

July 21

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

July 22

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

July 28

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

2020 July

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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**.

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

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)

SPECTRUM 2.0 Moves Online 2020

All program meetings will move to
an online/virtual format

Navigational Services for the Transgender Community During COVID 19



SPECTRUM – Waterloo Region’s Rainbow Community Space is pleased to announce the launch of TransNAV GPS – a project to assist transgender individuals navigate vital services during the pandemic. This project will run from July 2020 to March 2021, and will be supported by generous funding disbursed to SPECTRUM by the Kitchener & Waterloo Community Foundation and also the Cambridge and North Dumfries Community Foundation as part of the federal Emergency Community Support Fund.

SPECTRUM has a very strong volunteer Transgender support group who are proud of the service that we offer to our community. We host seven (7) transgender support drop-ins per month where we create a safe space and community for transgender-identifying people to chat about our journey and our collective experiences.

Our open format has been utilized by hundreds of transgender-identifying individu-

als in our community over the past four years. It has become a place where people can meet face-to-face, create friendships and share information on their successes (and failures) in getting access to medical services, mental-health treatments, employment services, housing and social activities. Some of this information has been communicated through open discussions held at SPECTRUM facilities and some through private after-meeting discussions. It has been an informal mechanism that fills an information void for navigating services within Ontario.

With the COVID-19 pandemic restrictions, we lost access to SPECTRUM’s physical space, a link to community information-sharing vital to navigating various systems and institutions. That void has partially been replaced through Zoom meetings; however, it became abundantly clear to us that this has not been working for many in our community. To address this problem, we are launching the SPECTRUM TransNav GPS service, which will allow community members to request assistance in finding and navigating various required services.

This is a pilot project that will run from the date of launch (in July 2020) through to March 31, 2021 when funding runs out. If this pilot project is successful, SPECTRUM will work to acquire more funding for the continuance of this new service. During this project we will survey the community to determine and prioritize need, research and document service-navigation processes and use this knowledge to assist transgender people in navigating various requested services. For more information [contact \[trans@ourspectrum.com\]\(mailto:contact@ourspectrum.com\)](mailto:contact@ourspectrum.com)

NEWS FLASH - The SPECTRUM Board wants to let our community know that SPECTRUM is not affiliated nor has any relationship with Pride Certified. SPECTRUM continues to offer and promote Rainbow Diversity Training workshops, a service that helps organizations along the path towards becoming more open and welcoming, as well as equitable and accessible to persons of all sexual and gender diversities, both to clients and employees of the organization. For more information please refer to [Rainbow Diversity Training](#)

July Virtual Events

Starting July 1

[SPECTRUM Prime Online](#). 7:00 to 9:00 p.m., first and third Wednesdays of the month – **July 1** and **15**. 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 July 2

[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 Online Transgender General Peer Support Group](#). 7:00 to 9:00 p.m. on the **first and third Thursday and second and fourth Monday of every month**. A support environment for all transgender identifying individuals and their allies. Ages **18+** For access email trans@ourspectrum.com

Starting July 3

[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.

Starting July 4

[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 July 6

[SPECTRUM Online Transgender TransMasculine 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. Ages **18+** Please send an email to trans@ourspectrum.com to request access details.

Starting July 7

[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

July 9

[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

July 12

[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

July 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! **Third Saturday morning of the month**. Email KWQueerFamilies@gmail.com to learn how to participate in this online group.

July 21

[SPECTRUM Online transgender Non-Binary Peer Support Group](#) From 7:00 to 9:00 p.m. on the **third Tuesday every month**. A support environment for all non-binary identifying individuals and their allies to find community. **18+**. Email to trans@ourspectrum.com for details.