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## Confidential Information Line

# 415-921-8850

Support meetings are on the second Tuesday of each month at The Women's Building, 3543 18th St., Room B  
7:00 p.m. – 9:00 p.m.

Attendees must be at least 18 years old

November 2017

## November 14th Meeting



The November 14th meeting will be in Room B of the Women's Building from 7:00pm-9:00pm. The best way to get here is by BART. The stop is 16th St and Mission.

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### **DIRECTIONS:**

The Women's Building  
3543 18th Street, Room B  
San Francisco, CA 94110  
Tel: (415) 431-1180

BART: 16th and Mission stop MUNI Bus: 14, 22, 26, 33, 49 and the J Church light rail.

## SB-179 Gender Identity Bill



Democratic Gov. Gerry Brown signed SB179 on Sunday, giving non-binary Californians the ability to choose "X" as their official sex or gender on their driver's licence or state ID.

Advocates for LGBTQ rights hailed that measure as a victory in the steady march toward allowing the government to accommodate individual gender preferences. They argue identification that accurately conveys that identity will help reduce the disproportionate harassment nonconforming people face.

"For too long society has forced people into gender boxes," said state Sen. Scott Weiner (D–San Francisco), who co-sponsored the legislation with state Sen. Toni Atkins (D–San Diego). "It's time for government to get out of the way and let people live their lives authentically as who they are."

The law defines nonbinary as “an umbrella term for people with gender identities that fall somewhere outside of the traditional conceptions of strictly either female or male”, noting that non binary people don’t necessarily identify as transgender. The new law also makes it easier to apply for a gender change on official documents, removing a requirement that applicants must have undergone physician-certified medical treatment toward a gender transition.

The law goes into effect in January 2019. Earlier this year, Oregon became the first state allow a nonbinary option on driver's licenses, becoming the first state to do so.

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## We are the Change: 2017 PFLAG National

# Convention



I have just returned from my ninth PFLAG National Convention. I find that this weekend with PFLAG people from around the country to be inspiring and humbling. Inspiring because of the work that every day people do on behalf of their loved ones. Humbling because a lot of these people do this work in a very hostile climate. While I live a city that I can be out and proud in all areas of my life. Here are a few memories from the weekend.

The weekend started Friday night with the annual meeting and the official interdiction of PFLAG National's new executive director Jaime M Grant, PHD—I look forward to getting to know her more though the coming years as she leads us in new ways. Her family story touched my heart in the ways that she has traveled this journey with her family. The fact that others have my journey is heartwarming and shows the need for this organization. What was also pointed out at the annual meeting is the need for National to do more fundraising to keep up the work that they do. For now there will be a hiring freeze for the National staff. There are three current positions open. Just some of what the National staff does is: help with chapter engagement, learning and inclusion training for companies to create supportive work environment, and advocacy, policy partnerships on the hill plus extra support to the local PFLAG chapters which there are more than 400 across the country.

Saturday more started with a conversation with Rashad Robison of Color of Change and Evan Wolfson founder and president of Freedom to Marry. These two men gave us courage and inspiration for the coming work that needs to be done.

Please use this link to see and hear the discussion:

<http://salsa4.salsalabs.com/dia/track.jsp?v=2&c=zyEp0G8lLXLiaiATpXVIKkZaKv5nUizG>

For me the workshops this year seem to focus on self-care so I can keep caring for others. “When Caring Hurts” and “When Things Fall Apart” both Lead by Juli Stratton, North Idaho Pride Alliance and PFLAG Idaho State Coordinator—Talked about Compassion Fatigue-- knowing when to let go and ask for help from other

people around you. Looking within myself to see when I can reach out to other people for leadership help. Then “How to Nurture Leadership Growth” Lead by Kathy Goodwin, PFLAG National Board and Jean Hodges, PFLAG Boulder County and PFLAG National Board President. I feel that these three have given me inspiration to ask others for help and moving in new directions.

