



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.

SPECTRUM is recruiting for the Board of Directors!

As a registered charity, SPECTRUM relies on a strong Board of Directors to govern the organization.

for individuals with the following experience or skills: finance and accounting, fundraising, marketing, and social media, legal and liability, or governance.

Help ensure governance of SPECTRUM so the organization can provide services and programs for the benefit of 2SLGBTQ+ communities in Waterloo Region. We are looking

This is a great opportunity to network and build connections within the community. View more on the Volunteer Action Center site.



July Virtual Events

Starting July 1

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 July 2

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.

Starting July 3

SPECTRUM Saturday Drop-In Online 2:00 to 4:00 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 July 5

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. Ages **18+** Please send an email to trans@ourspectrum.com to request access details.

July 6

OK2BME Virtual Youth Group: Relationship Health: Knowing Your Boundaries 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-relationship-health-knowing-your-boundaries/>

July 7

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

July 8

Transgender 45+ Peer Support Group 7:00 to 9:00 p.m. The Transgender 45+ Peer Support Group is something that we feel there is a need for in the region for transgender

folk in the older demographic where they can share common challenges and experiences of being an older transgender person. Request access by emailing: trans@ourspectrum.com

LGBTQ2+ Healthy Relationships Support Space 2:00 to 3:30 p.m. An open space for folks in the LGBTQ2S community, 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

July 11

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

July 13

OK2BME Virtual Youth Group: International Non-Binary People's Day 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-international-non-binary-peoples-day/>

Starting July 14

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: franpappertshannon@gmail.com

Transgender Partners and Friends Peer Support Group, 7:00 to 9:00 p.m. The Transgender Partners and Friends Peer Support Group is something that we feel there is a need for in the region for partners, friends, and other non-transgender people can discuss their challenges in a community of other non-transgender people. Request access by emailing: trans@ourspectrum.com

July 20

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

July 20

Waterloo-Wellington-Perth PFLAG, Parents Family and Friends 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 at Multipurpose Room A in the Downtown Community Centre, 35-B Weber Street West, Kitchener. <https://www.facebook.com/PFLAG.WWP>

July 27

OK2BME Virtual Youth Group: Learning about Each Other 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-learning-about-each-other/>

July 27

SPECTRUM Converse and Connect Online "Gay and straight friendships--how do you relate?" Whether you're thinking about coming out, newly out, or out for ages. 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 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)