

how to participate in this online group.

May 19

SPECTRUM Transgender Non-Binary Online Peer Support Group A safe and supportive environment for all transgender non-binary identifying individuals and their allies to find community. Please note due to mature content this group is limited to those ages **18+**. Please send an email to trans@ourspectrum.com for details.

Waterloo-Wellington Perth PFLAG Parents Family and Friends Online 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. To join our online gathering, please send a request to waterloo@pflagcanada.ca

May 26

SPECTRUM Legal Aid Clinic operates on the **fourth Tuesday of the month**. 5:00 to

8:00 p.m. <http://ourspectrum.com/projects/spectrum-legal-aid-clinic/> To make a telephone appointment, contact legal-aid@ourspectrum.com

May 27

SPECTRUM Converse and Connect Online This group provides an opportunity to connect with others in the LGBTQ community aged 19+ in a safe, positive and supportive environment from 7:00 to 9:00 p.m. on the **fourth Wednesday of each month**. To join our online gathering, please send a request to: virtual@ourspectrum.com

May 29

OUT of this world: Virtual Pride Prom For LGBTQ2+ Teens aged 13-18. Friday May 29, 2020 from 9:00 p.m. to 11:00 p.m. It is free but people need to register to attend: <https://ok2bme.ca/event/out-of-this-world-virtual-pride-prom/>

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)

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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**.

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 CLOSED until further notice.

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

SPECTRUM 2.0 Moves Online 2020

All program meetings will move to
an online/virtual format

Moving Forward

We Have Moved Our Programming to Online Gatherings

Since the beginning of April, SPECTRUM has been providing online access to all of our programs. Things are now proceeding smoothly. We see something interesting – some of the people who join our online Zoom meetings have never visited our physical space in Kitchener!

Although the pandemic has presented many challenges, it has offered opportunities as well. After we are once again able to use our physical space, SPECTRUM will allow online access to our program meetings held in our Kitchener location. This will benefit folks who have trouble making it to our physical space, or who don't want to venture outside in bad weather.

Joining SPECTRUM's Online Gatherings

We are finding that the best way of opening these meetings up to our community is to create an email list/telephone list for each program. That way, the program host can send a reminder out a few days before the meeting

with information that will allow them to join the meeting. So, you will notice in the "May Virtual Events" on pages three and four of this Calendar, that we are publishing an email address. This allows people to get the Zoom link and be put on the mailing list (serving as a reminder and also supplying them with the Zoom link).

As you can see, the email address varies from program to program. For seven of them, it is virtual@ourspectrum.com; and for the seven trans meetings each month, it is trans@ourspectrum.com. For programs offered by our partners (like our Sexual Assault Survivors Online Group jointly with the Sexual Assault Support Centre), it will be an email address specific to that program.

Online Meetings of Other Organizations

For the May issue, we also include events sponsored by our friends at OK2BME and the KW Unity Mosque. As other sister organizations in Waterloo Region begin to offer online programs, we shall list them as well in our monthly Rainbow Community Calendar.

Heartfelt love and goodwill

by Melissa Paige Kennedy

For the most part, I have weathered this pandemic storm pretty well. I am grateful to have the things I require to survive being food, shelter, clothing, warmth, Netflix, and YouTube. Yet today, I feel this deep sense of despair at what is happening in my life, and the world. This crisis is starting to chip away at my mental health, and I consider myself pretty robust in this area.

To that end, I know that in these moments, I must allow myself to sit with my grief and just be with it. I need to reflect and find its source, and I must remind myself of all the things I can be thankful for. I know so many have it far worse, and perhaps that is where some of my sadness comes from. While a pandemic like this displays real acts of kindness, it also reveals even greater acts of inhumanity. Some of the most wealthy appear callous and indifferent towards the suffering of their fellow human beings. What I observe is genuinely saddening.

I want to express, in the best way I can muster, my heartfelt love and goodwill towards all of humanity and all life on earth.

May Virtual Events

Starting May 1

SPECTRUM Saturday Drop-In Online 2:00 to 5:00 p.m. **every Saturday.** This is a great opportunity to connect with community! To join our online gathering, please send a request to: virtual@ourspectrum.com

Starting May 4

SPECTRUM TransMasculine Online Peer Support Group. 7:00 to 9:00 p.m. **Every first and third Monday.** A supportive environment for all transmasculine identifying individuals and their allies. Please note due to mature content this group is limited to those ages **18+** Please send an email to trans@ourspectrum.com to request access details.

Starting May 5

SPECTRUM Tuesday Drop-In Online This social drop-in event **every Tuesday** 12:00 to 4:00 p.m. is a great opportunity to connect with community! To join our online gathering, please send a request to: virtual@ourspectrum.com

OK2BME Youth Groups Online 6:00 to 7:30 p.m. **every Tuesday.** To sign up: <https://ok2bme.ca/ok2bme-online-youth-group/>

Starting May 6

SPECTRUM Prime Online. 7:00 to 9:00 p.m., first and third Wednesdays of the month – **May 6** and **20.** We see things differently as we age. As maturing members of the LGBTQ community. Please join us for a casual discussion and social group for maturing adults. To join our online gathering, please send a request to: virtual@ourspectrum.com

The K-W Unity Mosque, an inclusive, gender-equal and LGBTQ+ affirmative mosque, meets every Wednesday evening at 6:00 p.m. Muslim and non-Muslims warmly welcomed. Contact Fran at: franpappertshannon@gmail.com

Starting May 7

SPECTRUM Thursday Drop-In Online This social drop-in event **every Thursday** between 12:00 to 4:00 p.m. This is a great opportunity to connect with community! To join our online gathering, please send a request to: president@ourspectrum.com

Starting May 7

SPECTRUM Online Transgender General Peer Support Group. 7:00 to 9:00 p.m. on Thursday, **May 7** and **21** and Monday **May 14** and **25.** A safe and supportive environment for all transgender identifying individuals and their allies to find community and discuss common challenges. Please note due to mature content this group is limited to those ages **18+** Please send an email to trans@ourspectrum.com to request access details.

May 10

Rainbow Multicultural Connect Online 3:00 to 5:00 p.m. An online group where people from diverse cultures gather together to discuss what it is like to be LGBTQ+ across the world. We meet on the second Sunday of the month. To join our online gathering, please contact virtual@ourspectrum.com

May 13

Aging with Pride Committee Online business Meeting If you are interested in helping us improve life for older LGBTQ-identified people, please attend this online monthly Committee meeting on the second Wednesday of each month 6:30 to 8:30 p.m. To join our online gathering, please send a request to: virtual@ourspectrum.com

May 14

Sexual Assault Survivors Online Group 2:00 to 3:30 p.m. An online support group for LGBTQ+ survivors of sexual violence. This group is a partnership between SPECTRUM and SASC. For more information or to join our online gathering, please send a request to: groups@sascwr.org

May 18

Rainbow Family Online 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! On the third Saturday morning of the month. Email KWQueerFamilies@gmail.com to learn