



THE NEWSLETTER

January 2020 ISSUE 1 VOLUME 26



Please note, the South Bay Support Group has changed meeting dates and time; they now meet on the third Tuesday of the month from 7:15-8:15 pm.

WE GO BACK AWAYS



Our meeting on **Monday, January 27** is both our general meeting and Annual Meeting, where we will hold Board of Director elections. Nominated are President: Dan Conger and Tiffany Gonzalez, Vice President: Sherry Cohen-Richards, Secretary Nadia Kean-Ayub, Treasurer: Nancy Colbert. The

election will take place at the beginning of the meeting which begins at 7:00 pm at Jewish Family Service (JFS), 8788 Balboa Avenue, San Diego. **PLEASE NOTE: the entrance has been temporarily moved; go past the first entrance and turn right where you see the PFLAG sign.**

We are pleased to have as our guest speaker, Nicole Verdes, President of Lambda Archives San Diego Board of Directors. Lambda Archives has a rich history with PFLAG SDC and the entire LGBTQ+ community. They have preserved our history, including all of our newsletters, since our inception in 1982.

Please join us for support groups, followed by the cookie social, then Nicole's presentation.



RING IN THE NEW YEAR WITH YOUR MEMBERSHIP RENEWAL

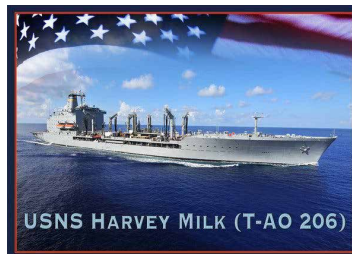
Thank you to those members who have renewed their membership for 2020. Dues are used to provide support, education,

and advocacy on behalf of our LGBTQ community and their families. They enable us to provide monthly meetings, an info line, newsletter, educational brochures, etc.

Your membership is important to us as it strengthens our presence in the community and gives us many opportunities to have our voices heard. We also help support National PFLAG by sending \$15 of your dues to them which provides you with membership in the national organization. Please don't renew directly with National, as no part of that benefits our San Diego chapter.

The membership application is in this newsletter and also on our web site (www.pflag.com). We accept PayPal for your convenience. You can also pay at any of the meetings or mail a check made payable to: PFLAG San Diego County, P.O. Box 82762, San Diego, CA 92138. All donations are welcomed. Memberships and donations are both tax deductible.

HERO HARVEY MILK HONORED



Construction began in December on the U.S.N.S. Harvey Milk, a fleet oiler named for the slain gay rights leader and first openly gay person elected official in a major American city (San Francisco). The ship is proudly being built in San Diego.

When completed, the ship will be used to replenish fuel to other Navy ships at sea and jet fuel for aircraft on aircraft carriers. As Harvey's nephew, Stuart Milk, stated, "As the ship travels the world, it will help educate people about Harvey's legacy of LGBTQ rights. This sends an important green light message to anyone who was ever marginalized, diminished, and not given their full recognition for who they are. It really does send a message of hope."

Nicole Murray Ramirez, the chairman and executive director of the San Diego International Imperial Court Council, an LGBT organization, was the leader in the push to name a vessel after Milk. With Murray Ramirez's leadership, The Imperial Court, which has chapters nationwide, organized a national letter-writing campaign in 2011 to push then-Navy Secretary Ray Mabus to name a ship for Milk. Then, in 2012, the San Francisco Board of Supervisors passed a resolution requesting that Mr. Mabus name a ship for Milk, who had followed family tradition in joining the Navy. The push was on from all parts of California.

Here is a brief history of Harvey Milk: He enlisted in the US Navy in 1951 and worked as a diving instructor in San Diego. He had served for four years when his superiors found him in a park known among gay men. He was questioned about his sexuality and forced to resign. Fast forward to when Milk moved to San Francisco's Castro District in 1972. At that time, he took advantage of the growing political and economic power of the neighborhood to promote his interests and became a leader in the gay community. He unsuccessfully ran three times for political office. After years of activism, he was elected to the San Francisco's Board of Supervisors. Less than a year after he was elected, he was fatally shot by his former city supervisor opponent.

