PFLAG
GENEVA/TRI-CITIES

LEADING WITH LOVE

APRIL 2025 NEWSLETTER

"Being a volunteer has taught me the true strength of empathy, compassion, and community." - Anonymous

To the left, a snapshot of unity in action - our volunteer event.

Below, a celebration of growth - our 1 Year Anniversary meeting.

Welcome!

LEADING WITH LOVE

Hello PFLAG Geneva/Tri-Cities!

Thank you to everyone who joined our first volunteer event in March! We had a great turnout, made new friendships, and created hundreds of buttons!

We also celebrated our 1-Year Anniversary as a PFLAG Chapter during our March meeting! This past year we've been supported and steered by so many of you, we're so thankful for you. Spreading PFLAG's mission through support, education, and advocacy has been an honor for us.

As we grow, we commit to listening, fostering a welcoming environment, embracing curiosity, and building a respectful, compassionate community. We invite you to help us create a world where everyone belongs.

We encourage you to invite friends or family as you grow comfortable with us. Advocacy can start by introducing someone to our meetings, allowing them to hear our stories. This connection fosters understanding and support for the LGBTQ+ community, helping to change hearts and minds.

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UPCOMING EVENTS & CHAPTER NEWS!

VOTE! APRIL 1, 2025 LOCAL ELECTIONS

Our Vote is Our Power!

How The Local Elected Offices On Your 2025 Ballot Impact Civil Liberties

Find Your Sample Ballot

Illinois Voter Guide

Illinois State Board of Elections

APRIL VOLUNTEER EVENT

Any text that is underlined is linked, allowing you to click and discover more information!

Upcoming PFLAG Events & Community Activities

We're excited to share the monthly activities and events hosted by Fox Valley Organizations and Groups. You can also explore additional community groups and resources on our website's resource page.

Transgender Day of Visibility Events:

Rally at Federal Plaza in Chicago

Hosted by Trans Up Front and Indivisible Chicago.

What to expect:

- Powerful Speakers
- A March for Justice through the streets of Chicago
- Solidarity to celebrate while rallying for rights

RSVP here: **https://tinyurl.com/RallyForTransVisibility**

Amplify Trans Voices by a local Trans Day of Visibility

- 6-10 p.m. at The Venue, 21 S Broadway in Aurora

Event by Open Door Health Center of Illinois and Elgin Pride.

- Event is free. Registration is required: **https://tinyurl.com/2cd9tkr8**

PFLAG Geneva/Tri-Cities Events (meetings on pg 5)

- **4/5 Volunteer Resource Fair at Geneva Public Library 10am - 12pm**
- **4/12 Volunteer Event from 11am-2pm**
- **6/7 Elgin Pride Resource Table & Parade**
- **6/8 Aurora Pride Parade**
- **6/21 Dekalb Pride Fest**
- **6/29 Chicago Pride Parade**
- **7/12 Pride Picnic in the Park with Belong Fox Valley**

More Pride Events will be added

Discover Belong Fox Valley's Monthly Events Here

- Rainbow Roundup
- The Belong Hangout
- Cheers Queers
- Pride Playgroup
- Weekly Teen Drop-In

Check out the Aurora LGBTQ+ Advisory Board's Events on their Facebook page

- Prism
- Coffee & CommuniTEA

Elgin Pride Events

- LGBTQ+ Book Club
- Game Night
- Chat & Caffe
- Community Conversation

LEARNING WITH LOVE
THE 2025 PFLAG NATIONAL Convention

Save the Date!

COURAGEOUS LOVE, IN COMMUNITY TOGETHER

2025 PFLAG NATIONAL CONFERENCE

Friday, October 10 - Sunday, October 12, 2025

Chicago, IL

Details and registration information coming soon.

LEARNING WITH LOVE
THE 2025 PFLAG NATIONAL Convention

APRIL PFLAG GENEVA/TRI-CITIES SUPPORT MEETING

PFLAG Geneva Tri-Cities Guest Speaker for April 14th

Karissa Tobey LCPC (She/Her)
Founder & Owner of Prism Point Counseling

Life isn't about waiting for the storm to pass.
It's about learning to dance in the rain. - Vivian Greene

We invite you to attend an educational meeting focused on allyship and advocacy strategies to support yourself or loved ones who may be experiencing marginalization.

Seeing the rollback of protections, rights, and safety for the LGBTQ+ community, immigrants, women, and ethnic minorities, it can feel overwhelming to find effective ways to care for yourself, cope, advocate, and celebrate who you and your loved ones are.

Together, we will explore methods to stay connected and informed while managing overwhelm, addressing burnout, and tapping into community resources for mutual support and rejuvenation.

Lastly, while sharing about advocacy and creating support networks, we will explore the intersectionality of neurodivergency and LGBTQ+ identities and how this may generate nuance and complexity in developing our support systems.

