

## **FFLAG monthly Zoom meeting**

If you're a parent/carer of an LGBTQI+ young person and would like some support from others on this journey, then you can find out more about our monthly Zoom meeting by emailing: [fflagsupportzoom@fflag.org.uk](mailto:fflagsupportzoom@fflag.org.uk)

We are parents/carers ourselves and not professionals but peers who are supporting each other by listening and sharing. If this is what you're looking for, we're so glad you found us! Here's how one parent described the group:

*"Finding the FFLAG Zoom group has been invaluable to me. It makes me feel less alone and gives me a space to receive and give support. I feel the group is welcoming, supportive, non-judgmental and safe. I have learnt so much from attending the monthly Zoom calls and I wish I'd found them earlier."*

All FFLAG Zoom meetings are confidential. There is no charge to attend.