



LEADING WITH LOVE

Treasurer's Note

Undoubtedly, the sound of birds chirping and singing in the morning is my favorite sound in the world. While I realize the singing I get to enjoy from them is probably some biological imperative related to mating and territory-guarding, I like to think about it as them joyfully existing in community. They've survived another winter and have emerged, united and loud. It's so loud and so beautiful.

I think, coincidentally, the last few months of actual winter have paralleled a metaphorical winter in many of our lives. Yet, our attendance numbers at PFLAG meetings are twice, if not three times, what they were last spring.

We can't be kept down.
We are Proud.
We are Loud.
Keep singing, friends.

-Jayme



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2025 Pride Events

Mark your calendar - **Apex Pride is June 14.** We will have a booth and will send out a SignUp Genius next month. We also have TWO amazing raffle baskets filled with donations from awesome local companies! More to come on our Instagram page!

We will also have a booth at Fuquay-Varina Pride Celebration on **June 28.**

June 6-7: Pittsboro Pride

June 20-21: Out! Raleigh

June 27: Carrboro Pride

June 28: Fuquay-Varina Pride

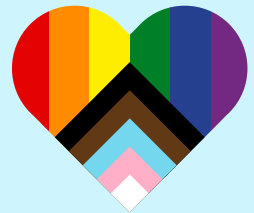
Sept 6: Holly Springs Pride

Sept 27-28: Durham Pride

Oct 11: Wake Forest Pride

“Where there is love, there is life.”

– Mahatma Ghandi



SUPPORT MEETINGS

Our support meetings are the first Monday of each month. Contact us for location.

Our meetings are always free and you do not need to be a member.

Monday May 5
7pm - 8pm

Monday June 2
NEW TIME!
7pm - 8:30pm

Monday July 7
NEW TIME!
7pm - 8:30pm

Interested in membership?

A portion of membership dues are given to PFLAG National to assist in advocacy work and creating resources. The remainder goes toward hosting support meetings, and planning and participating in community events.

We accept payments through our website, Paypal, Venmo, check or cash.



Paypal
@pflagapex



venmo

News, Events, and Resources

Great Local News!

The LGBT Center of Raleigh made national (and PFLAG National) news with their announcement of opening a new community center this summer. It will offer a “third place” for the local LGBTQ+ community to socialize, work, host meetings, etc.—plus offer programs, resources and one of the largest LGBTQ+ libraries in the Southeast.

PFLAG Event

PFLAG National is hosting a webinar on **April 30 at 8:30PM EST: Be Kind, Even When It's Tough**.

In tough times, having difficult conversations can be more important than ever. But how can we know when a moment of conflict has potential for growth? What can we do to bring our best selves to tough conversations? What type of messages should we be prepared to deal with? And how can we get practice on handling some of these tough moments?

Resources

Here are some resources that may be of help to you. Contact us for local resources and recommendations.

[PFLAG National Newsletter](#)

[PFLAG Connects Communities](#)

[LGBT Center of Raleigh](#)

[LGBTQ Center of Durham](#)

[Safe Space NC](#)

[Campaign for Southern Equality](#)

[ACLU](#)

[Human Rights Campaign](#)

[Lambda Legal](#)

[Trevor Project](#)

[Transgender Law Center](#)

[Trans Youth Equality Foundation](#)

STAY IN TOUCH



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