



# PFLAG Colorado Springs

Parents, Families Friends and Allies United  
With LGBT People to Move Equality Forward

January 2016

## January PFLAG Program: A Conversation With Gender Therapist Dara Hoffman-Fox, LPC

Dara Hoffman-Fox is a licensed professional counselor who has provided gender dysphoria and transgender counseling for over eight years, working with individual clients, including teenagers, and couples.

She also provides gender therapy services. Dara graduated from the University of Kentucky with a B.A. in Communication, and received her M.A. from the University of Phoenix in Community Counseling.

She is a member of WPATH (World Professional Association for Transgender Health), was the founder of the Transgender Resource Coalition of Southern Colorado, and regularly provides workshops at the Gender Identity Center's Gold Rush conference in Denver.

She was the keynote speaker at the Transgender Day of Remembrance event in Colorado Springs last month, and has been regularly recognized by the Pride Center for her contributions to the community.



Dara's website ( <http://darahoffmanfox.com/> ) is a rich resource that provides personal history and thoughtful guidance through short films, a newsletter and an interactive blog.

Her first book: *You and Your Gender Identity: A Guide to Discovery* will be published this spring.

Dara will be joined by counselor-Jessica Hildebran, who interned with Dara last year. Jessica is a new counselor who is engaged in support and education for the transgender community and families.

## Educating Children of Color—January 16th

PFLAG volunteers will be handing out literature and talking with students, parents and counselors at the Educating Children of Color Summit at Colorado College on Saturday, January 16. If you can help with the PFLAG table, please call chapter president Doug Kirkpatrick at 963-9638 to schedule a time.

Educating Children of Color is a non-profit organization that “seeks to dismantle the cradle to prison pipeline for children of color and children in poverty, through education”.



Many administrators, students, parents and counselors approached the PFLAG volunteers at the summit last year to talk about issues faced by their gay and lesbian students and family members. An increasing number of queries involved gender variant and transgender issues. More information on this program is at: <http://educatingchildrenofcolor.org/>

### JANUARY PFLAG MEETING

Tuesday  
January 19, 2016

7:00 p.m.

Conversation With  
A Gender Therapist

Dara Hoffman-Fox, LPC

The Dwelling Place  
508 North Tejon Street

Everyone is welcome.  
Social time begins at 6:30

### Coming Up:

The film “Thea and Edie—a Very Long Engagement” (2009) will be shown at the next PFLAG meeting on February 16th. Save the date for this poignant romance.

### Just Sayin' ...

If you are still getting this newsletter by mail, just look at all those lovely internet links you are missing! E-mail us your e-mail address and we'll save postage and send your newsletter to you by e-mail. Then you can help with outreach by e-mailing it on to a friend.

### Our Chapter is on Facebook!

Thank you to Doug Kirkpatrick and his Facebook mentor, Keria Shaw, who have established a Facebook page for PFLAG—Colorado Springs. Please take a look at it, “like” it to let your Facebook friends know about it, and feel free to post appropriate messages and shares. Click here for our Facebook page: <https://www.facebook.com/search/top?q=pflag-%20colorado%20springs>



Editor's Column:

A Vibrant PFLAG Chapter Welcomes Your Input

This newsletter is published by the Colorado Springs Chapter of PFLAG.

**PFLAG Vision Statement.** PFLAG envisions a world where diversity is celebrated and all people are respected, valued and affirmed inclusive of their sexual orientation, gender identity and gender expression.

**PFLAG Mission Statement:** By meeting people where they are and collaborating with others, PFLAG realizes its vision through:

Support for families, allies and people who are LGBTQ

Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ

Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

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To join the local chapter and receive the newsletter regularly, complete and mail the membership form on page four. To receive complimentary copies of the newsletter, please contact us.

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Support Line: (719) 425-9567

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Under the leadership of Doug Kirkpatrick and a dedicated seven-member board of directors, Colorado Springs PFLAG rocked in 2015. We reached out to the community through a booth at Pride Fest, information tables at several conferences, and talks with a variety of groups, notably one at Peterson AFB. We supported PFLAG tables at fundraising breakfasts for Inside/Out, Citizens Project and Urban Peak.

Inquiries through our e-mail and phone line, often transgender-related, have increased noticeably. We had our first float in the Pride Parade, thanks to the wonderful families of TYES. Several of our members volunteer regularly at Inside/Out.

Jerry Albrent continues to manage our website, Karen Stith creates the newsletter (which is posted on the website each month), and board members respond to a wide range of inquiries.

Monthly programs in 2015: Thank you to all our excellent speakers.

Rockie Sanders - LGBT Tax Issues  
Don De Angelis and Leo Kattari - One-Colorado Shifts Focus to Healthcare, Insurance and Transgender Issues  
Nic Grzecka - Pride Fest, Inc.

