

*You, or someone  
you know, is gay  
and you have  
questions*



## Helping Families To Heal

**Support Meetings:**  
2<sup>nd</sup> Thursday each month at  
First United Methodist Church Tacoma  
621 Tacoma Avenue South  
(entrance and parking in the back)

**Contact Information:**  
[www.pflagtacoma.org](http://www.pflagtacoma.org) [tacomaPFLAG@mail.com](mailto:tacomaPFLAG@mail.com)

253-383-2318 (Rainbow Center message service)



## We can help

With lifetimes of misinformation about homosexuality and gender identity, many people don't know where to turn when they find out a family member or friend is gay, lesbian, bisexual or transgendered (GLBT). PFLAG provides direct support to people who need answers to their questions and help with strengthening family relationships. Support groups meet each month and offer a non-judgmental outlet for feelings and a place to meet other people in similar situations. Meetings offer opportunities to learn about GLBT people and their families - through speakers, videos, and discussions. Those who come for help often become those who help others.

PFLAG is making a safer world for GLBT people and their family members by dispelling myths and by communicating the truth about GLBT families and friends. PFLAG reaches out to schools, faith communities, and other organizations to encourage leadership that fosters community acceptance of diversity.

## About our meetings

PFLAG meetings usually last about two hours. A part of that time is devoted to a presentation or focused discussion on a GLBT topic, but much of the meeting is reserved for people to talk about their situations, to share their feelings, or to just sit quietly and listen.

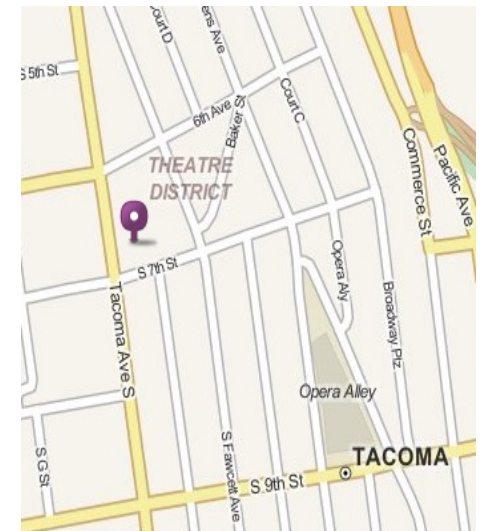
## PFLAG meetings adhere to the following policy:

1. What is said at meetings, as well as personal identity, is kept strictly

confidential.

2. No sexual orientation is assumed.
3. Recording devices or cameras are not allowed without consent.

**Tacoma PFLAG now meets  
on the second Thursday  
of each month  
7:00 to 9:00 PM  
First United Methodist Church  
Tacoma  
621 Tacoma Ave S., Tacoma, WA**



(Note: entrance to the meeting space is from the alley behind the church, just off South 7<sup>th</sup> Street; parking is open in the church lot after 6 PM)

## Answers to common questions

### ***Is sexual orientation a choice?***

No one knows as yet what determines any kind of sexuality, but it is widely accepted today that a child's sexual orientation is set

at a very early age, if not at birth. Homosexuality exists in all types of families, backgrounds and cultures.

### ***What did we, as parents, do wrong?***

Most parents feel guilt when they first find out. A common belief is that parents completely determine the way a child turns out. In fact, no parent has that much power over a child.

### ***Is homosexuality a mental illness?***

Both the American Psychiatric Association and the American Psychological Association have de-listed homosexuality as a mental disorder. Numerous studies have shown that homosexuality is not linked with psychological disturbance and is in no sense a mental problem.

### ***Why was it important for my child to tell me?***

The fact that your son or daughter told you is a sign of his or her love for you and the need for your support and understanding. By not knowing, a large part of his or her life would be kept secret, and you would never really know the whole human being. After all, who should know if not you?

### **Suggested Reading**

Straight Parents Gay Children, by Robert A. Bernstein

Is It A Choice?, by Eric Marcus

Scared Straight, by Dr. Robert Minor

Pastor, I am Gay, by Rev. Howard Bess

Talking It Over, by Kay Mehl Miller

The Other Side of the Closet, by Amity Pierce Buxton

The Family Heart – A Memoir of When Our Son Came Out, by Robb Forman Dew

Different Daughters, by Louise Rafkin

Homosexuality and Christian Faith, by Walter Wink

Stranger at the Gate, by Mel White

These titles, and many others, are available for checkout from our library or can be purchased from online book stores. Check our website for further references and resources.

### **About PFLAG**

Tacoma's PFLAG chapter began in 1981 with a small group of parents and friends meeting in a local church. Their commitment to justice for all led to affiliation with PFLAG National in 1996. PFLAG is a non profit organization not affiliated with any religious organization, although chapters frequently meet at churches.

There are over 500 chapters in the U.S and 11 other countries providing grass roots support to GLBT individuals, their families and friends.

### **Mission Statement**

PFLAG promotes the health and well being of GLBT persons, their families and friends through:

**Support**, to cope with an adverse society;

**Education**, to enlighten an ill-formed public;

**Advocacy**, to end discrimination and to secure equal rights.

PFLAG provides opportunity for dialogue about sexual orientation and gender identity,

and acts to create a society that is healthy and respectful of human diversity.

For information about PFLAG in another area, contact our local chapter or the National PFLAG office:

PFLAG National  
1101 14<sup>th</sup> St N.W., Suite 100  
Washington, D.C. 20005  
202-638-4200  
email: [infor@pflag.org](mailto:infor@pflag.org)  
web: [www.pflag.org](http://www.pflag.org)

*Cut out our business card on the opposite side or pick one up at a support meeting*