



## 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](mailto: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](mailto: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.

## Call for submissions: mural proposals for SPECTRUM's newly expanded space!

Thanks to a grant from the Region of Waterloo Arts Fund and our federal capacity-building funding, SPECTRUM is proud to be able to engage a local artist to create a mural for our newly expanded space.

Region who have lived experience as members of 2SLGBTQ+ communities. We are looking for proposals that explore the intersectionality of identities and the vibrancy of 2SLGBTQ+ culture.

Review the criteria at <https://ourspectrum.com> and send submissions to [info@ourspectrum.com](mailto:info@ourspectrum.com)

We are especially interested in proposals from Black and Indigenous artists in Waterloo



## August Virtual Events

Starting August 2

**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](mailto:trans@ourspectrum.com) to request access details.

Starting August 3

**OK2BME Virtual Youth Group: Game Day!** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-game-day/>

Starting August 4

**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](mailto:info@ourspectrum.com)

Starting August 5

**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](mailto:trans@ourspectrum.com)

Starting August 6

**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](mailto:info@ourspectrum.com) to request access.

Starting August 7

**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](mailto:info@ourspectrum.com)

August 8

**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](mailto:rainbownewcomers@ourspectrum.com)

August 10

**OK2BME Virtual Youth Group: Music Sharing** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-music-sharing/>

August 11

**Transgender Partners and Friends Peer Support Group,** 7:00 to 9:00 p.m. The Partners, Family, and Friends of Transgender Folks Peer Support Group discuss their challenges and build community and solutions. Meetings are on the second Wednesday of each month. Request access by emailing: [trans@ourspectrum.com](mailto:trans@ourspectrum.com)

**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](mailto:franpappertshannon@gmail.com)

August 12

**45+ Transgender Peer Support Group,** 7:00 to 9:00 p.m. Attendees can share common challenges and experiences of being an older transgender person. Meetings are on the second Thursday of each month. Request access by emailing: [trans@ourspectrum.com](mailto: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](mailto:groups@sascwr.org)

August 17

**Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group** PFLAG Online meets on the third Tuesday of the month. Join us in a warm, welcoming, and safe online 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](mailto:waterloo@pflagcanada.ca)

August 17

**OK2BME Virtual Youth Group: Sharing Our Identities with Others (Coming Out)** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-sharing-our-identities-with-others-coming-out/>

August 24

**OK2BME Virtual Youth Group: Sexual Health** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-sexual-health/>

August 25

**SPECTRUM Converse and Connect Online** 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. "Issues of Ageism in Queerland" Please send a request to: [info@ourspectrum.com](mailto:info@ourspectrum.com)

August 31

**OK2BME Virtual Youth Group: Costumes and Cosplay Night** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-costumes-cosplay-night/>

**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)