

March 25

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/>

March 27

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: franpappertshannon@gmail.com

March 29

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 information: hbmathers@gmail.com

Youth Under the Rainbow a Drop-in for rainbow youth ages 13 through 18 from 1:00 to 3:00 PM at SPECTRUM **the last Sunday of the month** <http://ourspectrum.com/youth-under-the-rainbow/>

March 30

Gay + Men's Social Network a monthly social and discussion group for LGBTQ2S+ open to all on the spectrum and those that are questioning on the **last Monday of each month** at 7:00 p.m. at Parkminster United Church, 273 Erb Street East, in Waterloo. gay-mensplussocialnetwork@gmail.com

Distress Line list

Supportive and Confidential Listening (519-745-1166)

Here 24/7: Addictions, Mental Health & Crisis Services (1-844-437-3247)

Good2Talk Support Line for Post-secondary Students (1-866-925-5454)

24-hour Support Line for Sexual Violence Survivors (519-741-8633)

Mental Health and Community Referral Information (519-744-5594)

Lesbian, Gay, Bi, Trans Youth Line (1-800-268-9688) or Text (647-694-4275)

Trans Lifeline (877-330-6366)

KW Counselling Services and Carizon counselling centres now offer walk-in appointments as well.

Carizon - 400 Queen St. S. Kitchener, walk-ins Tuesdays
noon to 6:00 p.m. (519-743-6333)

KW Counselling - 480 Charles St. E. Kitchener, walk-ins Thursdays
noon to 6:00 p.m. (519-884-0000)

2020 March

Volume 8, Number 6

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

March Events

Starting March 1

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).

LGBTQ+ and Allies Social Casual Sports! Custom button making! Pizza and snacks! At Stanley Park Community Centre, 505 Franklin Street North. Contact us to RSVP yshag@wr@gmail.com

Starting March 2

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

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

Starting March 3

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.

Starting March 4

SPECTRUM Prime. 7:00 to 9:00 p.m., first and third Wednesdays of the month – **March 4** and **18** at SPECTRUM. We see things differently as we age. 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 March 5

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 **March 5** and **19** and Monday **March 9** and **23**. A normalizing environment for anyone identifying in the trans/gender variant umbrella at SPECTRUM. **18+**

Starting March 6

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.

Tri-Pride: Winter Pride 2020 (\$) tri-Pride will rock the region with . . . Winter Pride! Come out and dance the night away with the LGBTQ+ Community at

THEMUSEUM in Downtown Kitchener. Proceeds go to support tri-Pride 2020. <https://www.eventbrite.ca/e/winter-pride-2020-tickets-87909043315>

Starting March 7

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.

March 8

Rainbow Multicultural Connect 3:00 to 5:00 p.m. at SPECTRUM. A gathering at SPECTRUM to discuss what it is like to be LGBTQ+ across the world.

March 9

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.

March 10

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.

March 11

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 On the second and fourth Wednesdays of the month. This is a group of people who identify as LGBTQ+ and Christian to explore faith and sexuality/gender in a welcoming community. For more location information contact: pamela@pastors-inexile.org and <https://pastorsinexile.org/2017/03/03/queerly-christian/>

March 15

SPECTRUM Outing to 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/>

March 17

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>

March 18

Comic Sans - Showcase Edish (\$) at Patent Social, 17 Erb Street East, Waterloo from 8:00 to 10:00 p.m. Eight of our best comics return to the stage to perform their best work for industry professionals! <https://www.eventbrite.ca/e/comic-sans-showcase-edish-tickets-87235787589>

March 19

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 following the lunch from 1:00 - 2:00 p.m.

March 19

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!

Marit Collective - Speaking Queerly: How to Be a Better Ally to the LGBTQ+ Community (\$) Come join us for a thorough and engaging workshop on queer allyship best practices. From 6:30 to 8:30 p.m. at The Causerie, 154 Victoria St S Suite 2, Kitchener. <https://www.eventbrite.ca/e/speaking-queerly-how-to-be-a-better-ally-to-the-lgbtq-community-tickets-96093262535>

March 21

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 KWQueerFamilies@gmail.com

March 24

SPECTRUM Legal Aid Clinic The clinic covers matters of civil law, including those related to financial support (ODSP, OW, EI, CPP and OAS), housing (tenancy problems), transgender ID, and establishing immigration/refugee status. It 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

March 25

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