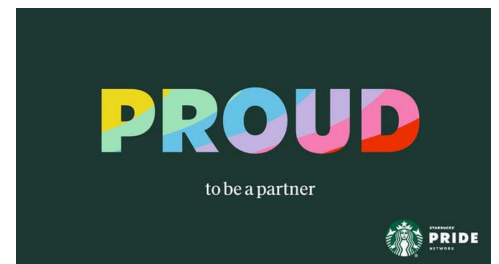




**We had lots of fun connecting at Starbucks on June 4th in Woodstock.**

**Thank you Jacob Tellinghuisen for hosting this fun PRIDE Event at Starbucks. And thanks to Starbucks for being a Safe Employer in Shenandoah County, VA. Let's do it next year too!**





Our very own Linda Thomas Fowler has done another awesome podcast of [The Spectrum: A Brief History of Pride](#) that you will want to listen to and get a sense of how it all began.

Learn why this month is so important to the LGBTQ+ community and should be honored by everyone.

Linda has produced many podcasts this year that we have shared in the past, so if you would like to see more of these you can find them [here on our website](#). This is such an awesome resource for us to share.



## PFLAG Woodstock VA is going to be at FR Pride

We are so excited that we are going to be able to have a table at the [Front Royal Pride](#) this year.

So, mark your calendars and come and see us and all the other amazing things at FR Pride on July 26th. Come out and celebrate with us and **Be Proud of Who You ARE!**



A Brief History of Pride



## FRONT ROYAL PRIDE IS BACK

SATURDAY, JULY 26, 2025 | 10AM-4PM | MAIN STREET GAZEBO





## A quick reminder about the Self Defense Class that is coming up soon!

### Building a Supportive Community



**FEMALES & LGBTQIA+**  
soldbytammyd@gmail.com

*...one class at a time*



**Free Martial Arts Classes**

**June 21st from 1:00-3:00 PM**

We have the wonderful opportunity to present a free, 2-hour long self defense class for our local LGBTQ community! With the current climate being fostered by our federal administration, many in the queer community are feeling unsafe and have expressed a need for this type of training. If this applies to you, **please join us at the UU Church in Stephens City on Saturday, June 21 from 1-3 pm** to gain skills that will hopefully help you feel more empowered.

[Register here](#)

You can also email us at [pflagwoodstockva@gmail.com](mailto:pflagwoodstockva@gmail.com)





## Lotus Salon & Mini Spa and PFLAG Woodstock have Teamed Up For PRIDE Month!

In support of our LGBTQ+ community and our allies during Pride month, we are giving away **two** \$45 gift certificates to the salon. They can be used on services and products from Lotus.

You must complete the form to enter the drawing. Signing up will add you to the PFLAG Woodstock email list if you aren't already subscribed. This is a monthly newsletter of information relevant to the community.

**The drawing will be on June 16, 2025.** Winners will be notified via email. Arrangements will be made to get the prize to the recipient. PFLAG Woodstock officers and steering committee members are not eligible to enter.

***Thanks to Lotus Salon for being supportive of our community!***

Lotus Salon & Mini Spa is located at 157 N. Holliday St in Strasburg, Virginia. You can visit their [website](#).



**Register Here!**





# Feeding Families in Shenandoah County teams up with GAP

#PFLAGProud

We are so excited that we will be providing the food for a picnic for a local organization called GAP.

GAP is a group of grandparents and other relatives who are raising children who have banded together to learn, connect with and support one another. (This family arrangement is known as a “kinship” care.) Some members have one child. Others have two, three or even five children they’re raising. Each family as their own story of how they came to be parenting once again, whether it be due to issues related to drug abuse, neglect, abandonment or because a family member died, leaving behind children who needed a home. They understand the unique challenges — financially, emotionally, logistically — as well as the tremendous joys this family setup brings.

PFLAG is an organization working to create a caring, just, and affirming world for LGBTQ+ people and those who love them. We support families, educate allies, and advocate for equality through our network of supporters, members, and chapters across the country.

PFLAG is where LGBTQ+ people, parents, families, and allies get together to lead with love.

In this way, both PFLAG and GAP organizations give the support that our local families need and provide resources that allow folks to navigate through journeys that allow for healthy outcomes.

We want to thank GAP for letting us help provide a picnic for these families and to introduce ourselves to these caregivers that are doing incredibly hard work.



## Join Us for Our Monthly Meetings Grandparents as Parents (GAP) of Shenandoah County

### Mission Statement

Grandparents as Parents' (GAP) mission is to provide support, information, and guidance to meet the needs of grandparents and other relatives raising children.

### When and Where?

Meetings are held on the third Monday of each month at  
Emmanuel Episcopal Church 122 E. Court Street Woodstock, VA 22664

### What happens at our Monthly Meetings?

- Meet and connect with other Grandparents
- Get support for you and your family
- Share a meal together and learn about local resources
- Free, supervised, active playtime for the children

### Attend Our Monthly Meetings to:

- CONNECT
- LEARN
- GET SUPPORT

Contact us to let us know you are coming and how many children will be attending.

Contact GAP Facilitator: Shelia Hiesley at [GAPofShenCo@gmail.com](mailto:GAPofShenCo@gmail.com) or (540)246-4272

Event Sponsored by Shenandoah County Department of Social Services



For more information including dates, times and locations of our upcoming meetings like us on:  
<https://www.facebook.com/groups/GAPofShenCo/>

## VEECA PRIDE in the Arts Show



### *Calling all LGBTQ + artists:*

To commemorate October as LGBTQ History Month, PFLAG Woodstock will be teaming with VEECA (Valley Educational Center for the Creative Arts) in Woodstock to showcase local LGBTQ+ artists. The VEECA gallery at 123 S. Main Street in Woodstock will host the show. The art can be paintings, sculptures, pottery, textiles, photography, poetry, music etc.

So get your creative juices flowing and plan to create art that represents you and the LGBTQ+ community. Updates and more details are forthcoming from PFLAG and on the [VEECA website](#).

## Upcoming Events

- June 21st, [Self Defense Class](#) at Unitarian Universalist Church from 1-3PM
- July 6th, Support Meeting at First Bank
- July 26th [Front Royal Pride](#)
- September 21st, [Shenandoah Valley Pride](#)

**Want to be a part of PFLAG Woodstock VA  
as a volunteer or a  
member?**

**[You can sign up here!](#)**

**[And you can Donate Here!](#)**

OR reach out to Susie Wilburn, she/her  
@ [pflagwoodstockva@gmail.com](mailto:pflagwoodstockva@gmail.com)



**We hope you are enjoying the summer weather and  
are taking PRIDE in yourselves,**

**Susie Wilburn, she/her**

**President, PFLAG Woodstock VA**