

“I needed my family to talk to me about who I am and that’s what PFLAG has enabled them to do.”

PFLAG members share themselves- their stories, their lives and the lessons that they have learned, to enable others to grow. As part of our mission, we work to end discrimination, by education the public and advocating for equality.

“This was one time in our lives as parents that we needed to change, because our son could not.”

If a member of your family is gay, lesbian, bisexual or transgender, you are definitely not alone. In fact, you’re in very good company. Millions of families across the country have one or more loved ones that trust their families enough to acknowledge a truth they have accepted about themselves. PFLAG brings families together.

PFLAG HOUSTON

P.O.Box 667655  
Houston, TX 77266-7655

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713-46-PFLAG  
(713-467-3524)

[helplinePFLAGhouston@gmail.com](mailto:helplinePFLAGhouston@gmail.com)

We have a monthly general meeting as well as several facilitated small support groups available throughout the month. Check our website for times and locations.



This is Normal



Support, Education, Advocacy

PFLAG is the extended family of the LGBT community. We're made up of LGBT individuals, family members and allies.

Because together, we're stronger.

You are not alone.

Talk to us; we

understand.

Helping volunteers, all of whom are parents, offer a listening ear and a caring heart as well as helpful resources.

PFLAG Houston's

Mission

**Support Families.** Working to keep families in loving relationships by helping them understand and affirm their gay, lesbian, bisexual, or transgender family members.

**Educate the Public.** Seeking to dispel myths and misinformation by working with educators, community and religious groups, the media and the general public.

**Advocate for Equality.** Calling for equal human and civil rights.

PFLAG provided opportunities for dialogue about sexual orientation and gender identity, and acts to create a society that is respectful of human diversity.

“At first, I was angry

with my daughter, but

as I learned about her

sexuality, my anger

shifted from her to the

culture that kept me

ignorant in the first

place.”

PFLAG began in the early 1980s

when a caring mother gathered

friends in her kitchen to talk about

the need for a family support

system. Today, PFLAG has

chapters in all 50 states and is an

international non-profit organization.

“Who joins PFLAG?”

Mothers and fathers, brothers

and sisters, aunts and uncles,

grandparents, friends and straight

allies, as well as persons who are

gay, lesbian, bisexual or

transgender join PFLAG.

Meetings include a general

interest program and small group

discussions in which parents, family

members, and allies gather to

listen, learn, and grow.

“Mom, Dad, I'm gay.”

As soon as the words are

spoken, and heard, life changes.

For those who are gay, lesbian,

bisexual or transgender, telling their

family who they are is a gift of

authenticity, to be handled with love

and care. But often, families are

ill-prepared to deal with the news.

“At first, we just didn't

know what to think...”

PFLAG - Parents, Family and

Friends of Lesbians and Gays - is a

lifeline, a resource, a caring group

of people who understand.

PFLAG offers access to moms,

dads, children and siblings with

first-hand experiences to share.

We provide families the facts

that being gay, lesbian, bisexual

and transgender is a variation of

nature, part of a person's identity,

not a lifestyle or choice.