



A RABBI AND A PRIEST WALK INTO A

PFLAG meeting; they are on the Clergy Panel. Please join us for our General Meeting on **Monday, September 24** at 7:00 pm at the First United Methodist Church, 2231 Camino del Rio South in Mission Valley. The building where we meet is The United Methodist Center, in The Cove Room. Doors open at 6:45 pm.

We are pleased to have on our distinguished panel (in alpha order!) **Rev. Mary Sue Brookshire**, pastor of Pioneer Ocean View United Church of Christ, which is an open and affirming congregation. Rev. Brookshire has been involved with California Faith for Equality. **Rabbi (Dr.) Shai Cherry** is the

founding guide of Shaar Hamayim, A Jewish Learning Center in Solana Beach. In 2009, he was ordained as a Conservative Rabbi. **Pastor Dee Kelley** is a pastor at San Diego First Church of the Nazarene in Point Loma. She is an ordained minister in the Church of the Nazarene, a conservative denomination in the holiness tradition. **Rev. (Dr.) Jane Via** co-founded Mary Magdeline Apostle Catholic Community in San Diego in 2005. She was ordained a priest in June of 2006.

Our support groups are first, followed by our cookie social, then our Clergy Panel. We hope to see you there!

STEP RIGHT UP



You still have time to sign up to walk with PFLAG on Sunday, **September 30** for the 23rd Annual *AIDS Walk San Diego*. This event is San Diego's largest one-day HIV/AIDS fundraiser and the biggest non-governmental

financial provider for HIV/AIDS in San Diego County. Dozens of agencies - serving thousands of clients - rely on funds raised at the annual Walk to help provide essential prevention and care programs to thousands of men, women and children living with HIV/AIDS.

We need your support; please register. Go to www.AIDSwalksd.org and select *Register* at the top of the page, then *Join an Existing Team*. Either enter *PFLAG*

San Diego or *Search for a Team* and find *PFLAG San Diego*. Click on the *Join* button and follow the instructions. The registration fee is \$35 (\$25 for 17 & under and 60+). If we have 10 or more walkers registered by **September 21**, we will qualify as Team PFLAG and be able to walk with the prestigious sneaker sign with our PFLAG name on it. Even if you can't walk with us, please register so we can meet our 10 person and financial goals (\$1000).

The 5K Walk is held in Balboa Park at Quince and 6th Ave starting at 8:00 am.

Please get there early enough to receive your AIDS Walk t-shirt. The opening ceremony is at 7:35 am, if you are so inclined. There are water and light snacks available before the walk.

Miscellaneous information: the Walk takes place rain or shine. Dress in layers since it can be cool in the morning,

wear sturdy walking shoes (the Walk takes about 1.5 hours to complete), sunscreen yourselves, keep hydrated - there are water stations along the way. There are shuttle buses available at the Naval Hospital and Balboa Park lots off President's Way and Park Blvd. from 4:30 am-1:00 pm. Allow extra time if you are using the shuttles.

If you don't have internet, call 619-692-2077 ext. 247 (Ian Johnson) to participate. For questions, please contact Sherry Cohen-Richards, 858-349-6269 or scohenrichards@pflag.com.





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Current Events

September 23
Sunday
 Scouts for Equality
 (see article "My Two Moms")

September 24
Monday
 San Diego PFLAG
 General Meeting &
 Support Groups

September 24
Monday
 Mi Familia Support Group

September 28
Friday
 Parent Only/NCLGBTQ Center
 (see article)

September 30
Sunday
 AIDS Walk (see article)

October 1
Monday
 PFLAG Support Group
 North County Coastal

October 1
Monday
 Mi Familia Support Group

October 8
Monday
 PFLAG Support Group
 East County

October 8
Monday
 Mi Familia Support Group

October 11
Thursday
 PFLAG Support Group
 North County Inland

October 11
Thursday
 National Coming Out Day
 (see article)

October 13
Saturday
 Pride @ the Beach
 (see article)

October 15
Monday
 Mi Familia Support Group

SUPPORT GROUPS

SD COUNTY GENERAL MEETING & SUPPORT GROUP

Meets every fourth Monday at 7:00 pm, at the First United Methodist Church, 2231 Camino del Rio South in Mission Valley.

For further information, contact the Info Line: 888-398-0006 or www.pflag.com

NORTH COUNTY COASTAL

Meets the first Monday, at 7:00 pm, North County LGBTQ Resource Center, 510 North Coast Highway, Suite C, Oceanside.

Contact ncpflag@gmail.com or Larry Gerling, (760) 224-2178.

