

January 22

SPECTRUM Converse and Connect Whether you're thinking about coming out, newly out, or out for ages, this group provides an opportunity to talk, share and connect with others in the LGBTQ community aged 19+ in a safe, positive and supportive environment. This group meets from 7:00 to 9:00 p.m. on the **fourth Wednesday of each month** in the SPECTRUM Community Space. For details: <http://ourspectrum.com/converse-and-connect/>

January 28

SPECTRUM Legal Aid Clinic The clinic covers matters of civil law, in-

cluding those related to financial support (ODSP, OW, EI, CPP and OAS), housing (tenancy problems), transgender ID, and establishing immigration/refugee status. It usually operates on the **fourth Tuesday of the month**. For more information see: <http://ourspectrum.com/projects/spectrum-legal-aid-clinic/> To make an appointment, contact legal-aid@ourspectrum.com

January 31

K-W Unity Mosque, this is a progressive Muslim social and prayer group which is gender equal and LGBTQ affirmative. Join us 12:00 – 2:00 p.m. For more information: ranpappertshannon@gmail.com

SPECTRUM in Review – 2019

by Jim Parrott

Your Financial Support Without your support, SPECTRUM would be just another grass-roots organization struggling to make ends meet – worrying about the next rent increase and wondering whether all the effort was worth it. Your financial support and encouragement in 2019 helped changed that for us! Now that we are able to issue income-tax receipts, we are well on the road to financial sustainability. We are in a position to think about new ongoing commitments like hiring part-time staff or moving to a new home that is closer to bus lines and better equipped to serve our growing community.

Your Encouragement Equally important is the moral support that has come from community members commenting on and sharing our social-media messages. It is sometimes very difficult to determine how the community feels about our work. So, when we hear people say, "Thank you for the work you do" as we did many times this past year, it makes all our effort seem

worthwhile.

Our Volunteers Without them, none of this would be possible. It is only through the hard work and dedication of our volunteers that we are able to serve our community every week of the year.

Our Partner Agencies Over the years, we have developed partnerships with many community agencies. In 2019, we began partnering with Waterloo Regional Community Legal Services. In 2020, we shall partner with the Sexual Assault Support Centre of Waterloo Region.

New in 2019 We launched a legal aid clinic, a youth group, and a transmasculine group

New in 2020 We shall be starting up a **Transgender Non-binary Peer Support Group** to begin on Tuesday, January 21. In January, SPECTRUM will begin hosting a **Sexual Assault Survivors Group** to be run by staff from the Sexual Assault Support Centre of Waterloo Region.

2020 January

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FREE



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 are available at SPECTRUM, ACCKWA, libraries, community centres, government and social services agencies in Waterloo Region.

Online at: <http://ourspectrum.com/rainbow-community-calendar/>

Weekly email of upcoming LGBTQ+ events, join the Rainbow e-mail list: <https://da.gd/rnbw>

Please e-mail calendar editor Lyn McGinnis with corrections or new information by the 20th of each month to: lynmc@rogers.com please put **RAINBOW CALENDAR in the subject line.**

SPECTRUM's **Resource Centre and Drop-in Space** is in Unit 210 at 283 Duke Street West, Kitchener, N2H 3X7 (corner of Duke Street West and Breithaupt). Park on Breithaupt Street side of the building, near the loading dock. Go in the Duke Street entrance, up the stairs, through the door, down the hallway to Unit 210.

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

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

Twitter: [@our_SPECTRUM](https://twitter.com/our_SPECTRUM) **E-mail:** info@ourspectrum.com **Phone:** 226-779-9695

January Events

Starting January 1

SPECTRUM Prime. 7:00 to 9:00 p.m., first and third Wednesdays of the month – **January 1** and **15** at SPECTRUM. We see things differently as we age. How can we deal with these challenges? As maturing members of the LGBTQ community, we gather together to create a welcoming environment where we can reduce isolation and expand our network of friends. Please join us for a casual discussion and social group for maturing adults.

Starting January 2

SPECTRUM Thursday Drop-In This social drop-in event **every Thursday** afternoon is a great opportunity to make new friends! We also have cookies and other (sometimes healthier) snacks. Feel free to drop in any Thursday between 12:00 to 4:00 p.m.

SPECTRUM Transgender Peer Support Group. 7:00 to 9:00 p.m. on Thursday **January 2** and **16** and Monday **January 13** and **27**. A normalizing environment for anyone identifying in the trans/gender variant umbrella at SPECTRUM. **18+**

Starting January 3

day5games. 7:00 to 11:00 p.m. **every Friday** at SPECTRUM. Join us as we gather at our space to play board and card games, assemble jigsaw puzzles and fiddle with constructions in an informal atmosphere.

Starting January 4

SPECTRUM Saturday Drop-In 2:00 to 5:00 p.m. **every Saturday.** Join us in a relaxing atmosphere where you can just be yourself in an LGBTQ-friendly setting. We have refreshments.

Starting January 5

Friends of Dorothy' Bowling League Brunswick Frederick Lanes, 385 Frederick Street, Kitchener 1:15 p.m. to 3:00 p.m. We meet **every Sunday** from September to Mid-May. All are welcome to participate. \$16 for three games, plus shoe rental (\$2.50).

