

About PFLAG

Founded in 1973, PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ+) people and their families. PFLAG's hundreds of chapters with over 325,000 members and supporters work to create a caring, just, and affirming world for LGBTQ+ people and those who love them*.

The Tacoma chapter of PFLAG began in 1981 as a small group of parents and friends meeting in a local church. Their commitment to LGBTQ+ equality led to an affiliation with PFLAG National in 1996. (PFLAG is a nonprofit organization and is not affiliated with any religious organization, although chapters frequently meet at churches.)

Who We Are

We are regular people, like you, that have struggled with the emotional and societal issues surrounding to LGBTQ+ persons.

Together, our goal is to not only provide a caring and safe space for LGBTQ+ persons and their loved ones to ask questions, share their stories and express their concerns; but we also strive to increase LGBTQ+ equality by dispelling myths and providing factual information about sexual and gender identity.

Our Meetings

With lifetimes of misinformation about sexuality and gender, many people do not know where to turn when they find out a family member or friend is LGBTQ+. PFLAG provides support for those looking to understand and strengthen their relationship with their LGBTQ+ loved ones as well as help answer common questions such as:

- What do I say to my loved one?
- Am I the only one who feels like this?
- What do I do next?
- Is there something wrong with me?
- Did I cause this to happen?

PFLAG Tacoma meetings provide a place to talk to people in similar situations who can listen and try to help answer these questions. In addition, meetings provide opportunities to learn about LGBTQ-related topics through speakers, videos, and discussions.

At our meetings, we strive to:

- Learn more about issues impacting LGBTQ+ people, their families, and friends.
- Share questions, concerns, and stories with each other in a supportive, non-judgmental way.
- Respect the feelings, emotions, and questions shared by all attendees.
- Protect the privacy of those attending our meetings and maintain the confidence of the personal information that is shared.

Those who come for help often continue to attend and in turn help others!

Our approach

PFLAG seeks to promote the well-being of LGBTQ+ persons, their families, and friends through:

Support for parents, family and friends – We understand the difficulties in learning that a loved one is LGBTQ+. Our monthly meetings provide a supporting environment where you can share your thoughts, ask questions, or just listen and hopefully learn from the experiences of others.

Support for LGBTQ+ persons – PFLAG support group meetings provide a caring, safe space to discuss your feelings and experiences, be open about your sexual / gender identity, be accepted for who you are and gain perspective on what your loved ones experience during the coming out process.

Education – PFLAG Tacoma provides a variety of educational materials in the form of articles on our website. In addition, we have books, pamphlets, and video available for checkout from our library. Our monthly meetings provide an opportunity to exchange information on the issues facing LGBTQ+ people, family, and their friends; and learn more about sexual and gender identity.

Advocating for justice - PFLAG advocates on behalf of public policy to ensure the civil rights of all LGBTQ+ persons. PFLAG reaches out to schools, faith communities, and other organizations to encourage leadership that fosters an inclusive and welcoming community.

PFLAG Tacoma also connects with the local community by:

- Participating in local LGBTQ+ related events, such as Tacoma Pride, the PCAF AIDS Walk, PFLAG conferences and other local events throughout the year.
- Supporting local organizations including PCAF, the Rainbow Center, Oasis, local GSAs and other local LGBTQ+ groups.
- Advocating for local policy aimed to increase LGBTQ+ equality. We also try to encourage others to become advocate through simple efforts such as
 - Putting a bumper sticker on your car,
 - Bringing up the subject of sexuality / gender identity, marriage equality, etc. with friends, family or co-workers,
 - Encouraging diversity at work, faith communities and community groups,
 - Writing letters to the editor of the local newspaper,
 - Making phone calls or writing to legislators,
 - Volunteering to speak at local events or organizations to help others understand the issues facing the LGBTQ+ community and their families / friends / allies, and
 - Supporting programs to stop bullying in the schools.

Collectively, these ‘small’ efforts can have a huge impact!

We encourage you to find out more about PFLAG Tacoma by checking out the different sections of our website, joining our PFLAG Tacoma Facebook page and attending a meeting, either virtually or in person.

Our door is open to you - we hope to meet you soon!