



## PFLAG Cape Cod

Providing Support, Education & Advocacy to Parents,  
Families, Friends, Allies & Members of the LGBTQ+ Community

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Dear PFLAG Cape Cod Supporter,

The new fiscal year begins October 1<sup>st</sup>, so now is the ideal time to join or renew your membership with PFLAG Cape Cod! Doing so will ensure that at our mission of providing support, education, and advocacy to parents, families, friends, allies, and members of the LGBTQ+ community is fulfilled. To make it easy, an application and return envelope are enclosed, or you can join/renew online at [www.pflagcapecod.org](http://www.pflagcapecod.org).

Before you do, I'd like to take this opportunity to remind you of the important role PFLAG Cape Cod plays in our community. When I first attended support meetings in the early 1990's, to better prepare myself for the coming out conversation with my parents, I had no idea that this organization could provide such a valuable lifeline for families. At the time, the conversations revolved almost entirely around people who are gay, lesbian, and bisexual, and how their coming out was affecting them, their families, and friends.

Fast forward to the present, and the conversation now involves people who are trans, queer, nonbinary, (and more), and how they and their families are navigating the coming out experience. The identities and pronouns may seem new to many since the 90's, but it's comforting to know that the commitment from our organization remains the same. But don't take my word for it: a parent who has benefited from our support meetings, both in-person and virtual, recently shared this moving sentiment with me:

*"When I opened the note and read "gender dysphoria" I was overwhelmed with emotion - confusion, shock, fear, guilt, relief, love, and that was just the beginning. I knew I needed to get educated and didn't know how to get accurate and unbiased information. I turned to PFLAG Cape Cod. Not knowing what to expect at my first meeting, I walked in with trepidation. The group welcomed me with open arms! They provided me with resources so I could better understand what my daughter was going through. They provided a safe place for me to share, served as sounding boards, and allowed me to ask difficult questions - all in a judgment free zone. These wonderful people made sure I understood that I wasn't alone. They openly share their stories and are helping me to navigate my own journey. They've made a huge difference in my life and help me to be stronger for my transgender daughter. I am eternally grateful for their unconditional support."*

It's clear that PFLAG Cape Cod still plays an important role in the lives of people right here on Cape Cod (and elsewhere, thanks to Zoom), and with your membership and support, we hope to continue doing so.

And finally, please join us at our **Annual Meeting on Sunday, October 24th at 4:00 pm via Zoom!** More information will be made available on our website and via e-blasts in the coming weeks. In the meantime, I encourage you to join or renew your membership... your continued commitment is greatly appreciated!

Yours in unity and pride,

*Joe Lima*

Joe Lima (he/him/his)  
President, PFLAG Cape Cod

*"PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression."*