



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

SPECTRUM KW Counselling Services partner to provide counselling to LGBTQ2+ people

SPECTRUM, Waterloo Region's Rainbow Community Space, and KW Counselling Services have partnered to provide no-cost and subsidized counselling to members of the LGBTQ2+ community. SPECTRUM has started the Chrysalis Fund in memory of a member of their Board of Directors who died by suicide. Monies from the Chrysalis Fund will be used to provide counselling services through the OK2BME program at KW Counselling Services.

Since 2005, the OK2BME program at KW Counselling Services has provided counselling services to LGBTQ2+ people, leadership and recreation youth groups, and public education and consultations on LGBTQ2+ issues. "We're very grateful to SPECTRUM for recognizing the importance of accessible mental health services," says Rebecca Webb, Executive Director. "LGBTQ2+ people have some unique stressors that can make them especially vulnerable to mental health challenges. We're proud of the work we do through OK2BME."

Cait Glasson, President of SPECTRUM, notes, "The Chrysalis Fund is very important to our board members. Early this year, we lost a member to suicide, and we want to ensure that transgender and gender non-binary folks have access to the counselling they need."

LGBTQ2+ people will be able to refer themselves to the program by calling KW Counselling Services at 519.884.0000. "The service will be offered on a sliding scale," says Washington Silk, OK2BME Program Coordinator. "Those who can pay something will be asked to do so. The Chrysalis Fund will cover the rest of the cost. No one will be turned away based on an inability to pay. The Chrysalis Fund will cover the

entire cost where necessary."

"We were able to start the Chrysalis Fund with a grant from the 100 Men who Give a Damn," says Glasson. "We're very grateful for their support, and we will be looking to the community to help us continue this work. People can make contributions at ourspectrum.com."

SPECTRUM is Waterloo Region's first-ever LGBTQ2+ / Rainbow community space! Since opening our doors in 2012, SPECTRUM has developed into an organization with programming, social groups, special projects, research, events, and resources, plus space where the community can connect. SPECTRUM is the centre of our rainbow community. It continues to grow to support the needs of LGBTQ2+ folk across the Waterloo Region.

KW Counselling Services is celebrating 70 years as a multi-service agency offering counselling supports to individuals, couples, and families in Waterloo Region. In addition to our accessible mental health services, we offer parenting education and supports through our Parenting with Passion and Parenting Now programs; specialized services including counselling, and recreation and leadership youth groups for LGBTQ2+ youth through our OK2BME program; community development and training opportunities for members of multicultural communities; as well as training and placement opportunities for graduate students in social work and related fields.

Media Contacts:

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June Virtual Events

Starting June 1

SPECTRUM Virtual Transgender Trans-Masculine 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. 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 June 2

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 June 3

SPECTRUM Prime Online. 7:00 to 9:00 p.m., first and third Wednesdays of the month – **June 3** and **17.** 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 June 4

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

SPECTRUM Virtual Transgender General Peer Support Group. 7:00 to 9:00 p.m. on Thursday, **June 4** and **18** and Monday **June 8** and **22.** 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.

Starting June 5

day5games. 7:00 to 11:00 p.m. **every Friday** hosted through SPECTRUM'S Zoom. Join us as we gather online to play virtual board and card games, assemble jigsaw puzzles and fiddle with constructions in an informal atmosphere. (Bring Your Own Puzzle) Please send an email to games@ourspectrum.com to request access details.

Starting June 6

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

June 11

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

June 14

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

June 16

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. From 7:00 to 9:00 p.m. **18+.** Please send an email to trans@ourspectrum.com for details.

June 16

Waterloo-WellingtonPerthPFLAGParents 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@pflag-canada.ca

June 20

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 how to participate in this online group.

June 23

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 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

June 24

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

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)