

YOU ARE LOVED



Shenango Valley Pride Alliance News

February 2025

Shenango Valley Pride Alliance works to reduce social isolation among LGBTQIA+ folks in and around Western Pennsylvania through ongoing community building, events, access to mental health resources, and education.

We're building a world where every LGBTQIA+ person is able to grow up safely and live a long, full, happy life.

Refreshing our look!

Shenango Valley Pride Picnic and LGBTQIA+ Alliance recently combined under a new name, Shenango Valley Pride Alliance. We feel this will help the communities we serve understand our broader purpose and goals.

Also, we relaunched our website shortly after New Year's! We'd love for you to check it out:

www.svpridealliance.org

We also joined BlueSky! Find us at

[@svpridealliance.bsky.social](https://www.bsky.app/profile/svpridealliance.bsky.social)

Upcoming Events:

- ♥ **Love Yourself Valentine's Craft Night:** Wednesday February 12, 5pm-7pm, Alliance Center
- ♥ **Game Night: Saturday February 22, 6pm-8pm,** Alliance Center
 - Monthly game and craft night dates are announced on our website and social media platforms.
- ♥ **Support Groups: Sunday March 2, youth 1pm-2:30 pm, adult 3pm-4:30pm, Alliance Center**
 - Support groups are the first Sunday of every month.
- ♥ **Adult Pride Prom: Saturday April 19, 6pm-10pm,** Hickory VFW Banquet Hall
- ♥ **Drag Bingo: Saturday May 3, 6pm-10pm, Hickory VFW Banquet Hall**
- ♥ **4th Annual Pride Picnic: Saturday June 21, 12pm-4pm, Buhl Park Shelter 2**
- ♥ **WaterFire Sharon: July 26 and September 20**

We're also planning some fall and winter activities so keep your eyes peeled for those!

Recommendations for our Resource Library are encouraged and appreciated!

- * What books, magazines, etc. have you enjoyed?
- * What websites or online resources have been helpful and informative?

3 Mental Health Tips for February:

1. Light therapy: switch out your soft white light bulbs for daylight light bulbs. This can help emotional lows due to Seasonal Affective Disorder.
2. Celebrate Love and Connection: Valentine's Day is a prominent event in February, but it's not just about romantic love. Use this occasion to express appreciation for friends and family. Send a heartfelt message or plan a small gathering to foster connections.
3. Socialize: Despite the cold weather, try to maintain social connections. Isolation can worsen symptoms of depression, so make an effort to connect with friends and loved ones, even if it's through virtual means.

If you'd like to contact politicians to encourage their votes or bill sponsorships:

- ◆ [Click to find your US Congressional representatives!](#)
- ◆ [Click to find your PA Legislative representatives!](#)



Our goal is to have all major Pride Flags at the Annual Pride Picnic on June 21, 2025, being held at Shelter 2 in Buhl Park. Check with us to make sure your Pride Flag is included!