Starting January 6

SPECTRUM TransMasculine Peer Support Group. 7:00 to 9:00 p.m. **Every second and fourth Monday.** A normalizing environment for anyone identifying in the TransMasculine variant umbrella at SPECTRUM. **18+** trans@ourspectrum.com

Starting January 7

SPECTRUM Tuesday Drop-In This social drop-in event **every Tuesday** afternoon is a great opportunity to meet other people, and to make new friends! We also have cookies and other (sometimes healthier) snacks to share. Feel free to drop in at any time on Tuesday between 12:00 to 4:00 p.m.

January 8

Aging with Pride Committee Meeting If you are interested in helping us improve life for older LGBTQ-identified

people, please attend this monthly Committee meeting at SPECTRUM 6:30 to 8:30 p.m. <http://ourspectrum.com/projects/aging-with-pride/>

Queerly Christian 7:30 p.m. to 9:00 p.m. at the Erb Street Mennonite Church, 131 Erb Street West, Waterloo **January 8** and **22.** This is a group of people who identify as LGBTQ+ and Christian. Allies are welcome, but please recognize that this is intended as a space for LGBTQ+ Christians to share their lived experience. <https://pastorsinexile.org/2017/03/03/queerly-christian/>

January 9

Rainbow Multicultural Connect 7:00 to 9:00 p.m. at SPECTRUM. A gathering at SPECTRUM to discuss what it is like to be LGBTQ+ across the world. We only meet on the **second Thursday** of January.

January 11

Queer-prov (\$) Kitchener-Waterloo Little Theatre, 9 Princess Street East, Waterloo 8:00 to 9:00 p.m. Four queer improvisers will take to the stage to bring you a night of improv comedy! They will be performing short-form improv games and long-form improv spectacles! Get ready for a night of hilarity, heart, audience participation, and queerness! Tickets: \$12.00 - \$48.00 <https://www.eventbrite.ca/e/queer-prov-tickets-77728497027>

January 13

LGBTQ+ Drop-in for International Students, at Conestoga College Waterloo Campus, 108 University Avenue, Waterloo, Library Collaborative Room 5 **second Monday of each month,** from 5:00 to 6:00 p.m. Supportive environment. Food, games, and bus tickets provided. For more info text or call 226-338-5695 or promise@carizon.ca.

January 14

Sexual Assault Survivors Group 283 Duke St W, Unit 210, Kitchener, from 7:00 to 9:00 p.m. The Group will meet at SPECTRUM. SASC partnership.

January 16

Plan B Co-operative KW's monthly drop-in 5:00 p.m. to 8:00 p.m. at Treehaus (79 Joseph St, Kitchener). **Third Thursday of each month** Plan B holds a drop-in space for LGBTQ+ community members to meet, learn about our programming and events, and just hang out!

We invite you to the **Seniors' Community Lunch** at Wesley United Cambridge (6 Cambridge Street) on the **third Thursday of every month.** Cost \$10. Please call 519-621-6060 so we know how many lunches to prepare. Meet and Greet for Rainbow Seniors in the Chapel, hosted by Rev. Roy Holton and Laura Wilson immediately following the lunch from 1:00 - 2:00 p.m.

January 18

Rainbow Family Drop-In 10:00 a.m. to noon. Join other LGBTQ2S+ Families from KW and surrounding areas for monthly drop-in programming geared to ages 0-6. All children and families welcome! Light snacks and drinks will be provided. On the third Saturday morning of the month. Email KWQueer-Families@gmail.com

January 19

SPECTRUM Seven Shores Urban Market and Café Meeting Room from 2:00 to 4:00 p.m. (kitchen closes at 3:00 p.m.) on the **third Sunday of each month** 10 Regina Street North in Waterloo, 519-342-0916. <https://www.facebook.com/groups/%20SPECTRUMOutings/>

January 19

Trans Fams Event. 4:00 p.m. Meet other families with Trans and Gender Independent Kids! Want to join our family and others for some fun activities? Contact Holly for more info at: hbmathers@gmail.com

January 21

SPECTRUM Transgender Non-Binary Peer Support Group A normalizing environment for anyone identifying in the Non-Binary variant umbrella at SPECTRUM from 7:00 to 9:00 p.m. trans@ourspectrum.com

Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group 7:00 to 9:00 p.m. on the third Tuesday of the month. Join us in a warm, welcoming and safe place for all family and friends of people of the LGBTQ community at Multipurpose Room A in the Downtown Community Centre, 35-B Weber Street West, Kitchener. <https://www.facebook.com/PFLAG.WWP>

January 22

SASCWR - Supporting LGBTQ+ Survivors This event is part of a Lunch and Learn series put on by the Domestic Violence Review Team of Waterloo Region. Join us for FREE Public Education and Professional Development on a variety of IPV/DV issues in our community, all while enjoying a tasty catered lunch! 12:00 to 1:30 p.m. Check out the rest of the series at: <https://www.eventbrite.ca/o/dart-of-waterloo-region-11129283440>

Sexual Health Awareness Drop in 5:30 to 7:00 p.m. on the **fourth Wednesday of the month.** Sponsored by ACKWA at SPECTRUM, 283 Duke Street West, Unit 210.