NORTH COUNTY INLAND

Meets every second Thursday, at 7:00 pm, Temple Adat Shalom, 15905 Pomerado Road, Room #9, Poway (Rancho Bernardo). The entrance to parking is directly across the street from the entrance to Sprouts' Market Center. Drive to the end of the building and bear right around it, to the first doors on your right (double doors).

Contact Sue Fine, (858) 673-4560 or pflag4sdnocnty@san.rr.com.

EAST COUNTY

Meets every second Monday, at 7:00 pm, Summit Unitarian Universalist Church, 8778 Cottonwood Avenue, Santee.

Contact Ron Goetz, (619) 588-2342 or whytestonne@hotmail.com.

MI FAMILIA (Spanish)

Meetings are every Monday from 6:00pm - 8:00 pm at The Center.

Contact Carolina, (619) 692-2077 Ext. 116.

TRANSGENDER SUPPORT

For more information on the Transgender Support Group

Contact Kathe Dunn, ftm_mom@yahoo.com.

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

MISSION STATEMENT

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through Support, to cope with an adverse society; Education, to enlighten an ill-informed public; and Advocacy, to end discrimination and to secure equal civil rights.

PFLAG provides opportunity for dialogue about sexual orientation and acts to create a society that is healthy and respectful of human diversity.

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www.gsdba.org

Greater San Diego Business Association - The Gay & Lesbian Chamber of Commerce

PRIDE @

THE BEACH

The North County LGBTQ Resource Center is proud to announce their annual Pride @ the Beach. The event is Saturday, **October 13** from 11 am-6 pm at 238 N the Strand in Oceanside. Once again, PFLAG San Diego County will be participating.

There is an amazing entertainment lineup, great vendors, food, a Children's Garden (compliments of Family Matters), and wonderful raffles to win!

Tickets can be purchased at the door or online, www.northcountypride.com - general admission, \$5.00; students and seniors, \$2.50; children under 12 and active military, free.



IT'S REALLY TRUE

David Koch, billionaire industrialist, who has been bankrolling millions of dollars to groups aimed at electing Mitt Romney and many Republican congress members, and who was a delegate to the RNC from New York, stated that he believes in gay marriage. When he was interviewed by a writer at *Politico*, who reminded Koch that his choice for president and the GOP platform is to oppose same-sex marriage, he stated, "Well, I disagree with that."

4

Fancy that.

LIBRARY UPDATE

Due to the small number of members who check out books and DVDs, we disbanded the library for the most part, but in a very good way. We donated most of the books to the LGBT Center Library. In their own rite, their library is the best around. Feel free to check out books there (3909 Centre Street, Hillcrest). We would also like to take this opportunity to thank our library chair, Joni Goldberg. No doubt she developed serious muscles schlepping those books back and forth to and from our meetings.

If anyone still has a copy of *My Princess Boy* from our library, please return it to one of the meetings when you have finished reading it.

Material listed below is still available. Contact Patti Boman if interested in borrowing a book or DVD and she will bring it to the following PFLAG General Meeting (pboman@pflag.com).

BOOKS IN PFLAG LIBRARY

Born to be Damned--Tapestry of a Gay Man; Norma's Voice; What if Someone I know is Gay?; My Princess Boy; Fortunate Families (Catholic Families with Lesbian and Gay Children); Serving in Silence (story of Margarethe Cammermeyer); Prayers for Bobby; Telling Truths in Church (Scandal, Flesh, and Christian Speech); The Silence of Sodom (Homosexuality in Modern Catholicism); A False Focus on my Family; What the Science Says and Doesn't Say about Homosexuality (Soulforce); What the Bible Says and Doesn't

FOR PARENTS ONLY

Parents, grandparents, and legal guardians of LGBT youth are invited to an Open House sponsored by North County LGBTQ Resource Center on Friday, **September 28** from 7-9pm. This is a perfect venue for parents to ask questions to a panel of LGBT parents, faith-based allies, and legal, mental and health care professionals. They will be there to answer

MAMA NEEDS HELP

Mama's Kitchen, a non-profit meal delivery service dedicated to providing meals 365 days a year to San Diegans affected by AIDS or cancer, needs volunteers to deliver meals to clients who live in areas of North County Coastal and North County Inland. If you are able to volunteer, please call Bill Patten, Director of Programs, at (619) 233-6262 or bill@mamaskitchen.org.