On the learning front, “ Bisexuals... How to See the Invisible” lead by Alex Anders, Bisexual Pear Talk and Mary Andres, Psy. D., U of SC Rossier School of Education and Bisexual Real Talk – They lead us through a set of TV and shows that have Bisexual characters but have been treated with disrespect. Reminding this group that Kinsey scale is 1-6, not just 1 and 6. This was a great reminder that just like there is Gender scale there is also a sexual scale. Then my other learning workshop was “Affirmative Parenting: The important Role Parents Play in Reducing the Risk Factors for Transgender and Non-Binary Youth” Lisa Kenney, Gender Spectrum.

This was also a good reminder of how just listening and being present with someone or a child in our care makes big different in their life. That any one of us who have had someone who has listen and show respect for our expressions of gender or sexuality then our mental health is so healthier.

So I would like to thank the PFLAG San Francisco Board for sending me on this amazing weekend. Being able to be renewed with energy and hope for the work that needs to be done with PFLAG for the LGBTQ community.

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## **DROP-IN SUPPORT FOR PARENTS OF TEENS & TWEENS**

**COLAGE** **our family coalition**

**First Thursday of the month!**

**Drop-In Support**  
for LGBTQ parents/caregivers and their Queerspawn Teens & Tweens

**Next Meeting:**  
**November 2,**  
**2017**  
**Time: 6-8pm**

**Location:**  
**Our Family Coalition**  
**1385 Mission St.**  
**Ste. #340**  
**San Francisco**

**Dinner provided!**

Dear Community Partner,

Will you help Our Family Coalition reach more LGBTQ families in San Francisco? I'm reaching out to youth-serving organizations in the city to let you know about a monthly group for youth and their LGBTQ parents/caregivers. Drop-In Support for Parents of Teens & Tweens, is next Thursday, November 2nd from 6-8pm at our office (1385 Mission St, Suite 340). I've attached flyers in hopes that you would share this information with your networks and any families you serve. If you would like a stack of printed flyers I can arrange to have those sent to you, just send me your mailing address. Also, if you would like me to come speak about our services in-person, or have suggestions about where Our Family Coalition should be posting information, please let me know so I can follow up. I would greatly appreciate any help you can provide in getting the word out about our family programs, thank you!

About Drop-In Support for Parents of Teens & Tweens: While adults join other LGBTQ parents of teens and tweens for discussion, resource sharing and support, youth will be engaging in fun activities with their peers led by [COLAGE](#). Dinner is provided with [advance registration](#). Parking is available in our gated lot at the corner of Mission & 10th after 5pm. Group meets the first Thursday of the month from 6-

8pm. Please feel free to email or call with any questions!

Registration link: <https://www.z2systems.com/np/clients/ourfamily/event.jsp?event=62308&>

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## NEW CONSERVATORY THEATRE CENTER: Deal for PFLAG members

As San Francisco's premiere LGBT & Allied theatre center, we are reaching out to you to keep you informed about all the exciting productions we have NCTC as well as find out how we might partner with your organization to support one another.

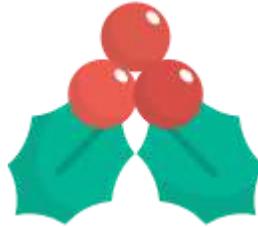
We are happy to share the code **NCTC20** with you and your organization to **save 20%** on tickets.

Below please find more information on our current and upcoming shows!

We are thrilled to present ***Le Switch***, a witty boy-meets-boy romantic comedy by Philip Dawkins that has been called "rollicking and witty" (*Star Tribune*) and "funny and beautiful" (*Broadway World*). It is now in performances and runs through December 3<sup>rd</sup>. More information can be found at <https://www.nctcsf.org/shows/201718Season/Le-Switch>.

On Saturday, November 10<sup>th</sup>, we start ***Deal with the Dragon***, Kevin Rolston's dark comedy and grown-up fairy tale laced with terror that has received rave reviews from critics. This acclaimed solo play will run through December 3<sup>rd</sup>, and more details can be found at <https://www.nctcsf.org/events/deal-with-the-dragon>.

