

PFLAG+ Brisbane Newsletter



March 2022

Welcome to the March 2022 Newsletter for PFLAG+ Brisbane. The committee hopes that you and your LGBTIQ+ loved ones are healthy and well, both physically and mentally. PFLAG+ Brisbane is a group of people supporting each other and learning from our shared experiences.

*We hope to help each other on our respective journeys as **amazing** Parents and Friends of LGBTIQ+ Individuals.*

Next Community Meeting

Date: Saturday the 2nd of April

Time: Committee meeting – 12:30 until 1:25 pm (all are welcome to attend)

Community meeting – 1:30 – 3:30 pm

Face-to-face Meeting: Chermside Library Meeting Room

375 Hamilton Rd, Chermside, Qld 4032 Phone: 07-3403 7200

Please note: Should health concerns regarding COVID should continue to pose an issue regarding a meeting face-to-face meeting, we will send our Zoom meeting link to our email list.

Additional 2022 Community Meeting Dates – Please mark your diaries...

Our goal at PFLAG+ Brisbane is to create a safe environment for parents and close friends of LGBTIQ+ people to connect and share our similarities and differences. We have set aside several dates to meet to discuss our journeys with one another. We respect your journey and privacy, and additionally hope to provide a safe space for you to do so as well.

2nd April

4th June

6th August

1st October

3rd December (Annual General Meeting)

Community Meeting Notes from 5th February 2022

The committee were thrilled to have so many new families attend our February 2022 meeting after a quiet 2020/2021 due to COVID-related limitations on meetings. At this meeting, there were many issues discussed, including the recently overturned Citipointe Christian College enrollment contract disrespecting LGBTIQ+ rights, and the recent activity in Parliament regarding the pending Religious Discrimination Bill which could have legalized discrimination of LGBTIQ+ people based on “religious exemptions”. Thankfully, this Bill has been overturned since the meeting... but that does not mean it has been put to bed. Watch this space, people.

Many of the new parents attending the meeting expressed their concerns and issues regarding their young transgender and non-binary kids. For the most part, parents were questioning the lack of information and resources surrounding anxiety, attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD). Also, there were many new parents concerned about the general acceptance and participation for trans/non-binary kids within their schools. These are recurring themes currently being raised within PFLAG+ Brisbane.

A topic that was clearly addressed in the community meeting was that ***parents and close friends of LGBTIQ+ young ones have feelings too***. Parents/loved ones, please do not feel as though you need to diminish your feelings of guilt, sadness, loss of expectations (or any other feelings) for your LGBTIQ+ person. You can and should address your feelings without dismissing the needs of your LGBTIQ+ young person. That is a big ask for any parent/close friend, but it is why the PFLAG+ Brisbane support network is here to help you. We at PFLAG+ Brisbane know that it is ***so important to look after ourselves***. We grieve, we feel deeply, and at times, we struggle. That is normal and totally ok. LGBTIQ+ parents need the support of other parents in similar situations.

To support people like you, we have our bi-monthly meetings, our support phone line, our Facebook site, a bi-monthly newsletter, and other means of sharing resources. Also, we have a new private peer support group on Facebook connect to folks like us immediately. Please feel free to join us here: <https://www.facebook.com/groups/4088386261264141>



Resources for LGBTIQ+ families

The following are some of the many resources that were shared during our February community meeting. Obviously, this is not a complete list of available support resources for PFLAG+Brisbane members, and we always welcome more information and links to share with our community members. While we do not endorse any specific resources, we appreciate any/all recommendations that may have been supportive of your journey which may be of support to others. We are all on different journeys while supporting our LGBTIQ+ loved ones, and it is up to each of us to choose our preferred resources. Obviously, the more resources we can share the better!

Queensland Human Rights Commission – Trans kids rights at school

<https://www.qhrc.qld.gov.au/your-rights/for-lgbtqi-people/trans-@-school>

Headspace – Support for Mental Health and Wellbeing

What is gender identity?

<https://headspace.org.au/explore-topics/for-young-people/gender-identity/>

<https://headspace.org.au/explore-topics/supporting-a-young-person/gender-identity/>

What is anxiety?

<https://headspace.org.au/assets/download-cards/03-Anxiety-headspace-fact-sheet-WEB-v2.pdf>

<https://headspace.org.au/explore-topics/for-young-people/anxiety/>

What is ADHD?

<https://headspace.org.au/explore-topics/for-young-people/adhd/>

I Can Network

Help specifically for LGBTQIA people with autism

<https://icannetwork.online/autistic-lgbtqia/>

Transcend Australia

Transcend Australia is working towards a world where Trans, Gender Diverse and Non-Binary children are embraced and given every opportunity to thrive and flourish.

<https://transcend.org.au>

Open Doors Youth Services Groups

Based in Fortitude Valley, this group also co-hosts various LGBTIQ+ groups for young people throughout the Greater Brisbane region. These programs include Jellybeans in Fortitude Valley, Multicultural Pride, SAGA in Redcliffe, Open Spaces in Caboolture, Starburst in Taringa, and Diverse City in Ipswich.

<https://www.opendoors.net.au/lgbtqiap-social-groups/>

Parents of Gender Diverse Children

Parents of Gender Diverse Children provides peer support to parents and those parenting trans and gender diverse children. They know that parents who are well supported are better able to support their children. They believe that no matter your age – you will always be someone's child – so they do not impose any age restrictions on the families that they support.

<https://www.pgdc.org.au>

Yhes House – Southport, Gold Coast

Thanks to one of our new meeting attendees who made this Gold Coast link available to us. We appreciate your contribution to our community...

