



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

A Call For Contract Bids



SPECTRUM is in the process of developing a document based navigational system for transgender individuals in the Region of Waterloo.

We are publishing a request for proposal to survey and analyze community requirements. This will be added to a set of requirements already developed by SPECTRUM with the intention of researching and creating a body of knowledge.

This can be used to guide transgender individuals in finding, navigating and securing services within Waterloo Region, as well as, other parts of Canada.

Interested parties can request a copy of the request for proposal by emailing trans@ourspec

trum.com. Please provide your company name, address, phone number, formal email address and a brief bio. Submissions will be accepted up until midnight of August 15, 2020 and the contract will be awarded on August 31, 2020.

The successful respondent will be required to offer:

- survey development and analysis
- research and writing
- content organization
- professional social interaction
- solid understanding of navigating and interacting with various institutional services
- experience with Wordpress, performing/analysing surveys, research and copy-writing, web page creation, email campaigns, social media development, publishing tools
- preference will be given to candidates who identify as transgender or are members of the LGBTQ2S+ community.

August Virtual Events

Starting August 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 August 3

SPECTRUM Virtual 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 August 5

SPECTRUM Prime Online. 7:00 to 9:00 p.m., first and third Wednesdays of the month – **August 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 August 6

SPECTRUM Online Transgender Gender 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 August 7

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.

August 9

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

August 13

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

August 15

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.

August 18

SPECTRUM Virtual 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.

August 18

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

August 25

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

August 26

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)