

To join our online gathering, please send a request to waterloo@pflag-canada.ca

May 26

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.** "What would a queer utopia look like?" **Please send a request to:** info@ourspectrum.com

SPECTRUM Legal Aid Clinic now operates all month long! Contact us by [email legal-aid@ourspectrum.com](mailto:email_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

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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FREE



Rainbow Community Calendar

The **Rainbow Community Calendar (RCC)** is a monthly publication serving the LGBTQ2+ 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 LGBTQ2+ 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 wants to thank our dedicated team of volunteers and employees who continue to provide much-needed support to our community during the public health emergency through online programming.

Mental Health Toolkit

SPECTRUM has recently received a grant from the Canadian Women's Foundation for a gender-based violence project. We are seeking contractors to research and create a toolkit for the Waterloo transgender community focused on mental health promotion and suicide prevention.

Include a brief, no more than ten pages, outlining how you

would approach this problem. A provisional schedule and budget are required. Provide samples of past work and references with the proposal.

For submissions and RFP questions, contact Melissa at development@ourspectrum.com.

See more at ourspectrum.com.



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: info@ourspectrum.com

Starting May 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 May 4

OK2BME Virtual Youth Group: Show and Tell 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-show-and-tell/>

Starting May 5

The K-W Unity Mosque, an inclusive, gender-equal and LGBTQ2+ affirmative mosque, meets online every second Wednesday evening at 8:00 p.m. Muslim and non-Muslims warmly welcomed. Contact Fran at: franpappert-shannon@gmail.com

SPECTRUM Prime Online. 7:00 to 9:00 p.m., first and third Wednesdays of the month. 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 May 7

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 May 7

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 info@ourspectrum.com to request access.

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

May 11

QueerKPL - Let's Make a Zine! 5:30 to 7:00 p.m. <https://kplca.evanced.info/signup/eventdetails?eventid=46287&lib=1003>

OK2BME Virtual Youth Group Love Letters to Friends 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-love-letters-to-friends/>

May 13

LGBTQ2+ 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 LGBTQ2+ 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

May 18

OK2BME Virtual Youth Group Planting Seeds 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-planting-seeds/>

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.