

Facilitator Information for PFLAG Cape Cod's In-Person Support Meetings

ANNOUNCEMENTS

(Read from list of announcements.)

(OPTIONAL: In an effort to improve safety and security, the front door will be locked at the start of our meeting and, in the unlikely event of an emergency, please exit through the side door of this room. Thank you!)

INTRODUCTION

Hello and welcome to our PFLAG Cape Cod support meeting. We or someone we care about is LGBTQ+. We're glad you're here and encourage you to attend as many meetings as possible. It's our hope that each of us reaches a point of being whole and secure in our understanding and acceptance of ourselves or of our LGBTQ+ loved ones.

HISTORY

The idea for PFLAG began with the simple act of a mother publicly supporting her gay son. PFLAG is an organization of LGBTQ+ people, parents, families, and allies who work together to create an equitable and inclusive world. We are hundreds of thousands of people and hundreds of chapters from coast to coast who are leading with love to support families, educate allies, and advocate for just, equitable, and inclusive legislation and policies. Since our founding in 1973, PFLAG works every day to ensure LGBTQ+ people everywhere are safe, celebrated, empowered, and loved. Our Cape Cod chapter began in 1989 and today offers monthly support meetings in person and online via Zoom.

GUIDELINES & GROUND RULES

This evening's support meeting will run until 8:30 pm. If you need to step out of the room for any reason or leave early, feel free to do so. If we've covered everything there is to cover, then the meeting may wrap up earlier than 8:30. Before we begin, I'd like to go over the following guidelines and ground rules:

- This is a support group, not a therapy group. We provide support by listening carefully, sharing our own stories, and discussing our own problem-solving experiences.
- We're sensitive to each person's stage in the acceptance process and where they may be on their journey. We're supportive rather than confrontational. Anyone who is made to feel uncomfortable may speak with me (the facilitator) after the meeting.
- Privacy and confidentiality are fundamental agreements for all who participate in PFLAG and are top priorities. We hold all information in confidence, and everyone should feel safe and respected. Everything that is said here stays here, although you're welcome to share some of the stories you hear about tonight, so long as any names or personal details are left out.
- We speak from our own experiences and respect the experiences of others, so please keep an open mind and be willing to offer support to everyone.
- Please refrain from political or religious comments meant to convince others that our viewpoint is best or because we simply want to vent. We are all from different backgrounds and beliefs.
- In order to give everyone the opportunity to speak, please be mindful of how much time you may be taking, and don't be offended if I have to interrupt you so that we can move along to someone else. Thank you!

STRUCTURE

First, we'll go around the circle so you can introduce yourself and offer a few sentences about what brought you here tonight. Please keep this initial introduction brief. We'll then open the meeting to deeper discussions, so I encourage someone to raise their hand and get the conversation started. We can then go around the circle from there. If you'd prefer to just listen at this time, then feel free to pass and we'll simply move on to the next person. Ok, let's start with the initial introductions...