**Trans Youth Education and Support (TYES)**

TYES is a PFLAG affiliate that offers education and support to families with gender variant children. TYES information is available at PFLAG meetings.

TYES families in the Pikes Peak region keep in touch by phone and through a private Facebook page. To contact the Colorado Springs TYES volunteers, call PFLAG at (719) 425-9567 or send an e-mail to [info@cspflag.org](mailto:info@cspflag.org).

The TYES program originated and is headquartered in Boulder, Colorado.

More information is available at the national TYES website [www.TYES-Colorado.org](http://www.TYES-Colorado.org)

Janet Karnes - Suicide Prevention Film: "Facing Fear"  
TYES Parents - Support for Families with Gender Nonconforming Children  
Ice Cream Social  
Safe@School Panel Discussion  
Taryn Bailey - Planned Parenthood Responsible Sex Ed Coordinator  
Film "Straightlaced"  
Colleen McElvogue, Counselor - Transgender Youth - Coming Out in High School

Here's Our Wish List and a Request for Help:

You can support the work of PFLAG in the following ways:

- (1) Become a member. Thank you to all of you who have already sent in memberships and donations for 2016.
- (2) Spread the word about the work we do. Talk to people about PFLAG and TYES. Send the newsletter to anyone you think might appreciate it. Get your newsletter by e-mail so you can easily forward it.
- (3) Volunteer. Usher for an Out Loud concert. Help run an information table (you know more than you think you do... just come and learn by participating). March in the Pride Parade.
- (4) Participate in our Facebook page.
- (5) Help to manage the PFLAG library. Donate a book. Write a short book review for the newsletter.
- (6) Write something for the newsletter about your personal experience (contact Karen 634-4433).
- (7) Speak up about Programs and Outreach. Have an idea for a program? Have you read an article that we should share with others through the newsletter?
- (8) Do you have a contact with a group that would like to have a speaker from PFLAG?

Contact a board member.... it's all about networking. Your input is welcome.

Happy New Year from PFLAG!



## Classically RECONSTRUCTED



### A Christmas Gift from Bacchus to Inside/Out

At its December gathering, Bacchus, a local club, broke all previous fundraising records in its twenty year history and raised over \$11,250 in one evening for Inside/Out Youth Services. A wonderful success!

Individual donors, who gave anywhere from \$20 to hundreds of dollars were inspired by two major donors, Club Q and Heuberger Motors, who gave significant matching funds to provide a very special holiday gift to the youth of Inside/Out. Next time you stop by one of these businesses please consider thanking them for their strong support of our youth.

To Executive Director Mary Malia, the facilitators, including PFLAG parents, who work with the youth, and all the vibrant and brave youth of Inside/Out — Congratulations and Happy New Year from PFLAG!

### "The Fire Within" - Suicide Prevention Program

On January 8th, Inside/Out Youth Services will kick off a new suicide prevention program. In a recent conversation, Mary Malia stated that suicidal thoughts weigh heavily on the youth of Inside/Out, "On any given day, at least 50% of our youth are engaged in thinking about suicide and/ or planning suicide", she said.

"The Fire Within" is a suicide education/prevention program offered by the Carson Spencer Foundation of Denver. A former youth member of Inside/Out, Jess, now works at the Foundation. The Foundation will provide a facilitator, free of charge, to run the program every other Saturday, beginning January 9.

Youth that attend will become certified in a suicide prevention model and will develop expertise in talking with their friends and other youth, encouraging and helping others to stay safe. As a part of the program, participating youth will develop a product they can sell in the youth community as a form of outreach for their message. The participating youth will then choose how the funds will be spent.

In conjunction with offering "the Fire Within". the Inside/Out facility at 412 South Tejon Street will be open all day on every other Saturday during the winter months, providing the youth of Inside/Out a warm place to get off the street.

How Can We Help? - Bring Food!—Make a New Year's resolution to bring a few nonperishable items—tuna/cracker packets, individual size chili, noodles, ramen, ravioli, canned meat or tuna or cookies to PFLAG meetings. Our members who volunteer at Inside/Out will deliver them to the I/O pantry.

Would you consider driving to Denver for a delightful concert? The Denver Women's Chorus will present its winter concert at 2:00 p.m. and 7:30 p.m. on Saturday, January 23 at Montview Boulevard Presbyterian Church, 1980 Dahlia Street (the Park Hill neighborhood). Take a friend, have lunch in Denver, and enjoy the concert!

This is classical music as you've never heard it before, featuring special guest performances on harp, cello and organ. Enjoy a fresh take on some familiar melodies by Brahms, Bach and Beethoven along with drinking songs, U-Haul madrigals, and a nod to some famous dancing hip-ops. See the Calendar, page 4, for ticket information.