Noteworthy is that, in 2009, President Barack Obama posthumously honored Harvey Milk with the Presidential Medal of Freedom.

OFFICERS, COMMITTEES & VOLUNTEERS

President

Terrie Vorono
619-997-6139
tvorono@pflag.com

Past Co-President

Patti Boman
pboman@pflag.com

Vice-President

Sherry Cohen-Richards
858-349-6269
scohenrichards@pflag.com

Recording Secretary

Tiffany Gonzalez
tgonzalez@pflag.com

Treasurer

Nancy Colbert
ncolbert@pflag.com

Greeter

Lonnie Brunini
lbrunini@pflag.com

Membership

Bobbi Harwood
858-453-3249
bharwood@pflag.com

Info Line

Support/Outreach
888-398-0006

Newsletter

Sherry Cohen-Richards,
Editor

Linda Bessemer, Laura
Partido & Pacific Imaging

Jessy Sauchuk, Belladia
Marketing & Design

Programs

The Board

Scholarship

Donna Bowersox and
Sherry Cohen-Richards
scholarships@pflag.com

Spanish Interpreter

Patti Boman
pboman@pflag.com

Speakers Bureau

Beverly Lavallee

Transgender Coordinator

Kathie Moehlig
kathie@transfamilysos.org

Refreshments

Ina Price

Website

Lisa Smith, Belladia
Marketing & Design

Board Members

Sherry Cohen-Richards
Nancy Colbert
Dan Conger
Linda Espinoza
Tiffany Gonzalez
Nadia Kean-Ayub
Beverly Lavallee
Bill Luna
Vicki Luna
Mike Minnick
Kathie Moehlig
Ina Price
Terrie Vorono

Membership Application

- ☐ New ☐ Renewal ☐ Change of Address
☐ Please contact me for volunteer opportunities

Confidentiality is respected. Your donation
is tax deductible (Tax ID 33-0512868)

Make checks payable to: PFLAG San Diego
PO Box 82762, San Diego, CA 92138

- ☐ Individual \$30 ☐ Household \$40
☐ Business \$50 ☐ Supporting \$60
☐ Contributing \$125 ☐ Lifetime \$1000
☐ Other \$ _____
☐ Accept my donation, please do not list.

Please fill out, clip and mail this form
or apply online www.pflag.com

Name.....

Address.....

City State ZIP

Email.....

Phone.....Date

PFLAG THANKS YOU

General Fund Donations

Terrie Vorono
Jim & Donna Bowersox

Anthony & Lilia Villasenor
Charles Massey*

*The Personal Stories Project is pleased to make
our annual donation to help you continue your
important and life-changing work.

John M Baker	Family Foundation
Kevin Tilden & Philip Diamond	Linda Conquist
Bryan Wildenthat & Ashish Agrawal	Maureen Steiner
Jim Zeigler	Matys-Gleason Family--Marc, Robert, Maxwell & Chase
Louise Julig	Melanie & Jim Kilgore
Annemarie Whalen	Judy Wilkinson
Eva Stjernfeldt & Alec Babiarz	Susan Schapiro
Charlotte Pichney	Sue Randerson
Metropolitan Comm Church	Andrew Dunkinson
L & S. Rosenberg	Phyllis Van Wanseele
	Larry Gerling

National PFLAG, Washington, DC
(202) 647-8180, www.pflag.org

Current Events

January 13 | Monday
Mi Familia

January 14 | Tuesday
PFLAG Support Group
North County Inland

January 14 | Tuesday
PFLAG Support Group
Our Space-Poway/High School

January 14 | Tuesday
PFLAG Support Group
Our Space-Poway/
Middle School

January 18 | Saturday
Women's March (see article)

