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# WELCOME!

- Please add your **pronouns** to your profile.
- If you have questions, use the chat function.
- We'll start momentarily.
- If you need to speak to a facilitator on a 1-on-1 basis during the call, let us know.

# Session Ground Rules:

- Be honest about your feelings and thoughts;
- Use “I” statements;
- Listen to understand, not to respond;
- Turn off electronics to avoid distractions/disruptions;
- Respect everyone’s time and ideas and share the space;
- Respect confidentiality.



# Contact Information



**Chapter Website**

**Chapter General Email**

# A Note About Non English Support



We are including the same slides in Spanish below. Please only use Spanish language resources if your chapter has the appropriate resources, volunteers, and expertise available to fully offer support in Spanish.

If your chapter doesn't have the capacity to support multiple languages, consider sharing local resources that do offer that support or directing folks to PFLAG Connects: Communities groups for specialized support.

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# ¡BIENVENIDOS! WELCOME!

- Por favor tome un momento para añadir su **pronombre** a su perfil. Please add your **pronouns** to your profile.
- Si tiene preguntas, use el chat. If you have questions, use the chat function.
- Empezamos en unos momentos. We'll start momentarily.
- Si necesita hablar con un facilitador de forma individual durante la llamada, háganoslo saber.

# Normas Fundamentales:

- Sea honesto sobre sus sentimientos;
- Utilice declaraciones en “yo”;
- Escuche para realmente escuchar, no para responder;
- Apague los aparatos electrónicos;
- Respete el tiempo y las ideas de todos;
- Respete la confidencialidad.





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