<https://www.wmq.org.au/mental-health>

Information Sheet: Transgender and gender diverse children

<https://psychology.org.au/getmedia/03213f59-9b8f-45b9-8575-2605958fd791/trans-and-gender-diverse-children.pdf>

Parents and Niblings Events Brisbane

Parents & Niblings is a private Facebook group for parents of the LGBTQ community. They have come together as proud supporters for their Transgender/Gender diverse children.

<https://www.facebook.com/groups/1046113489557330/announcements>

Equality Australia

Equality Australia exists to improve the wellbeing and circumstances of LGBTIQ+ people in Australia and their families.

<https://equalityaustralia.org.au/about-us/>

ATSAQ – Australian Transgender Support Association of Queensland

This group was created in 1990 to help, advise and assist the transgender community in Queensland. It is run by transgenders for transgenders and provides emotional/moral support for people with Gender Dysphoria, as well as their families and friends.

<https://atsaq.org.au>

Other LGBTIQ+ Information

Upcoming Dates to Remember

20-27 March – Gold Coast Pride Festival

31 March – Trans Day of Visibility

26 April – Lesbian Day of Visibility

15 May – International AIDS Candlelight Memorial

17 May – IDAHOBIT (International Day Against LGBTQIA+ Discrimination)

24 May – Pansexual Visibility Day

28 May LGBTQ Domestic Violence Awareness Day

June – LGBT Pride Month

25 June – The Annual Queen's Ball Awards Gala

Happy Mardi Gras...

The 5th of March was a night to remember with our annual Pride Parade at the SCG. Obviously, we miss marching down Oxford Street, but due to COVID concerns, the SCG was a great host to the parade. Once again, the organisers of Pride outdid themselves, and PFLAG Sydney hosted a float which included PFLAG+ Brisbane members, as they have for many years. Thank you PFLAG Sydney! It was a night to remember...

If you missed viewing the parade, please see the following links:

<https://www.abc.net.au/news/2022-03-05/mardi-gras-parade-participants-fighting-for-equality/100877912>

<https://www.theguardian.com/australia-news/gallery/2022/mar/05/sydney-gay-and-lesbian-mardi-gras-2022-in-pictures>

New Word of the Month – Nibling

When your sibling asks, “How do I correctly refer to your transgender or non-binary child/young adult?”, what do you say?!? Now, you can legitimately tell them “Nibling”. There is a new word for their amazing and supportive relationship!

<https://www.merriam-webster.com/words-at-play/words-were-watching-nibling>

Norway to add gender-neutral pronoun to its official language

The new singular third-person pronoun, “hen”, is an alternative to Norwegian’s feminine “hun” and masculine “han”.

<https://www.pinknews.co.uk/2022/02/08/gender-neutral-pronoun-norway-hen/>

Relationships Australia Update

Thankfully, Brisbane, we are moving forward from COVID restrictions, and Relationships Australia Queensland is ready to roll... Carolyn (she/her) is the new Rainbow Counsellor at RAQ. She and her team are reinventing and rolling out two support groups for young trans- and gender diverse kids.

One is ***Transilence***, for kids aged 6 to 12. Click on icon below for details:



The second is ***Transcendence***, for young adults aged 18+. Click on icon below for details:



Entertainment on the LGBTIQ+ front...

Get Curious – Netflix documentary

With Jonathan Van Ness | Can We Say Bye-bye to The Binary?

<https://www.youtube.com/watch?v=rIbm7j56Wow>

<https://www.pinknews.co.uk/2022/01/28/getting-curious-jonathan-van-ness-netflix/>

Sport...

Brisbane Hustlers - International Gay Rugby

The Brisbane Hustlers are hoping to host the Bingham Cup in 2024. It is an amazing story.

Please read the following link for more information:

<https://igrugby.org/bingham-cup/>

<https://igrugby.org/club/brisbanehustlersrucf/>

LGBTIQ+ Research Report

“Where are the Rainbow Resources? Understanding the funding needs of the LGBTIQ+ community sector in Australia”

This national research report, produced by LGBTIQ+ community-led funders Aurora and GiveOUT, aims to increase understanding of the funding needs of LGBTIQ+ communities in Australia. In 2021, almost 40% of LGBTIQ+ community organisations operated on less than \$10,000 income. For more information on the report, please view:

<https://mailchi.mp/the-channel/launch-announcement-flagship-national-lgbtqi-research-report?e=873377173b>

PFLAG+ Brisbane News

Committee roles available

As a group of volunteers at PFLAG+ Brisbane, we always appreciate any assistance from our community members. We have some committee roles for 2022 that are unfilled, and if you would consider contributing your efforts/expertise, we would be grateful for your assistance.

Vice-President – this role entails filling in for meetings/events when the acting President is not available.

Social Media Coordinator - this role requires knowledge in posting Facebook/Instagram updates regarding LGBTIQ+ current news and events, as well as updating our PFLAG+ Brisbane website (WordPress).

PFLAG+ Brisbane Membership

PFLAG+ Brisbane is a not-for-profit organisation. One hundred percent of our funds go towards improving our services to parents and friends of LGBTIQ+ people. We encourage individuals, families, and corporations to contribute a voluntary annual membership fee of \$25 per individual/family, \$100 for corporate membership, or whatever amount you can afford. While it is not compulsory, membership fees received to PFLAG+ Brisbane help toward improving our electronic and printed resources, to update our website, and cover administration costs. To pay your 2022 voluntary membership fees by Electronic Fund Transfer (EFT), PFLAG+ Brisbane’s banking details are:

BSB Number: 124 011
Account Number: 20238607
Reference: Your family name or corporation name

There are many ways to contact PFLAG+ Brisbane:

www.pflagbrisbane.org.au

@facebook.com/pflagbrisbane

Call **0400 767 832** for general information and support

*The kindest regards to our PFLAG+ Brisbane
community members!*

From the 2022 PFLAG+ Brisbane Committee