## Tips: Family during the holidays



### **If you are gay, lesbian, bisexual or transgender:**

- **Don't assume** you know how somebody will react to news of your sexual orientation or gender identity — you may be surprised.
- **Realize** that your family's reaction to you may **not** be because you are LGBT. The hectic holiday pace may cause family members to act differently than they would under less stressful conditions.
- **Remember** that “coming out” is a continuous process. You may have to “come out” many times.
- **Don't wait** for your family's attitude to change to have a special holiday. Recognize that your parents need time to acknowledge and accept that they have a LGBT child. It took you time to come to terms with who you are; now it is your family's turn.
- **Let your family's judgments** be theirs to work on, as long as they are kind to you.
- If it is too difficult to be with your family, **create your own holiday gathering** with friends and loved ones.
- If you are transgender, **be gentle** with your family's pronoun “slips.” Let them know you know how difficult it is.

### ***Before the visit...***

- **Make a decision** about being “out” to each family member before you visit.
- If you are partnered, **discuss in advance** how you will talk about your relationship, or show affection with one another, if you plan to make the visit together.
- If you bring your partner home, **don't wait until late** into the holiday evening to raise the issue of sleeping arrangements. Make plans in advance.
- **Have alternate plans** if the situation becomes difficult at home.
- **Find out** about local LGBT resources.
- **If you do plan to “come out”** to your family over the holidays, have support available, including [PFLAG publications](#) and [the number of a local PFLAG chapter](#).

### ***During the visit...***

- **Focus** on common interests.
- **Reassure** family members that you are still the same person they have always known.

- If you are partnered, **be sensitive** to his or her needs as well as your own.
- **Be wary** of the possible desire to shock your family.
- **Remember to affirm yourself.**
- **Realize** that you don't need your family's approval.
- **Connect with someone else who is LGBT**—by phone or in person—who understands what you are going through and will affirm you along the way.

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**If you are the friend or family member of someone who is gay, lesbian, bisexual or transgender:**

- **Get support for yourself.** It is important to realize you are not alone. [Find the phone number of the nearest Parents, Families and Friends of Lesbians and Gays \(PFLAG\) chapter.](#)
- **Take your time.** Acceptance may not come instantly, but be honest about your feelings.
- **Don't be nervous** about using the "correct" language. Honesty and openness creates warmth, sincerity and a deeper bond in a relationship. If you are not sure what is appropriate, ask for help.
- **Realize** that the situation may be as difficult and awkward for your LGBT loved one as it is for you.

***Before the visit...***

- **Practice in advance** if you are going to be discussing your family member's sexual orientation or gender identity with family and friends. If you are comfortable talking about it, your family and friends will probably be more comfortable too.
- **Anticipate** potential problems, but do not assume the reactions will always be what you expected.
- **Consult** with your LGBT loved one when coordinating sleeping arrangements if he or she is bringing home a partner.
- If your family member is transgender, **practice** using the correct pronouns.

***During the visit...***

- **Treat an LGBT person** like you would treat anyone else in your family.
- **Take interest** in your family member's life. He or she is still the same person.
- **Don't ask** your LGBT family member to act a certain way. Let them be their natural selves.
- If your LGBT family member is bringing a partner, **acknowledge** him or her as you would any other family member's partner.
- If your LGBT family member is bringing a partner, **include him or her** in your family traditions.

- **Ask your LGBT family member** about his or her partner if you know they have one.

## Want to help out? Here's how.



### Shop at AmazonSmile and donate a portion of your purchase to PFLAG San Francisco



### Donate to Community Thrift.

PFLAG SF gets part of its income from items sold at Community Thrift at 623 Valencia Street in San Francisco. Why not bring unwanted items down to Community Thrift to stock their shelves?

We are #43 on their roster and we will receive a portion of the gross sales quarterly.



Finally the best way to help out. Join up or make a donation!



### Membership/Donations

PFLAG SF is a tax-exempt 501(c)3 organization and all donations are tax deductible

Donate online here: [squareup.com/store/pflag-san-francisco](https://squareup.com/store/pflag-san-francisco)

Or fill out the information below and mail to:

PFLAG San Francisco, 584 Castro St. #758, San Francisco, CA 94114.

- Please check all that apply:
- \$30 Individual Membership
  - \$40 Household Membership
  - Donation
  - Change of Address

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (optional) : \_\_\_\_\_

E-mail: \_\_\_\_\_

Make checks payable to: PFLAG SF

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