

February 23

OK2BME Virtual Youth Group Immigration, Intersexuality Colonialism
6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-immigration-intersexuality-colonialism/>

February 24

SPECTRUM Converse and Connect Online Whether you're thinking about coming out, newly out, or out for ages, this group provides an opportunity to connect 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: info@ourspectrum.com**

SPECTRUM Legal Aid Clinic
Legal Aid Clinic now operates all month long! Contact us by [email \[legal-aid@ourspectrum.com\]\(mailto:legal-aid@ourspectrum.com\)](mailto:legal-aid@ourspectrum.com) for a telephone appointment anytime. Meetings in person are suspended at the present time, but we will do our best to accommodate your needs. 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

2021 February

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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 2021

All program meetings will move to
an online/virtual format

Assistant Executive Director

SPECTRUM is pleased to announce that **Kristy Skelton** has taken up the position of Assistant Executive Director. Kristy will work along with and support the Chief Executive Director, the SPECTRUM-Board, and the Project Excelsior team during this time of transformational growth.



SPECTRUM is conducting a survey of LGBTQ2+ people in Waterloo region in order to better help us understand their experiences and identify gaps in current community services and supports. Please help out by completing and sharing the survey! <https://tinyurl.com/SPECTRUM2021members>



February Virtual Events

Starting February 1

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.

February 2

OK2BME Virtual Youth Group Black Queer and Trans identities 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-category-is-black-queer-and-trans-identities/>

Starting February 3

SPECTRUM Prime Online. 7:00 to 9:00 p.m., first and third Wednesdays of the month - **February 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: info@ourspectrum.com

Starting February 4

SPECTRUM Virtual 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 February 5

day5games. 7:00 to 11:00 p.m. **every Friday** hosted through SPECTRUM'S Zoom. Join us online to play virtual, tabletop board games in a casual, social environment. Please send an email to games@ourspectrum.com to request access.

Starting February 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: info@ourspectrum.com

February 9

OK2BME Virtual Youth Group Aromatic Spectrum Awareness Week 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-aromatic-spectrum-awareness-week/>

February 10

The K-W Unity Mosque, an inclusive, gender-equal and LGBTQ+ affirmative mosque, meets online every second Wednesday evening at 8:00 p.m. Muslim and non-Muslims warmly welcomed. Contact Fran at: franpappertshannon@gmail.com

February 11

LGBTQ+ Healthy Relationships Support Space 2:00 to 3:30 p.m. An open space for folks in the LGBTQ2S community to discuss healthy relationships. This group will be facilitated by counsellors who identify as part of the LGBTQ+ community. 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

February 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 LGBTQ2+ across the world. We meet on the second Sunday of the month. To join our online gathering, please contact rainbownewcomers@ourspectrum.com

February 16

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@pflag-canada.ca