

RSVP by email to Ethan  
at [qtadvocacy@gmail.com](mailto:qtadvocacy@gmail.com).

### 2015, August 23 (Sunday)

**Queer & Trans Yoga.** 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener.

### 2015, August 24 (Monday)

**Summer Gender Journeys Drop-In Group.** 6-8pm. See August 10 entry.

### 2015, August 26 (Wednesday)

**Queercraft—a Queer Crafting Group.** 2-5pm @ Woolverine, 93 King St W, Kitchener. Powered by SPECTRUM.

**Plan B Drop-in Hours at SPECTRUM** 6—8pm. 283 Duke St W, Kitchener, Unit 210. See August 12 Entry.

**Wednesday Night Dessert Group.** 7:15-9:00pm. Symposium Café, 4 King St. N., Wloo.

### 2015, August 27 (Thursday)

**AIDS Awareness Drop-In.** 5-8pm. Sponsored by ACKWA. In SPECTRUM, 283 Duke St W, Unit 210.

**Lazy Queer Reading Circle.** 6:30-8pm, In SPECTRUM, 283 Duke St W, Unit 210. Come join us as we read short stories/articles and discuss them. Park on Breithaupt St side of building, near the loading dock. Go in the Duke St entrance, up the stairs, through the door, down the hallway to Unit 210.

### 2015, August 30 (Sunday)

**Queer & Trans Yoga.** 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener.

### 2015, September 21 (Monday)

**SPECTRUM Annual General Meeting.** 7pm in the Senior's Day Program Room on the 1st floor of the Downtown Community Centre, 35-B Weber St W, Kitchener. This is an opportunity to learn more about SPECTRUM and its operations. NOTE: To vote at this meeting, you need to become a member 48 hours beforehand.

### Survey of Gender-Neutral Washrooms

SPECTRUM is surveying **public institutions** (government buildings/offices, recreational centres, community centres, libraries, shopping malls, large health centres and hospitals) and **selected businesses** (like cafes and restaurants) to create a document listing gender-neutral washrooms in **Waterloo Region**.

The listing will include the name of the facility, address, number and type of gender-neutral washrooms and their location in the building. You can send suggestions to: [qtadvocacy@gmail.com](mailto:qtadvocacy@gmail.com)

Later we will work to encourage facilities that do not have any gender-neutral washrooms to rectify the situation.

2015 August

Volume 3, Number 11

FREE

# SPECTRUM

## Rainbow Community Calendar

The **Rainbow Community Calendar (RCC)** is a monthly publication serving the LGBTQ community of Waterloo Region. It is named in tribute to the **Pink Triangle Community Calendar** created in 1989 by community activist Lisa Simkins. The **RCC** is issued by the **Rainbow Community Calendar Collective**, an action group of **SPECTRUM—Waterloo Region's Rainbow Community Space**. Print copies available at **SPECTRUM**, **ACKWA**, and various bars, clubs, cafes, etc. in Waterloo Region.

Online at <http://ourspectrum.com/Comm/CommunityEvents.html>

Send events to [info@ourspectrum.com](mailto:info@ourspectrum.com) by the **20th of each month**.

**This Just In: TRANSITION FOR SPECTRUM—For AUGUST**, some SPECTRUM programming events will held in the **Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener**. If you are coming by car, first park your car, then go to the reception desk to get a parking decal to display in your car. This building is located a 7 minute walk from the Charles St terminal—just walk up Ontario St. to Weber St.—it's on your left. Use this Calendar to learn the location of specific SPECTRUM events.

**SPECTRUM'S Resource Centre and Drop-In Space** is in Unit 210 at 283 Duke St. W., Kitchener (corner of Duke St W and Breithaupt).

**Stay Tuned for Grand Re-Opening!**

Website: <http://ourspectrum.com/> (includes hours of opening and much more)

Facebook: <http://www.facebook.com/SpectrumCommunitySpace>

Twitter: @spectrumwat Email: [info@ourspectrum.com](mailto:info@ourspectrum.com)

### 2015, August 1 (Saturday)

**SPECTRUM Saturday Social** 2-6pm @ SPECTRUM, 283 Duke St W, Unit 210, Kitchener. An informal afternoon of socializing in a safe and normalizing space. We have friendly volunteers, an extensive collection of games, books and DVDs, and free wi-fi - and we always have a jigsaw puzzle on the go. Park on Breithaupt St side of the building, near the loading dock. Go in the Duke St entrance, up the stairs,

through the door, down the hallway to Unit 210. <http://www.ourspectrum.com/>

### 2015, August 3 (Monday)

**Torchlight Gender Support Meeting in Cambridge.** 7-9pm. First Monday each month. Contact: [grsmedia@hotmail.com](mailto:grsmedia@hotmail.com)

### 2015, August 4 (Tuesday)

**Queercraft—a Queer Crafting Group.** 6-8pm @ Woolverine, 93 King St W,

Kitchener. Powered by SPECTRUM.