January 20 | Monday
Martin Luther King, Jr. Parade

January 21 | Tuesday
PFLAG Support Group
South Bay

January 21 | Tuesday
PFLAG Support Group
El Cajon

January 27 | Monday
San Diego General Meeting
and Support Groups

January 28 | Tuesday
PFLAG Support Group
North County Inland

January 28 | Tuesday
Our Space-Poway/
High School

January 28 | Tuesday
Our Space-Poway/
Middle School

February 3 | Monday
PFLAG Support Group
North County Coastal

February 4 | Tuesday
PFLAG Support Group
Ramona

February 10 | Monday
Mi Familia

February 11 | Tuesday
PFLAG Support Group
North County Inland

February 11 | Tuesday
Our Space-Poway/
High School

February 11 | Tuesday
Our Space-Poway/
Middle School

February 18 | Tuesday
South Bay Support Group

February 18 | Tuesday
PFLAG Support Group
El Cajon

SUPPORT GROUPS

SD METRO GENERAL MEETING & SUPPORT GROUP

Meets every 4th Monday at 7:00 pm, at Jewish Family Service, 8788 Balboa Ave, San Diego in Kearny Mesa.

For further information, contact the Info Line:

888-398-0006 or www.pflag.com

NORTH COUNTY COASTAL

Meets the 1st Monday at 6:30 pm

Pilgrim UCC, 2020 Chestnut Avenue, Carlsbad.

Annette: 760-518-3345 | northcountycoastal@pflag.com

NORTH COUNTY INLAND

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm

St. Bart's Church, 16275 Pomerado Road, Poway.

Jill/Dan: 760-855-9424 | RBPowaypflagsdc@pflag.com

EAST COUNTY

Meets the 3rd Tuesday from 6:00-7:30 pm, El Cajon Library, 201 E. Douglas Avenue, El Cajon.

Bridget: 619-647-6479 | eastcountysdc@pflag.com

SOUTH BAY

Meets 3rd Tuesday from 7:15-8:15, South Bay Youth Center, 1180 Third Avenue, Suite C1, Chula Vista.

Patti: pboman@pflag.com

RAMONA

Meets 1st Tuesday from 6:00-8:00 pm, St. Mary's in the Valley, 1010 12th Street, Ramona.

Carlee: 757-448-5640 | Ramonapflagsdc@pflag.com

POWAY LGBTQ YOUTH SUPPORT/HIGH SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm

St. Bart's Church, 16275 Pomerado Road, Poway.

Al: 858-382-2262 | al@transfamilyosos.org

OUR SPACE-POWAY--LGBTQIA/MIDDLE SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm, St. Bart's Church, 16275 Pomerado Road, Poway. Facilitated by youth.

Al: 858-382-2262 | al@transfamilyosos.org

MI FAMILIA (Spanish)

Meets 2nd Monday from 6:00-7:30 pm, South Bay Youth Center, 1180 Third Avenue, Suite C1, Chula Vista.

Patti: 619-227-6092 | pboman@pflag.com

TRANSFAMILY SUPPORT GROUP

Support groups held separately for children, teens, & adults to explore topics around gender identity and expressions.

Kathie: 858-382-9156 | info@transfamilyosos.org

LOOK LIKE A BIG FISH

Competition is fierce.
It's time to get aggressive.



Call for a Free Consult
858.220.7478
belladiadesign.com



IMPORTANT HOTLINE

The first transgender suicide prevention hotline
in the United States is up and running:

TRANS LIFELINE 877-565-8860

NEXT UP



Kendra Kleber is the recipient of the **Raytheon STEM Scholarship**. This scholarship is provided by members of The Raytheon GLBTA Employee Resource Group as a STEM scholarship to attract, support, and train future LGBTQ professionals in STEM fields. Kendra graduated from Canyon Crest Academy where she served as lead strategist on the robotics team, the Aluminum Narwhals. Outside of school, Kendra received her Bronze and Silver Awards from Girl Scouts, sold over 10,000 boxes of Girl Scout cookies, and trained in Taekwondo for 11 years, where she earned her second degree black belt.

