



PFLAG

GENEVA/TRI-CITIES



MAY 2026 NEWSLETTER



Welcome!

Greetings PFLAG Geneva/Tri-Cities!

We extend a heartfelt welcome to our new friends - it's wonderful to have you with us! We are also thankful for our continued friendships with all of our PFLAGers!

May 17th is [International Day Against Homophobia, Transphobia, and Biphobia \(IDAHOBIT\)](#)

“The International Day Against Homophobia, Transphobia, and Biphobia (IDAHOBIT) is a **global moment of solidarity and collective action** for LGBTQIA+ communities. Observed every year on 17 May, it brings together individuals, organisations, and governments from around the world to raise awareness of the issues facing LGBTQIA+ people and to advocate for the laws and policies needed to protect their rights.”

May 22nd is [Harvey Milk Day](#)

Harvey Milk Day is a day to honor the life and accomplishments of Harvey Milk. Harvey is an iconic LGBTQ+ activist and politician. As the first openly gay elected official in California, Milk's birthday is significant in advocating for LGBTQ+ rights and fostering equality and inclusivity.

A favorite quote of mine is from Harvey Milk. “Hope will never be silent.”

The next opportunity to Volunteer for our chapter...

Pride Prep

We're having one last “Pride Prep” volunteer event on May 2nd, starting at 10:30 am and going until 3 pm.

If you're available anytime any time during 10:30 am - 3 pm, connect with us to find out location details. pflaggenetrocities@gmail.com

- We will not have multiple button machines available, only our set. We will be taking turns at button making.
- We have more swag bags to stuff and more brochures to fold and event boxes to pack!

We'll provide some snacks, you're encouraged to bring something to drink. If you'd like to bring a snack to share- you're welcome to.

Anyone who is able to join us will get their name in a drawing for a signed copy of “American Teenager: How Trans Kids Are Surviving Hate and Finding Joy in a Turbulent Era” by Nico Lang.





PFLAG Geneva/Tri-Cities Upcoming Events



PFLAG Geneva/Tri-Cities Events

- **May 2nd** - Pride Prep Volunteers Needed (see page 1 for details).
- **May 11th** - Join us for our May support meeting.
 - Our guest speaker, with PFLAG for 20+ years, Carmi Frankovich (she/her), will explain what EFT tapping is and how it works. She'll demonstrate how to tap and then encourage whoever feels inspired to tap on themselves by following along. We look forward to learning this technique to help reduce the stressors that can disrupt our physical and mental health.
 - If this is the first time to our meeting, please reach out for our meeting details.
pflaggenevatricities@gmail.com

- **May 10th** - PCNI's - Unconditional Love from PFLAG Parents, Mother's Day Fundraiser

May 10th - **PCNI's Unconditional Love from PFLAG Parents, Mother's Day Fundraiser**

Deb Smollen from the PFLAG Hinsdale chapter is back for her fourth year coordinating the Mother's Day fundraiser.

Sidetrack, a favorite Chicago LGBTQIA bar, graciously welcomes PFLAG. As we solicit for donations on the sidewalk outside, we exchange Tootsie Rolls (tagged with PFLAG contact info) and REAL hugs from PFLAG parents (and other supportive allies).

It is a great opportunity to feel the amazing outpouring of love and appreciation for the work we do in support of our own LGBTQIA loved ones. This fun and emotionally gratifying event is also rewarding financially.

Proceeds from the fundraiser are split, with 50% going to Council and the remaining 50% divided evenly amongst the participating chapters.

The event will run from 3:00-8:00 P.M. and will be broken into 3 shifts. We are looking for 7 people per shift. Shifts are as follows:

1st 3:00-4:30 pm, 2nd 4:30-6:00 pm, 3rd 6:00-8:00 pm

Anyone wishing to volunteer for a shift should contact me via email at: casey971@att.net or cell phone 630-936-1660.

Please provide: your name(s), your chapter name (PFLAG Geneva/Tri-Cities), your email address, contact telephone number, and choice of shift. Please make a commitment to be there if you sign up, as some people are turned away each year due to the limited number of slots per shift.

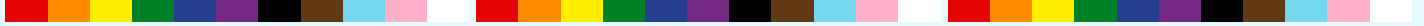
Our monthly meetings take place on the second Monday of each month from 6:00 to 8:00 p.m.

If you have not joined us before, please contact us by the Sunday before our meeting for our location or if you're interested in joining us via Zoom.

pflaggenevatricities@gmail.com



Upcoming Events Continued



- **May 23rd** **Barrington Art Fest**
 - Anytime between 10-4
 - **June 6th** - **Elgin Pride Parade**
 - **June 7th** - **Saint Charles Pride**
 - **June 13th** - **Aurora Pride on the Plaza**
 - **June 14th** - **Aurora Pride Parade**
 - **June 20th** - **DeKalb Pride Fest**
 - **June 27th** - **Yorkville Pride**
 - **June 28th** - **Chicago Pride Parade 2026** (PFLAG Council of Northern IL is in charge of this)
 - **July 11th** - **Belong Fox Valley Pride in the Park**
 - **July 12th** - **Sunday Quarterly Meeting**
 - **July 13th** - **July Monthly Meeting**
- July 14th - 20th** - **PFLAG Geneva/Tri-Cities Vacation**



We have a few more events we are waiting for confirmation. So check back at our volunteer link!
 To volunteer at any of these events, please click on the following link: [Volunteer with PFLAG Geneva/Tri-Cities](#)

SOMEONE OUT
 THERE FEELS
 BETTER
 BECAUSE YOU
 EXIST

@kerrinsue



PFLAG Geneva/Tri-Cities Guest Speaker for May



Carmi Frankovich LCSW, she/her

Join us for our monthly meeting on May 11th, from 6 - 8 pm

We are excited to announce one of “our own” will be our guest speaker in May. Carmi Frankovich has been part of PFLAG for nearly 20 years. She was drawn to PFLAG due to the relationships she’s built with queer coworkers, clients, and friends.