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If you're joining us for the first time or need the Zoom link, please contact us at pflaggenevatricities@gmail.com.

PRISM POINT COUNSELING

Discover
Prism Point Counseling services

Prism Point Counseling

prismpointcounseling.com

Our monthly meetings are held the second Monday of the month.
If this is your first time joining us, please contact us at

pflaggenevatricities@gmail.com

by Sunday, April 13th for our location and if you're interested in joining us via Zoom.

Our Guest Speaker, Karissa Tobey, is the owner of Prism Point Counseling, a mental health practice located in St. Charles founded in 2023.

After graduating from Wheaton College Graduate School's counseling program in 2017, Karissa has spent the last 8 years working to care for the mental health of folks within her community while beginning to explore transitioning in 2020 and officially starting her transition journey in 2022.

A National Board Certified therapist, Karissa's training and passion focus on the intersection of systems, identity, community, and relationships and how these impact the individuals she works with, especially those affected by shame, religious trauma, codependency, and abuse of power.

The Lens of Curiosity

April is a month filled with significant observances, **World Autism Acceptance Day**, **National Volunteer Month**, **GLSEN Day of (No) Silence**, **International Asexuality Day**, **Lesbian Visibility Day**, **Earth Day**, and countless others—too many to mention!

*Want to discover more? **Click** on the highlighted links and expand your knowledge.*

Lesbian Visibility Week

Lesbian Visibility Week was first celebrated in July in 1990 in California. It arose out of frustration with the sense that gay men had a much higher profile and attracted more attention than lesbians. It was intended to raise awareness of lesbians in society.

Lesbian Visibility Day is celebrated on April 26th and is part of Lesbian Visibility Week and has grown into an international event. It started in Britain in 2008 as a way to celebrate a group of people who were likely to be marginalized. In 2019 it expanded from a single day to the full week celebrated now. Other countries also celebrate though different countries may celebrate on different dates.

An early supporter of Lesbian Visibility Week was Diva Magazine, a European publication. Linda Riley is the publisher of the magazine and was an early founder of Lesbian Visibility Week as well as a supporter of several LGBTQ+ organizations like GLAAD and the LGBTQ+ homeless organization, AKT.

Her goal with Lesbian Visibility Week was always to make it as inclusive as possible. In The Advocate in 2022 Ms. Riley said, "I had noticed that more and more, the L in LGBTQ+ was becoming particularly marginalized. I am a proud cis lesbian and a proud trans ally. But many in the LGBTQ+ community were beginning to equate cis lesbians with transphobes, which is fundamentally untrue. I wanted to help create a narrative that shows once and for all that the vast majority of cis lesbians are inclusive. We are intersectional. We want to remove any negative connotations associated with that word. So this is why during Lesbian Visibility Week we celebrate and center all lesbians, both cis and trans, while also showing solidarity with all LGBTQ+ women and nonbinary people."

Happy Lesbian Visibility Week on April 21st through April 27th!

Resources: diva-magazine.com and **glaad.org**

Written by Ellie,
PFLAG Geneva/Tri-Cities Member

What is Asexuality?

Asexuality, often shortened to 'ace', represents those who simply don't experience sexual attraction. It's crucial to remember that each ace person navigates relationships, attraction, and arousal in their own unique way. This orientation stands distinct from chosen behaviors like celibacy or sexual abstinence. Asexuality is an inherent part of one's identity, and doesn't inherently dictate behaviors. Just another testament to the rich diversity within our community.

PFLAG ACADEMY ONLINE

PFLAG Academy Online offers free monthly sessions that provide valuable knowledge from PFLAG National's staff and inspiring guests, along with participant input. Accessible from home via computer or mobile device, it invites those passionate about love and equality to join in and learn together.

Browse PFLAG Academy Online Topics *here*

Education Resources for Further Learning

National Center for Lesbian Rights

Organizing for Lesbian Rights

Autism Speaks

Autism Speaks - What Pride Means to Me

Understanding Asexuality

Asexual and Aromantic Resources

What's Happening?!

In Case You Missed It...

Alliance for Justice

This virtual conversation features Meghann Burke (she/her), Executive Director of the National Women's Soccer League Players Association; Shayna Medley (they/she), Senior Litigation Staff Attorney at Advocates for Trans Equality; and Paul Spivey (he/him), who serves on the Board of Directors of PFLAG National, and moderator, Kris Hayashi (he/him), Director of Advocacy and Action for the National LGBTQ Task Force.

In honor of Transgender Day of Visibility on March 31, panelists discuss the importance of the fight for trans rights, including recent developments at the Supreme Court and lower courts, including the latest on United States v. Skrmetti.