"**Stages of Transgender Grief**" was written by Aina Love and posted by Dara Hoffman-Fox on her Facebook blog "Conversations with a Gender Therapist". Dara's blog can be found at: <https://www.facebook.com/darahoffmanfoxlpc/?fref=nf>

#### Stages Of Transgender Grief.

**Denial:** "I'm alright, I can live being a boy." "I want to be a girl but they say I'm a boy so I guess thats okey."

**Anger:** (Also known as puberty) "body stop the horrible things you are doing!" "I'll cut you if yo don't stop! I'll starve you if don't stop!"

**Bargaining:** "As long as I can have long hair, I'll be okay. If I can be a little feminine I'll be alright." "I don't need all that transition stuff. I really want it but it'll be easier to just keep hiding it." "No one will believe me anyway." "I should have said something as a kid but now it's too late."

**Depression:** "I can't even have nice hair..." "I can't be me at all..." "I'm so tired of this..." "if I have to shave one more time, i might just use the razor differently" "I'll never pass anyway..."

**Acceptance:** "Alright! I'm going to just do it! I'm going to transition!" "I've decided to fight for me!" "Help me please!"

**Revelation:** "Everyone I want you to know who I am, who I really am." "please don't hate me!"



**BULLETIN BOARD**

**January 16—Educating Children of Color** —A summit conference at Colorado College, all day. PFLAG volunteers are needed. Call Karen at 634-4433 if you can help.

**January 17-24— Gay Ski Week in Aspen** — For special events, special prices on lift tickets and lodging, go to <http://gayskiweek.com/>

**January 23 — Denver Women’s Chorus — “Classically Reconstructed”** — 2:00 and 7:30 p.m., Montview Presbyterian church, 1980 Dahlia Street, Denver. To purchase tickets visit [www.rmarts.org](http://www.rmarts.org) or call (303) 325-3959.

**February —Gold Rush Conference** — An excellent annual conference organized by the Gender Identity Center in Denver. The date was set for late February, but is now uncertain. More information will be provided when it is available. GIS website: <https://www.gic-colorado.org/>

**May 20-21— Out Loud Colorado Springs Men’s Chorus— Spring Concert.** Friday evening, Saturday afternoon, Saturday evening. Reserve your slot as a PFLAG usher by contacting Cindy Waldmann 488-9887.

**June 18— Out Loud Colorado Springs Men’s Chorus - Pre- GALA Festival Event.** Save the date—details to be announced.

**July 2-6 Gala Choruses Festival in Denver—Woo—hoo!** Colorado is hosting its second GALA Festival in a row! Save the date, don’t let this one slip by.

Thank you  
To the Saponas Foundation and First Congregational United Church of Christ for their significant, ongoing support of Colorado Springs PFLAG.

**Gala Festival Registration is Now Open**



GALA is the international association of gay and lesbian choruses. It holds a festival once very four years (sort of like the World Cup of choral music) and choruses from everywhere

descend on a city for a week of wonderful performances. Here’s the website: <http://galachoruses.org/events/gala-festival> . Registration is now open for 2016.

GALA was founded in 1983. At its ninth festival in Denver in 2012 a record-breaking 6,100 singers and delegates attended, representing 112 performing choruses and an additional 48 small ensembles. With nearly round-the-clock performances held simultaneously in Boettcher Concert Hall, Ellie Caulkins Opera House, and the Buell Theater, the Festival hosted more than 200 hours of choral performances.

Last year, our PFLAGgers Bill Oberg and Carol Brown Oberg registered for the Festival and spent the full week in Denver. Here’s what Carol wrote on December 29th:

“Want you to know we registered as “non-singing delegates” to GALA with the Out Loud chorus! So when you see our names on your roster, don’t be surprised!

“We miss so many concerts because of our traveling, this gives us a chance to really enjoy many choruses! This will be our third GALA.

“It was fun last time when we were walking down the street in Denver and Out Loud folks would see our name tags and do a double take! Who ARE you?? Heh. I suppose we could be page turners! snicker.”

Always Remember  
That our PFLAG meetings are a safe space.  
Who you meet, and what you hear —  
Please keep it confidential.

**Support Colorado Springs PFLAG—Become a Member**

You can join at any time of the year. The current membership year extends from October 1, 2015 to September 30, 2016.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Check here if you wish to receive the newsletter by e-mail \_\_\_\_\_

New member  Renewing member  
 Regular Membership \$ 30  
 Supporting Member—Silver 40  
 Supporting Member—Gold 60  
 Supporting Member—Platinum 100  
Amount Enclosed: \$ \_\_\_\_\_

Each year our chapter must contribute \$15.00 for each paid membership to the PFLAG national office to support its mission.

Make checks payable to Colorado Springs PFLAG and mail to P.O. Box 49131, Colorado Springs, CO 80949. Membership fees and contributions are tax deductible. All information will remain confidential. PFLAG is a 501(c) 3 nonprofit organization.