In 2011, Mama's Kitchen served 91 clients in North County with 6,046 deliveries and 42,464 meals. North County based delivery volunteers

Say about Homosexuality (Soulforce); Marriage Equality, A Positive Catholic Approach; Sexual Orientation and Youth (the Facts--a Primer for Principals, Educators and School Personnel); Born Gay; Too High a Price (The Case Against Restricting Gay Parenting); Finding Out (The ABCs of Same Sex Relations); Transparently (Behind the Scenes of a Good Life); Mama papa tengo algo que decirles By Latino/a Round Table Project ; Ni juicio ni condena (textos bíblicos sobre homosexualidad) By Latino/a Round Table Project; Coming Out Within.

DVDS

Twilight of the Golds. (movie about a time in the future when they have isolated the gay gene and a family deciding whether to have the baby or to abort); Excluded (immigration struggles of a gay, bi-national couple); Anyone and Everyone; The Laramie Project; Holding Families Together, Mi Familia (a Documentary of Love, Acceptance and Respect; Un documental de Amor, Aceptación y Respeto); In Good Conscience (Sister Jeannine Gramick's Journey of Faith); Homo Baby Boom; Gay Marriage--Right or Wrong (Dr. Phil Show); Oprah with Dr. Oz; Lisa Ling Oprah special Gay and Christian; Coming Out of the Oprah Winfrey Show 11/25/2011; Seth Walsh story from Nate Berkus 12/29/10.

CASSETTES

Where Does a Mother go to Resign?; Not a Sin, not a Sickness (Metropolitan Community Church)

what to say and what not to say to youth just coming out, how to best support them, and info on the mental, physical or spiritual health for LGBT youth.

The LGBTQ Resource Center is located at 501-C North Coast Highway in Oceanside. If you have any questions, please email JoyLynn Murray: joylynn@ncresourcecenter.org.

report to pick up locations established in Carlsbad and Escondido to serve clients in Vista, Oceanside, San Marcos, Carlsbad, and Escondido. All route drivers are given specific driving instructions from house to house and a map of the neighborhood identifying each stop. Each route typically has 12 clients, and all deliveries need to be made between 3 p.m. and 5 p.m. Drivers must be at least 18 years of age and have a valid driver license and car insurance.


Nourishing the Heart, One Meal at a Time.

LET'S HOPE THIS IS THE FIRST OF MANY

The San Francisco 49ers has become the first National Football League team to make an *It Gets Better* video.

Team players voiced support and offered words of encouragement to LGBT young people. "The San Francisco 49ers is proud to join ItGetsBetter.org, to let all LGBT teens know that it gets better," one player says. "On behalf of the entire 49ers organization, we of the entire 49ers organization, we are on your side, and we promise it gets better."

Last year, the San Francisco Giants baseball team was the first Major League team to participate in the *It Gets Better Project*. Although San Francisco has reason to lead the way, they get kudos all around.

Another NFL team, the Seattle Seahawks, joined the Seattle Mariners baseball team and other Seattle pro teams in making a video last year.

Read further as the 'beat goes on.'

I still hear people say that I should not be talking about the rights of lesbian and gay people and I should stick to the issue of racial justice. But I hasten to remind them that Martin Luther King Jr. said 'Injustice anywhere is a threat to justice everywhere.' I appeal to everyone who believes in Martin Luther King Jr.'s dream to make room at the table of brother and sisterhood for lesbian and gay people." -Corretta Scott King

QUOTH THE RAVEN(S) NEVERMORE

Even if you are not a fan of football, this is a must read, as football teams seem to be the last of the pro-sports to talk positively or acknowledge that having gay team members would be no big deal. This is a story about Baltimore Ravens linebacker, Brendon Ayanbadejo, who spoke out in favor of a Maryland ballot initiative that would legalize same-sex marriage. His support seemed to come to the forefront when he donated two tickets for the Ravens' season opener for a Marylanders for Marriage Equality fundraiser. Then along came Maryland state delegate, Emmett C. Burns Jr., who wrote a letter on Maryland House of Delegate letterhead, no less, making it "official," to Ravens' owner Steve Bisciotti:

"As a Delegate to the Maryland General Assembly and a Baltimore Ravens Football fan, I find it inconceivable that one of your players, Mr. Brendon Ayanbadejo, would publicly endorse Same-Sex marriage, specifically, as a Raven Football player. Many of my constituents and your football supports are appalled and aghast that a member of the Ravens Football Team would step into this controversial divide and try to sway public opinion one way or the other. Many of your fans are opposed to such a view and feel it has no place in a sport that is strictly for pride, entertainment, and excitement. I believe Mr. Ayanbadejo should concentrate on football and steer clear of dividing the fan base.

I am requesting that you take the necessary action, as a National Football Franchise Owner, to inhibit such expressions from your employee

and that he be ordered to cease and desist such injurious actions. I know of no other NFL player who had done what Mr. Ayanbadejo is doing."