She identifies as heteroflexible, cisgender, and uses she/her pronouns.

Carmi has been in mental health and social services for 37 years. She has supported many marginalized communities, including LGBTQ folx, immigrants, survivors of sexual abuse and domestic violence, people with addictions, people who have experienced trauma, and many more with diverse experiences.

She is a licensed clinical social worker (LCSW) and now runs a fully virtual private practice.

About nine years ago, she began practicing EFT tapping, a simple technique for reducing stress.

Carmi will teach us about EFT tapping. As a group, we’ll come up with some shared stressors to focus on. For anyone who would like to participate, we will have an opportunity to use the technique on ourselves.

If this is your first time joining us, please reach out to us at pflaggenetrices@gmail.com for details.



Pride Events List 1

PFLAG

TINLEY PARK

2026 Pride Event List

April 25 through June 14

(Updated 4/15)

- April 25 Bond County PrideFest
- May 1-2 Leather Pride Weekend
- May 16 Springfield PrideFest
- May 30 Jacksonville Pride
- May 30 Mt. Vernon Pride in the Park
- May 30 Waukegan Pride Festival
- June 3 Joliet Slammers Pride Night
- June 5 Highwood Pride
- June 5 Pride in Park Ridge
- June 5 Rochelle Pride Night
- June 5 & 6 Quad Cities Pride Festival
- June 6 Downers Grove Pridefest
- June 6 Elgin Pride Parade
- June 6 Logan County Pride Fest
- June 6 Macomb Pridefest
- June 6 Niles Pride
- June 6 Rockford Pride Parade & Back Alley PrideParty
- June 6 & 7 NWI PrideFest
- June 7 Buffalo Grove Pride
- June 7 Kankakee Pride Picnic
- June 7 Lombard PrideFest
- June 7 St. Charles Pride
- June 11 Oak Park Pride Night Out
- June 12 Homewood-Flossmoor Pride Fest
- June 12-14 Andersonville Midsommarfest
- June 13 Aurora Pride at the Plaza
- June 13 Carbondale Pride on the Strip
- June 13 Dixon Pride
- June 13 Metro East Pride Block Party
- June 13 Michigan City Pride
- June 13 Ottawa Family Pride Festival
- June 13 Pride Richland County
- June 13 Pride at Shedd Aquarium
- June 13 Springfield CORAL Pride Picnic
- June 13 Vermilion County Pridefest
- June 13 Wheaton Pride
- June 13 & 14 Woodstock PrideFest
- June 14 Aurora Pride Parade
- June 14 Grayslake Pride Parade
- June 14 Interfaith Family Pride Fest
- June 14 Prairie Pride Coalition Pride Picnic
- June 14 South Side Family Pride

More dates will be added as we learn of them!

Email your event information to pflagtinleypark@gmail.com



A BIG THANK YOU TO KATHY FROM PFLAG TINLEY PARK for always creating & updating the IL Pride list! She will continue to update it periodically. We will share it, but you can also follow [PFLAG Tinley Park](#) <https://www.facebook.com/PFLAGTinleyPark> or go to their website <https://tinleypark.pflag.org/upcoming-events/> If you know of an event, please email them at the address on the flier.



June 7th 11am-3pm is **Saint Charles Pride** from 11am -3pm at Mt. Saint Mary's Park. If you'd like to have a table at Saint Charles Pride, please contact Samantha at samanthawnewman@gmail.com



Pride Events Continued

PFLAG

TINLEY PARK

2026 Pride Event List

June 18 through October 17

(Updated 4/15)

- June 18 Carol Stream Pride Concert
- June 18 Morton Grove Pride in the Park
- June 19 Hawthorne Pride Vernon Hills
- June 19 Vernon Hills Pride
- June 20 All My Relations Pride Event
- June 20 DeKalb Pride Fest
- June 20 Des Plaines Community Pride Celebration
- June 20 Elmhurst Family Pride Fest
- June 20 Lake County (IL) Pridefest
- June 20 Whiting Pride
- June 20 & 21 Chicago Pride Fest
- June 26 & 27 Pride Metal Fest
- June 27 Pride at Navy Pier
- June 27 Slay the Lake Pride Book Fest
- June 27 Yorkville Pride
- June 28 Chicago Pride Parade
- June 28 Pride Ride Batavia
- June 28 Skokie Pride
- July 3-5 Chicago Black Pride
- July 5 Pride South Sude
- July 11 Belong Fox Valley Pride in the Park
- July 18 Peoria River City Pride Festival
- July 25 Bloomington-Normal Pridefest
- August 7-9 Northalsted Market Days
- September 12 Decatur Pride
- September 19 Joliet Pride
- October 3 Metro East Pridefest
- October 17 Plainfield Pride

More dates will be added as we learn of them!

Email your event information to pflagtinleypark@gmail.com

**THE
FIRST
PRIDE
WAS
A
RIOT**



Take care of yourself!

drink
your
water

@shopaundae

move your body and exercise. Moving your body impacts your mood and energy levels. Find the type of movement that feels good for you. (Dancing to your favorite song totally counts!!)



@SELF CARE IS FOREVER ONE

“ Don't forget to love yourself. ”

Soren Kierkegaard

taking care of yourself doesn't mean "me first" it means "me too"

@SUICIDEPREVENTIONSERVICES

988 SUICIDE & CRISIS LIFELINE

[PFLAG Geneva/Tri-Cities Website](#)
[Advocay and Resources Link](#)

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Private



pflaggenevatricities@gmail.com



Please note we have a public Facebook page and a private group.