



PFLAG+ Brisbane Newsletter

October 2020

Hello community members! A big welcome to our monthly PFLAG+ Brisbane Newsletter for October 2020. The PFLAG+ Brisbane Committee hopes that all our existing and incoming new community members feel welcome, willing and accepting of their LGBTIQ+ friends and family members. If not, we hope to provide you with a forum to safely air your concerns with support, resources and without judgement. We are a safe forum of like-minded people wishing to support our LGBTIQ+ family and friends.

PFLAG+ Brisbane Committee & Community Meeting Date:

Date: 5th December 2020

Annual General Meeting + 2021 PFLAG+ Brisbane
Committee member nominations

Time: 1:30 pm until approximately 3:30

Guest Speaker: No speaker due to Annual General Meeting

Location: Online Zoom link to copy and paste into your Zoom app

<https://us02web.zoom.us/j/2239143642?pwd=ZGRPZzhrcHE2TFNKeTBXZjgwK1VBQT09>

or Meeting ID: 223 914 3642 Passcode: PFLAG 2020

PFLAG+ Brisbane News

Guest Speaker for 3 October 2020 - Brian Becken, Office Manager,

Centre for Human Potential

The Centre for Human Potential started in 2007 and has now become a group of 14 psychologists working from Woolloongabba and the CBD, all of whom specialise in assisting LGBTIQ+ clients. Additionally, they work with a group of volunteer peer resources in order to provide tools and support techniques for those in need of specialised skills at affordable costs.

During his presentation, Brian addressed the importance of correct terminology, the use of appropriate pronouns, and most importantly, the value of parental support for the LGBTIQ+ community. Together, all of these parental skills can help to overcome the high level of self-harm and suicide rates among the young LGBTIQ+ community. The CFHP also has a client-focused program called "Journey to Gender", which provides long-term support at an affordable cost to a vital part of our LGBTIQ+ community.

Lastly, Brian very recently interviewed young LGBTIQ+ people about their wishes. Apparently, *they simply want acceptance, compassion and respect, as well as parental recognition*. That is not too much to ask, is it?

Wear It Purple UQ Panel Participation - *Growing up Queer in Australia*

PFLAG+ Brisbane committee members Jane Hopkins and Sandra Janssen were invited to participate in a UQ ZOOM webinar/panel discussion on Wear It Purple day, 28 August 2020. Jane and Sandra were able to explain the support role of PFLAG and share our personal stories about raising our young rainbow people in Australia. The panel included moderators from the UQ Ally network, an openly gay professor at UQ and rainbow students at UQ.

The webinar can be accessed on <https://stories.uq.edu.au/small-change/2020/young-rainbow-people-WIPD/index.html>



Brisbane Pride

Brisbane Pride, which usually occurs in September each year, has been rescheduled for November 2020 due to COVID-19 issues. There will be a Pride parade this year and it is called Pride Stride 2020. For more information regarding this and other Brisbane Pride events, see the following link: <https://brisbanepride.org.au/pride2020>

Updated PFLAG+ E-booklets

On our PFLAG+ Brisbane website, you can now find several new and updated e-booklets. Some of our newer titles include:

- Sexuality and Gender Diversity is Not a Choice
- Questions for Those Who Want to Understand Sexual Diversity
- Supporting LGBTIQ+ people in the Workplace
- Indigenous Families – Information for Parents
- Rural and Regional Families
- Minimising Bullying at School

Please use the following link to access these electronicresources:

<https://www.pflagbrisbane.org.au/resources-multimedia/publications-ebooks>

Help Develop Suicide Prevention Guidelines in LGBTIQ+ Young People

If you are interested in further information or would like to get involved in this research project, please email LGBTIQ@telethonkids.org.au or call Penelope at (08) 6319 1297.

Queensland Police Services LGBTIQ Safety Campaign

“Proud to Stand with You” Video

More great work coming from our LGBTI Liaison Officer Program. Please view on:

<https://www.youtube.com/watch?v=0h1c1UM0c6Y&list=UU5633OxdVBlaDNO9oAulVpg&index=7>

Intersex Human Rights

Research indicates that 1.7% of people are born with an intersex variation, and many do not receive or access available support. Diversitywise is an educational organisation providing services, training and support to parents and teachers. Please read more about their mission at: <https://diversitywise.com.au/>

Upcoming LGBTIQ+ Diversity Days of Significance

Transgender week – November 13-19

<https://www.glaad.org/transweek>

“Love
yourself
first

and everything
else falls in line.
You really have to
love yourself to
get anything done
in this world.”

- Lucille Ball

www.womenslifestyle.com



Various Mental Health Resources

RUOK? Ruok.org.au

Lifeline (24/7) 13 11 14 or lifeline.org.au

Suicide Call Back Service (24/7) 1300 659 467 or suicidcallbackservice.or.au

Beyondblue (24/7) 1300 224 636 or beyondblue.org.au

SANE Australia 1800 18 SANE (7263)

ATAPS After-Hours Suicide Support Line 1800 859 585

Diversional Therapy

Brunch with Bite – every Sunday at Cloudland from 11:00 am until 2:00 pm

Join some friends for a special brunch with fun, cheeky, risqué entertainment, and a drinks package included. The entertainment is provided by hosts BeBe Gunn and LuLu Lemans plus special guests each week. For more information, see: www.cloudland.tv/brunchw-with-bite

Watch

The Netflix documentary *Disclosure* is about the Hollywood image throughout history on the trans community.

Extreme Lives - Transgender journeys on SBS Viceland

<https://www.facebook.com/watch/?v=1637571776426108>

Listen

Apple Podcast – *Unlocking Us* with Brene Brown

Brene Brown interviews actress, public speaker and trans advocate Laverne Cox.

<https://brenebrown.com/podcast/brene-with-laverne-cox-on-transgender-representation-advocacy-the-power-of-love/>

Read

Trans – Exploring Gender Identity and Gender Dysphoria by Dr Az Hakeem

Also, an uplifting article from US faith publication America Magazine (sent in by a community member...thanks J!)

<https://www.americamagazine.org/faith/2020/09/17/pope-francis-parents-lgbt-children-god-loves-your-children-they-are>

Contact PFLAG+ Brisbane

There are many ways to contact PFLAG+ Brisbane



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



[@facebook.com/pflagbrisbane](https://www.facebook.com/pflagbrisbane)



<https://www.pflagbrisbane.org.au/contact-us>



0400 767 832 for general information and support

PFLAG+ Australia National Representative and Community Educator, Shelley Argent:



0409 363 335 or via email on



pflagbris@icloud.com

Be well and stay well, everyone...

With many thanks from the

PFLAG+ Brisbane Committee 2020

PFLAG Membership



PFLAG is organised and resourced by volunteers and 100% of our funds, including your membership fees, goes to improving our services to you and parents seeking support. We are encouraging people to ensure they pay their annual membership (\$25). Whilst paid membership is not compulsory to receive support, it does help us to improve PFLAG resources, keep our website up to date and help cover some of our general administration costs. Go to our membership webpage @ www.pflagbrisbane.org.au/membership for more information.

PFLAG+ Brisbane BSB/Account information

For those of you whom have not yet paid your voluntary annual membership fee for 2020 (see banner above) and prefer to pay via Electronic Fund Transfer, PFLAG+ Brisbane's banking details are:

PFLAG Brisbane
BSB Number: 124 011
Account Number: 20238607