Burns' letter backfired. Ayanbadejo responded, "I'd have to thank him more than anything for bringing national attention to the issue. It turned a bad situation into a momentous, game-changing occasion for NFL athletes. In a sport ruled by machismo, it was a changing of the guard that I've been waiting to hear since I stated my support for this cause in 2008. I hear everybody backing me up, not just in football, but outside the football community. To hear everybody backing me up and leaving the whole machismo thing behind, that's progress."

Instead of silencing him, the Ravens' organization issued a statement supporting Ayanbadejo. Team president Dick Cass indicated the Ravens would respond to Burns in time. Cass, meanwhile, encouraged Ayanbadejo to continue to stand behind his political views. Within his team ranks, he has received many "high-fives" and "kudos."

What took Ayanbadejo a-back was that a politician would suggest his free speech be suppressed. Of his free speech, he said, "I was surprised. It's what our country was founded on. For somebody to try to take that away from me I was pretty surprised, from a politician especially. People get fired for saying the things that the delegate said. People lose their jobs for discrimination."

NATIONAL COMING OUT DAY

This event is an internationally observed civil awareness day for coming out and discussion about gay, lesbian, bisexual and transgender people. It is observed by members of the LGBT communities and their supporters on **October 11** every year.

National Coming Out Day was founded in 1988 by Robert Eichberg, a psychologist and Jean O'Leary, an openly gay political leader, on behalf of the personal growth workshop *The Experience and National Gay Rights Advocates*. The date of October 11 was chosen because it was the anniversary of the 1987 National March on Washington for Lesbian and Gay Rights.



AS IF WE DIDN'T KNOW

The American Psychiatric Association removed transgender from a mental illness category. The mental health organization's decision to replace the term 'gender identity disorder' with 'gender dysphoria' means transgender is no longer categorized as a mental illness and comes after years of campaigning by LGBT activists.

The change will have an impact on legal cases, with courts unable to use a person's gender identity against them, but also meaning trans people can't use their 'disorder' as a defense.

The move is being cited as a big step in the LGBT rights movement since the APA announced in 1973 that homosexuality was not a mental illness, paving the way for greater tolerance and acceptance in society.

NEXT UP

Dominic Riolo is the recipient of the Stephen G. Bowersox Memorial Scholarship which is provided through the generosity of family and friends of Jim and Donna Bowersox. This award is strongly predicated on social justice, demonstrated involvement, and high academic achievement, as well as broad, far-reaching interests and activities.

Dominic graduated from University City High School. His letter of recommendation states: "He is exactly what PFLAG is looking for when they honor a member of the next generation: a strong student; a creative thinker; very intelligent; a collaborator filled with team spirit. He is definitely one of the few who is ready to go forth and change the world." His accomplishments include: initiating a tutoring program for freshmen, becoming a liaison between students and teachers, and an ASB leader. Dominic plays piano at the local Senior Center, loves to surf, hike, and swim. His "secret" is that he is half Iranian! Here is Dominic's essay:

"The human rights issues facing the LGBT are quite obvious: the barrier that divides the LGBT community and those who hold prejudice against the LGBT. It is this divide that creates social injustices such as unequal marriage and adoption laws.

The main obstacle to achieving social equality is painfully clear to me: the members of society who see the LGBT community only for their sexuality and not for their humanity are striving to prevent social equality. I am speaking about the members of society who see gays and

lesbians as just that - we are simply gay to them. We are not seen as students, employees, teens, adults, or humans, but we are seen only for one single factor - our sexuality. The people who choose to define and fixate on the sexual preferences of the members of the LGBT community are making a sad, yet unfortunately common, judgment error. Of course, members of the LGBT community do have sexual preferences that differ from the majority of the population, but that does not make us any less human. And what is a more basic human right than that to marry the one you love or to raise a family with that person?

My primary goals in education are to study primarily in the fields of Anthropology, Psychology, and Philosophy to research more in-depth the ties that bring us together as a species. This scholarship will help me tremendously in being able to attend a university that is open to my lifestyle, as well as being able to provide me with proper education in my desired fields. My education, with the aide of this scholarship, will greatly assist me in my attempts to make the LGBT community one step (even if just a miniscule step) closer to the rest of the world. My dream is that one day, when the time is right, I will be able to marry and start a family with the one I love, and I will not, and cannot, rest until I, along with the rest of the LGBT community can do the same."