Kendra attends the University of Michigan where she is majoring in Industrial Engineering.

“One way I have made a positive difference in my community in the last year is through being a representative for the LGBTQ+ of FIRST organization, which is dedicated to raising awareness and acceptance of LGBTQ+ participants in FIRST Robotics.

I love STEM, and I love being a lesbian, but those two parts of my identity rarely intersect, and the celebration of this intersection is part of what makes this organization great. Additionally, I feel very lucky to attend a school with an accepting community, and since I have the opportunity to travel and met so many amazing people through robotics, I want to help increase acceptance both in my local and broader communities.

Within my team, I have gathered support for the organization, and we are now a partner team, meaning all of our members are committed to acceptance, and we promote the organization on social media, and in our pits at competitions with thousands of people in attendance, passing out flyers with resources for both students and mentors. Additionally, alongside this partnership, I have also helped create a code of conduct for members of our team to keep everyone safe, both physically and emotionally.

As a representative, I serve as both an online moderator and real-life ambassador. Online, I moderate discussions in our online forum which provides support, advice, and a welcoming community to a broad group of FIRST participants (we have almost 1000 members!). I also write and edit blog posts for our website. At competitions, I pass out pins. This sounds small, but it is amazing to see the joy in people's faces as they feel recognized and accepted. At the last competition my team attended, I had a girl come up to me and ask for a pin, and at the end of our conversation she said that I made her feel less alone, and that is the reason

behind all of this.

My work with LGBTQ+ of FIRST is one way I have helped improve my community so far, and I want to go forward and continue to solve big problems.

I believe climate change is the greatest and most dangerous challenge humanity is facing and I hope to be a part of solving or mitigating its effects. Climate change is a dangerous problem because its effects are delayed. We can't see the full impact of what has already been done nor will we see immediate results from solutions. Even with greener solutions and decreased emission rates, carbon levels will continue to rise and it will take decades for the average global temperature to find a new (higher) equilibrium.

Additionally, although we can observe rising temperatures and rising sea levels, along with an increase in tropical storms and forest fires, the effects are not yet catastrophic for everyone (or greatly affecting companies profits). By the time more people have a sense of urgency, the issue will be magnified.



Climate change is important to me because I have already seen the effects in my community and in the world. In 2008, my family was forced to evacuate our California home due to wild fires. Since then, the fires have grown in scope, scale and frequency due in part to the rising temperatures and increased dryness. In our global community I have seen an increase in sea levels, hurricanes, and flooding. I'm aware of the impact of both air pollution and melting glaciers. Because I know these changes will continue, with a significant effect on our entire way of life, I want to be part of the solution.”

IN GRATITUDE

In December, San Diego LGBT Pride awarded PFLAG San Diego County a grant to enable us to expand our presence and visibility in the outlying communities of North County, South Bay, East County, and Ramona.

There are still many people who need us to offer support, education, and advocacy to their families, schools, and communities. We are up to the challenge with dedicated leaders at our outlying sites.

We can equip our sites with much needed information booklets and tools with this generous grant. Thank you, San Diego LGBT Pride!

PFLAG YEAR IN REVIEW 2019

MONTHLY GENERAL MEETINGS

PFLAG San Diego County holds chapter monthly support group meetings at six sites across greater San Diego County. The Metro meeting features a program, support groups, and time for socializing over refreshments. Additional sites with similar formats include North County Coastal in Carlsbad, North County Inland in Rancho Bernardo, South Bay in Chula Vista, East County in El Cajon, and Ramona.

PROGRAMS (SAN DIEGO METRO)

Guest Speaker Eddie Reynoso: Eddie gave us an overview of the San Diego LGBT Visitors Center.

Guest Speaker Beth Kind: From the Human Rights Campaign, Beth highlighted the work they do to achieve LGBTQ equality.

