Peer Support Services

Has a loved one recently come out to you as lesbian, gay, bisexual, or transgender? Is your child questioning their sexual orientation or gender identity? Would you like to meet other parents of LGBTQ+ youth? Do you want to learn how to advocate for your LGBTQ+ loved one? Do you want to be a stronger ally?

PFLAG Charlotte can help.
We strengthen families and empower allies through peer support, education, and outreach.

Peer Support Group Meetings
All meetings begin at 6:30 p.m.
Email support@pflagcharlotte.org to register.

Virtual Meetings: via zoom
Charlotte Meetings: Time Out Youth, 3800 Monroe Road, Charlotte
North Meck Meetings: Angels & Sparrows Soup Kitchen, 514 Old N. Statesville Road, Huntersville

September 13 - Virtual
September 22 - North Meck
October 11 - Charlotte
October 19 - Virtual
October 27 - North Meck
November 8 - Charlotte
November 16 - Virtual
December 13 - Charlotte

Navigating Your Journey: A workshop for Parents and Caregivers of LGBTQ Individuals
Led by PFLAG parents and an area healthcare provider, you’ll review LGBTQ nomenclature, discuss social-emotional and physical health challenges, learn strategies and resources to help you support and advocate for your loved one. Email info@pflagcharlotte.org to register.
English Workshop - TBD

Private Facebook Peer Support Groups
If you are a parent/caregiver of an LGBTQ+ individual and are interested in joining one of our private Facebook peer support groups, email info@pflagcharlotte.org

One to One Program
If you’re not ready for a support group, reach out to us at info@pflagcharlotte.org and we’ll connect you with another PFLAG parent for a phone call or email/text exchange.

To join, donate, or subscribe to The Ally newsletter, go to pflagcharlotte.org/join-give
PUBLICATIONS FOR YOU, YOUR CHILD, OR YOUR FRIENDS AND FAMILY

These resources are available through PFLAG Charlotte and are downloadable for free at pflag.org/publications. Many are also available in Spanish.

Be Yourself: Q&A for LGBTQ Youth
Our Children: Q&A for Families OF LGBTQ Youth and Adults
Our Trans Loved Ones: Q&A for Parents, Families, and Friends
Guide to Being a Straight Ally
Guide to Being a Trans Ally
Cultivating Respect: Safe Schools for All
Faith in Our Families: Parents, Families and Friends Talk about Faith, Sexual Orientation and Gender Identity
Be Not Afraid: Help is on the Way: Straight for Equality in Faith Communities

Serving Charlotte for over thirty years, PFLAG Charlotte envisions a world where inclusion is celebrated and all people are respected, valued, and affirmed.