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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

December 2017

December 12th Meeting



Come talk Holiday tips to get along with your family! The December 12th 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.

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.

A Gender Training Opportunity with Gender Spectrum

Bay Area Gender Institute

December 11 - 12, 2017



The Gender Institute training is a first of its kind “deep dive” for those who work with youth or adults in helping to navigate their often complex gender journeys. The training will equip participants with the background and understanding needed to support the transgender, non-binary and gender-expansive members of their community.

The Gender Institute is scheduled for Monday, December 11 from 9am to 5pm, and Tuesday, December 12 from 9am to 1pm, at the Cal State East Bay Oakland Center in downtown Oakland. We are also offering an intensive “Training of Trainers” program immediately following the Gender Institute on December 12, from 1pm to 4pm.

For both trainings, the cost should not be a barrier to attending — Gender Spectrum will work with participants to insure that anyone who wishes can join!

For more information, visit the [Gender Spectrum website](#).



Thank You!

Thank you to Phil C and John F for helping at the GSA — YES conference on November 18th. PFLAG SF had fun supporting the young leaders coming up through the school system!



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.

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**

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The AmazonSmile logo, featuring the word "amazon" in black and "smile" in orange, with a curved arrow underneath.



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

Or fill out the information below and mail to:

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

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