"Holding Court: From Visibility to Victory — Defending Trans Rights"! Here's the recording

"Hope will never be silent."
— Harvey Milk

PFLAG Connects Communities

The PFLAG Connects: Communities program provides a safe, virtual, moderated space where people with shared experiences can connect each month. PFLAG National's current communities gather people of Latino, Black/African American, Asian American and Pacific Islander backgrounds—as well as families with gender-diverse loved ones, grandparents, and dads—to gain support, ask questions, and learn from others who have been through similar experiences.

We also host a Military Community meeting, in partnership with our friends at the Modern Military Association of America (MMAA).

Learn more and check out our upcoming meetings for April.

PFLAG Resources:

Community:

- Find a PFLAG Chapter
- Find a virtual meeting
- PFLAG Connects: Communities
- The PFLAG National Online Community (Facebook)

PFLAG v Trump: Frequently Asked Questions

Advocacy in 10 Minutes or Less!

Illinois Resources

- Illinois State Board of Elections
  - Illinois Sample Ballots
- Find My Elected Officials
- Illinois Department of Human Rights
- Illinois Attorney General Kwame Raoul
  - Civil Rights Immigration Rights

Facts & Accurate Information

There is a significant amount of misinformation circulating. Here are some linked resources to help you navigate through the confusion:

- **Executive Order Explainers and Resources**
- **Movement Advancement Project Equality Maps**
- **ACLU Anti-LGBTQ+ Legislation Tracker**
- **A4TE Identity Documents**
- **Equality IL**
  - **Equality IL Action Updates**
- **Lambda Legal**
- **Media/Bias Fact Check**

PFLAG GENEVA/TRI-CITIES SUPPORT MEETINGS

THE 2ND MONDAY EVERY MONTH
6:00-8:00 PM

All are welcome!
You do not need to be a PFLAG member to attend our meetings or events and our meetings are always free.

- **April 14th**
- **May 12th**
- **June 9th**
- **July 14th**
- **August 11th**

You are welcome to join us at 6:00 or 6:30

- **Typically, our support and connecting time begins at 6:00**
- **The educational segment of our meeting usually begins at 6:30**

If you wish to invite a friend to the meeting, that's wonderful! Please ask them to reach out to us via email so we can share the details!

For safety, the doors will remain locked during our meetings.

Our contact number is 630-492-0032
If you know you are going to be late try to call by 6:30.

After 6:40, we cannot guarantee that we will be able to take your call due to the meeting in progress.

Thank you for your understanding!

"If the people around you aren't supportive, surround yourself with new people."
– Unknown

Advocacy & Resources

Advocate

Figure Out What Works For You

Where Do We Start?

Calls to Action -

- **Show Up - Get Involved**
  - School Board Meetings
  - Library Board Meetings
- **Mobilize - There's Power in Numbers**
- **Organize & Strategize**
- **Brainstorm**
- **Make Your Voice Heard**
  - **Lobbying**
  - **5 Calls - Make your voice heard**
- **Share Your Story**
  - Sharing personal experiences can shift perspectives and touch hearts.
- **Join Rallys**
- **Protest** Safely
- **Reach out to your State & Federal Representatives**
  - Email
  - Call
  - Go in Person
- **Action Steps**

Advocacy Resources

- **PFLAG National Advocacy Tools: Join the fight!**
- **Advocacy Video Training Series: Advocacy in 10 minutes or less!**
- **Advocacy at All Levels: Making Your PFLAG Voice Heard**

Resources

Get Connected

Discover New Resources

- **PFLAG National Newsletter**
- **PFLAG Connects Communities**
- **A4TE - Trans Resource**
- **ACLU**
  - **Take Action**
- **Chase Strangio**
  - **Co-Director of the ACLU's LGBT & HIV Project**
- **Equality IL**
- **Erin In The Morning**
  - **Erin Reed, Trans Reporter - Excellent Resource**
- **GLESEN**
- **HRC**
- **Illinois State Board of Elections**
- **Find My Elected Officials**
- **Illinois Department of Human Rights**
- **Illinois Attorney GeneralKwame Raoul**
  - ***Civil Rights Immigration Rights***
- **LambdaLegal**
- **Sage Advocacy Services for LGBTQ+ Elders**
- **TJLP - Name & Gender change resource**
- **Trangender Law Center**
- **The Trevor Project**
- **Trans Youth for Eqality Foundation (TYEF)**
- **Heather Cox Richardson**
  - ***Professor of American history-she explains daily how the political landscape affects lives***

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CLICK ON THE ICONS TO CONNECT

pflaggenevatricities@gmail.com

PublicPage

Private Group

@pflaggenevatricit.bsky.social

Please note we have a public Facebook page and a private group.
To join the private group, click the blue Facebook icon & answer the membership questions.