out and we are suddenly thrown into a world where nothing makes sense. It can be frightening and worse, we may fail to see that hope is all around. Being gay, lesbian or bisexual will not limit your child's choices or potential. They are still writing their story and only they can decide where their path will lead. You have an important role to play. Your love and support will make it easier for them to rise above the challenges that society presents. Let him or her share who they are as a gay, lesbian or bisexual person. You may have much to learn and perhaps they won't mind teaching you. Your child has not changed. He or she is the same person you brought into the world. You now have an opportunity to get to know them as they know themselves. Your support and courage are gifts they will never forget. Remember you are not alone. Countless parents have survived this situation and emerged with an even better relationship with their child. There are many resources available online or through your local chapter of PFLAG Canada. You may wish to speak with a PFLAG Canada contact or attend a monthly chapter meeting. It is helpful to hear how other families have managed.

Trust in yourself! You will find the strength and courage to move forward.