**OK2BME Youth Group - OK2BME Youth Group - Dairy Queen and Value Village Visit** . 6-7:30pm.

#### **2015, August 5 (Wednesday)**

**Trans Peer Support Group - Topic to be Announced** 7:30–9:00pm. By SPECTRUM. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener. For anyone who identifies in the trans/gender variant umbrella.

#### **2015, August 6 (Thursday)**

**Rainbow Open Recovery**. 6-8pm @ Lutherwood, 165 King St E, Kitchener (across from Market Square). 1st & 3rd Thursdays. A facilitated space to find addiction support to all in the rainbow community. Sponsored by House of Friendship and SPECTRUM. Refreshments. Transportation and child-care subsidies available.

**Rainbow Connections: Open Topic**. 7–9pm. Main floor, Self Help Alliance, 67 King St E. Kitchener. Please wait at the doors on Frederick Street and someone will let you in the building for group. If you will be late, please contact us in advance so we know when to let you in. Also note that there is a 15 minute time-period that we can let you in, otherwise it becomes disruptive to group. We will be in the downstairs room, so ring the downstairs doorbell to be let in.

#### **2015, August 8 (Saturday)**

**SPECTRUM Saturday Social** 2-6pm @ SPECTRUM, 283 Duke St W, Unit

210, Kitchener. An informal afternoon of socializing in a safe and normalizing space. See entry for August 1.

<http://www.ourspectrum.com/>

#### **2015, August 9 (Sunday)**

**Queer & Trans Yoga**. 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener.

#### **2015, August 10 (Monday)**

**Summer Gender Journeys Drop-In Group**. 6-8pm, Langs Community Health Centre, 1145 Concession Road, Cambridge; ask at main reception for room. Everyone across the gender spectrum is invited, regardless of how you identify, or if you are questioning; you do not need to be interested in medically transitioning to participate. Group is co-facilitated by LGBTQ+ professionals and a peer co-facilitator. Age 18+.

#### **2015, August 12 (Wednesday)**

**Queercraft—a Queer Crafting Group**. 2-5pm @ Woolverine, 93 King St W, Kitchener. Powered by SPECTRUM.

**Belonging - LBGTQ+ Arts Programming Launch**.—6–8pm. The Button Factory (Waterloo Community Arts Center) 25 Regina St. S, Waterloo. We are hosting a launch event to include your voice in what you would like to see for arts programming for our community. Join us for an evening of creativity and consultation to build workshops, classes, drop-ins, and events. We want to hear from you! <http://www.facebook.com/events/402655129920473/>

**Plan B Drop-in Hours at SPECTRUM** 6—8pm. 283 Duke St W, Kitchener,

Unit 210. Plan B is hanging out at SPECTRUM to invite members of our communities to learn more about our vision, ideas and goals. We'd like to meet you and show you how to get involved with Plan B in this exciting time. For more information, visit our website at [planbcooperativekw.wordpress.com](http://planbcooperativekw.wordpress.com)

**Wednesday Night Dinner Group Meeting**. 7:15-9:00pm. Shoeless Joes, 253 King Street North, Waterloo.

#### **2015, August 13 (Thursday)**

**Rainbow Newcomers**. 7-9pm. By SPECTRUM. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener. A place for LGBTQ-identified immigrants and refugees to socialize with each other and with LGBTQ people who have been in town for a while, and discuss issues related to being a newcomer to Canada.

#### **2015, August 16 (Sunday)**

**Queer & Trans Yoga**. 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener.

#### **2015, August 17 (Monday)**

**Torchlight Gender Support Meeting in Waterloo**. 7-9pm. Third Monday each month. Contact: [grsmedia@hotmail.com](mailto:grsmedia@hotmail.com)

#### **2015, August 18 (Tuesday)**

**Queercraft—a Queer Crafting Group**. 6-8pm @ Woolverine, 93 King St W, Kitchener. Powered by SPECTRUM.

**OK2BME Youth Group - OK2BME Youth Group - LGBT Youth Focus**

**Group Debrief (New youth welcome!)**. 6-7:30pm.

**Waterloo-Wellington-Perth PFLAG Parents, Family & Friends Peer-Support Group**. 7-9pm. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener.

#### **2015, August 19 (Wednesday)**

**Trans Peer Support Group - Topic to be Announced**. 7:30–9:00pm. By SPECTRUM. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener. See August 5 entry.

#### **2015, August 20 (Thursday)**

**Rainbow Open Recovery**. 6-8pm @ Lutherwood, 165 King St E, Kitchener (across from Market Square). 1st & 3rd Thursdays. A facilitated space to find addiction support to all in the rainbow community.

**Rainbow Connections: Managing Anxiety**. 7–9pm. Main floor, Self Help Alliance, 67 King St E. Kitchener. See entry two weeks earlier for more details.

#### **2015, August 22 (Saturday)**

**The Trans and Allies Potluck**. 6pm. 162 Joseph St, Kitchener. The Trans & Allies potluck invites members of the queer and trans community to bring their friends and loved ones to an evening of games, food and fun. All types dishes are welcome, please label the ingredients to ensure dietary needs are met. Bring gently worn clothing for a clothing swap, too! The potluck is located at a community member's house. Please