Guest Speaker Sean Redmond: As Executive Director of the Stonewall Citizens' Patrol, Sean gave us a first-hand look at how the Patrol operates.

Guest Speaker Mick Rabin: Mick, the Project Resource Teacher for LGBTQIA Advocacy for SDUSD, informed us of how the school district protects LGBTQ students.

Guest Speaker Peter Jarman: Back by popular demand, Peter shared his story of being a male model in the mid-50's.

Summer Pot Luck Picnic: It was a night of gab and eat fest.

Guest Speaker Mark Maddox: Mark wears three hats and we learned about all three: Director of Volunteer Engagement at Mama's Kitchen, on the Board of Directors at Lambda Archives, and Parade Co-Manager for San Diego Pride.

Guest Speaker Anthony Methvin: Anthony gave us an overview of the Diversionary Theatre and their important role in the LGBTQ community.

Guest Speaker Cherry Robinson: As chairperson of the San Diego Chapter of The Climate Reality Project, we learned how we can stay focused on creating communities who care about the planet.

Guest Speaker Evan Hilliard: We were impressed by Evan's journey of overcoming many obstacles through receiving a PFLAG scholarship.

Guest Speaker Leea Pronovost: Leea informed us of the important role Unicorn Homes Host Program helps LGBTQ homeless youth in North County.

PROGRAMS (NORTH COUNTY COASTAL)

Guests: Panel discussion with students from Carlsbad Middle and High School GSAs.

PROGRAMS (SOUTH BAY)

Guests: San Ysidro Health Center presentation on PrEP.

Guest Speaker Deja Re: Deja, from the LGBT Center, spoke about transgender youth services at South Bay Youth Center.

Guest Speaker Sean Redmond: Sean is the Executive Director of the Stonewall Citizens' Patrol and assured PFLAG members that they would step up patrol due to intimidation from Mass Resistance.

PROGRAMS (NORTH COUNTY INLAND)

Guest Speaker Beth Kind: From the Human Rights Campaign, Beth highlighted the work they do to achieve LGBTQ equality.

Guest Speaker Leea Pronovost: Leea informed us of the important role Unicorn Homes Host Program helps LGBTQ homeless youth in North County.

BOARD ACTIVITIES

Our board meets to plan programs, speaking engagements, and other community activities that we support. All members are welcome to attend these meetings. Executive Board Members are President Terrie Vorono, Vice President Sherry Cohen-Richards, Secretary Tiffany Gonzalez, and Treasurer Nancy Colbert. Board Members-at-Large are Ina Price, Kathie Moehlig, Mike Minnick, Vicki Luna, Bill Luna, Dan Conger, Linda Espinoza, Beverly Lavalée, and Nadia Kean-Ayub. A big thank you to Betsy Sheets who continues as our unofficial, "official" corresponding secretary. We also thank our Regional Directors: Patti Boman, South Bay; Annette Ottone and Kurt Dearie at North County Coastal, Dan and Jill Conger at North County Inland, Carlee Roche and Belinda Flynn at Ramona, and Bridget Lambert at East County. Metro has "a cast of many" facilitators.

Yearly activities also include a board retreat at the beginning of the year for self-assessment purposes, to deepen our relationships, and start planning for the coming year.

COMMUNITY EDUCATION

PFLAG SDC members are available to speak at colleges, high schools, hospitals, businesses, and community groups. It is our main way of fulfilling our education mission. We are all proud of our enthusiastic cadre of speakers who volunteer month after month and year after year to enlighten the public about our LGBTQIA children and family members. The group is chaired by Beverly Lavalée and made up primarily of parents of LGBTQ children and LGBTQ children who are willing to share their stories and educate those in attendance. This has led to many a change of heart and