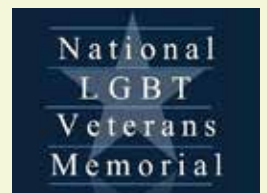
MORE FEATHERS IN OUR CAP

A group of LGBT veterans announced that a National LGBT Veterans Memorial (NLGBTVM) is being built at historical Congressional Cemetery in Washington, DC. The memorial, says organizer Nancy Russell, is meant to be a visible and lasting testament to the contributions that transgender, bisexual, lesbian, and gay service members have made to the security of the U.S.

The board of directors of the National LGBT Veterans Memorial has already bought the plots and are seeking design submissions for the monument from artists across the country (hint to all you architects and artists out there).

Russell, a retired Army LTC and chair of the NLGBTVM board of directors, said, "The time has come for those of us who were forced to serve in silence to honor our fellow veterans with a dignified and impressive memorial in our national capitol. The National LGBT Veterans Memorial will provide a fitting resting place where our veterans may, as Leonard Matlovich urged us to do, 'leave a lasting record of our accomplishments.'"

The NLGBTVM is hoping to unveil the Memorial on Memorial Day, 2014.



MY TWO MOMS

Many of you may remember Zach Wahls for his passionate speech last year before the Iowa legislature to reject a constitutional amendment that would deny marriage equality for same-sex couples like his two mothers, Jackie and Terry. It was on every news broadcast and scored 18.3 million hits on YouTube.

Zach has been featured on Ellen DeGeneres, Jon Stewart, David Letterman and many other shows. Recently, he addressed the Democratic National Convention to say, in part, "Governor Romney says he's against same-sex marriage because every child deserves a mother and a father. I think every child deserves a family as loving and committed as mine. Because the sense of family comes from the commitment we make to each other to work through the hard times so we can enjoy the good ones. It comes from the love that binds us; that's what makes a family. Mr. Romney, my family is just as real as yours."

The above is a testimonial of sorts to get you geared up to meet Zach in person. His topic, however, is on the Boy Scouts of America, another passion of Zach's. He is an Eagle Scout and wants to bring an end to anti-LGBT discrimination by the BSA, which has affected both gay scouts and LGBT leaders. He's formed an organization called "Scouts for Equality" to develop a grassroots campaign designed to convince the BSA to follow the U.S. Military, in ending its discriminatory policies and also the Girl Scouts, who never had a discrimination policy. Since the BSA influences the values of millions of American youth, changing this policy would also send a message to straight kids and represent a dramatic step forward in ending a history of discrimination and homophobia.



Our newsletter has featured many articles on our local efforts ("Scouting for All") to end discrimination within the BSA ranks. In San Diego, in particular, there is an effort to end the sweetheart deal they have with the City which allows the organization to rent their headquarters on prime Balboa Park land for \$1/year. There are some minor fees they also pay which hardly amounts to a hill of beans.

"I digress." A San Diego organization, Advancing Compassion Project, has their emphasis on equality for all. In that light, they are having a benefit for "Scouts for Equality" on Sunday, **September 23** from 5:00-6:30 pm in the amphitheater at First Unitarian Church, 4190 Front St. across from UCSD Medical Center in Hillcrest. Zach will address the impact of the BSA's policy on their members and leaders, the message it sends to kids, and what can be done to change it.

Tickets are \$10 for adults, if purchased in advance (\$15 at the door) and \$5 for students/youth.

There will be a book signing after the event. Zach will personalize pre-ordered copies of his book *My Two Moms: Lessons of Love, Strength, and What Makes a Family*.

Both the book (\$25) and tickets can be purchased at <http://www.advancingcompassion.org/event/ZachWahls/>.

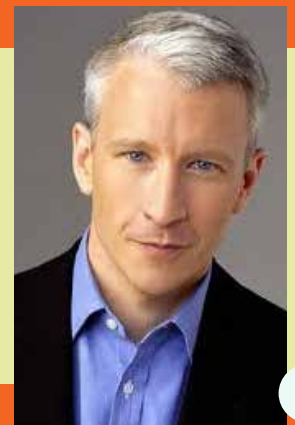
OCTOBER IS LGBT HISTORY MONTH

This year's list of Icons, who will be featured as part of LGBT History Month, include entertainers, designers, authors, people in government, athletes, educators, and the list goes on. Each day in October, one of the Icons is featured with a video, biography, bibliography, and downloadable images. The resources will be available at www.lgbtHistoryMonth.com.

The purpose is to provide inspiring role models since LGBT is the only community not taught its history in public schools or religious institutions. LGBT History Month enhances self-esteem and makes a civil rights statement of the LGBT community's impressive national and international contributions.



"I've been torn for a long time between a desire as a reporter to do just do my job. And at the same time, I think visibility is important -- that the tide of history only moves forward when everybody is visible ... I didn't want to send a message that there was anything I was ashamed about." -Anderson Cooper



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