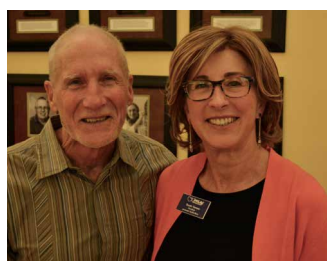
PFLAG YEAR IN REVIEW 2019 PFLAG YEAR IN REVIEW 2019

opening of minds. The most visible presence was speaking to a large number of GSAs (Gender/Sexuality Alliance) in San Diego County and beyond. Other presentations and panel discussions included: Metropolitan Community Church and Youth Spectrum, Safe Space Allies Workshop, Navy Base Exchange, Geico Pride, Courage to Call/San Diego Mental Health Systems, Ally Ship Lunch & Learn, Law Enforcement Summit, Rancho del Rey Middle School, Lawrence Family JCC Book Event, Hidden Valley Middle School GSA, Rady Children's Hospital, Pride's Youth Leadership Academy, and taking part in educational meetings with family counselors and therapists.

EVENTS AND KUDOS

PFLAG San Diego County is an active and respected member of the LGBTQ+ community. We staff booths at local events to raise LGBTQ+ awareness, and we participate in fundraisers and other community activities to support other organizations that advocate for the rights or meet the needs of our LGBTQ+ families and friends. We increase awareness of PFLAG when we attend these events. We are also support PFLAG SDC at both the regional and national levels. Our activities this past year:

- Law Enforcement Summit with LGBTQ Community, and Out at the Fair
- Transgender Day of Remembrance
- Pride at Poway Library
- SD Pride Summer Mixer
- Valley Center Western Days Parade
- Palm Springs Pride
- Added a donation link to our FaceBook page
- Stonewall Rally
- LGBTQ+ Night at Carlsbad Unified School District
- East County fundraiser at The Grand
- South Bay's LGBTQ+ Youth Center Clothing Drive
- SheFest
- Participated with SD Pride in the North Park Toyland Parade
- Attended TransFamily Support Services fundraisers
- CLC Youth Services
- LGBTQ Business Mixer
- Rob Benzon Foundation fundraiser
- Poway Days Parade
- Frida Kahlo birthday celebration at the LGBT Center
- LGBTQ Poway Youth Groups
- Attended the LGBT Veterans Wall of Honor Induction Ceremony
- TransYouth Palooza
- Entered a photograph from SD Pride Weekend to Pride's Art of Pride and attended the Images of Pride reception
- SD Pride Holiday Mixer
- Supported the Diversionary Theatre
- Hosted and participated at the Gender Odyssey Exploring Gender Conference
- Raised money through Amazon Smile
- Attended PFLAG National Convention



PFLAG YEAR IN REVIEW 2019 PFLAG YEAR IN REVIEW 2019

- Habitat for Humanity, Project Restore
- Ribbon Cutting Opening of LGBT Center's South Bay Youth Center
- Attended the San Diego History Center's Reception to salute the "Legendary Drag Queens of San Diego"
- Participated in the planning of Project Youth's "Out of this World" Prom at the North County LGBTQ Resource Center
- Served on committees: Laurel Foundation, LGBT Center's Community Leadership Council and Youth Services and Advocacy Committee, San Diego Unified School District LGBTQIA Advisory Committee
- San Diego Diplomacy Council International LGBTQ delegate meetings
- Representation on the GLSEN Board
- Transgender Health and Wellness Day
- Co-sponsor of the district-wide GSA Dance in South Bay
- Participated in the Human Rights Campaign Foundation's Time to THRIVE
- Representation on the South Bay Alliance Board
- Attended the Planned Parenthood Gala
- Youth Leadership Summit Conference (North County LGBTQ Resource Center)
- Women's Equality March
- Participated in HRC's Annual Bowling for Equality
- Attended and spoke at Chula Vista City Council meetings in support of Drag Queen Story Time
- Volunteered at the LGBTQ+ Community Exhibition
- Harvey Milk Diversity Breakfast
- Community Leadership Council All Boards Reception
- GLSEN fundraiser: Annual Skating Event
- Co-presented a film at the Asian Film Festival
- Royal Pride's showing of "Love, Simon"
- Conference calls with Southern California regional PFLAG chapters
- Mama's Kitchen: meal preparation, food distribution, and fundraisers
- Participated in the Annual Pride Resource Fair in Poway
- Funded the John Bessemer Memorial Scholarship
- Marched in the Martin Luther King, Jr. Parade
- Day of Silence
- Faculty advisor to GSA at Canyon Crest Academy
- Attended The Center's LGBTQ Fundraiser
- San Diego Gay Men's Chorus and San Diego Women's Chorus concerts
- North County LGBTQ Resource Center's Fundraising Gala
- Attended SD Pride's annual Out at the Park Padres game
- Applied for and received grant from San Diego Pride
- Attended the Young Professionals Council Academy ceremony where we had a board member graduate
- "PFLAG National Online Academy" learning sessions
- Participated and raised funds for The LGBT Center's AIDS Walk
- Took part in The LGBT Center and NC LGBTQ Resource Center's Dining Out for Life which raises money for AIDS/ HIV prevention and research
- Published our monthly newsletter

COMMUNICATIONS

We operate a telephone information line and respond to e-mail inquiries. Jessie Sauchuk, co-owner of Belladia Marketing & Design, always has creative layouts for our newsletters. In addition, she has taken over administrative work for the PFLAG Scholarship Committee. We are also very fortunate to have Lisa Smith, co-owner of Belladia Marketing & Design, as our web master. With constant updates, we appreciate her being on the ball. To help the environment, our newsletter is primarily sent by email. We also have 1158 followers on Twitter and 1260 followers on Facebook; we also advertise meetings and events on Instagram.



APPLY NOW FOR PFLAG SCHOLARSHIPS

PFLAG San Diego County is gearing up for another successful scholarship program – our 23rd year! As we have for the past five years, to maximize our profits to enable the amounts of the scholarships to be increased and to award more scholarships, we are hosting the Launching Leaders Luncheon at The LGBT Center on **May 30, 2020**. The application, requirements, and other scholarship-related info are on our web site (www.pflag.com - click on the Scholarship link). We always welcome more scholarship sponsors. For questions, contact scholarships@pflag.com.

Please spread the word to LGBTQ high school seniors, full-time undergraduate, and graduate students to apply for the scholarships. We will consider half-time applicants with an explanation of the circumstances that prevents them from attending full-time. A minimum of 10 scholarships will be awarded in the amounts of \$2000 or more.

The deadline to apply is Monday, March 23, 2020.

PFLAG ON THE MOVE



PFLAG SDC will proudly be tabling at the 4th Annual Women's March in downtown San Diego on **Saturday, January 18**. The rally begins at 10:00 am at Waterfront

Park on the west side (1600 Pacific Coast Highway). It's anticipated to end at 2:00 pm. After speakers pump us up (as if we needed pumping!!), the march will proceed from there. If you would like to march with PFLAG, please meet at the PFLAG table.

From North County? The Women's March and Rally will be hosted at the Oceanside Civic Center, 300 North Coast Highway, Oceanside also on **January 18** from 10 am-12 pm. PFLAG will also have a table at the event; if interested in marching with PFLAG, meet at the PFLAG table.

The theme this year is: Women Rising; #PowerinUnity.



Psychotherapy for Gay, Lesbian, Bisexual and Transgender Children...

Coming out • School safety • Self-Acceptance
Self-Esteem • Parent-Child Communications • Siblings

... and their Parents

Crisis Counseling • Religious Issues • Telling Friends & Family
Safety Concerns • Grief & Loss • Depression n Anxiety

All Services are Completely Confidential

Stephen White, Psy.D.

Clinical Psychologist PSY 20739

16496 Bernardo Center Drive, Suite 307 San Diego CA 92128

(619) 922-1579

swhite@the-rainbow-connection.org

