



**Regional Resource Directory for
Kitchener-Waterloo, Cambridge, and
Guelph**

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AIDS INFORMATION & SUPPORT

ACCKWA (*The AIDS Committee*) (519) 570-3687
of Cambridge, Kitchener, Waterloo & Area)
 123 Duke St. E., Kitchener educator@acckwa.com

ACGWC (*AIDS Committee*) (519) 763-2255
of Guelph and Wellington County)
 204-85 Norfolk St, Guelph

AIDS Hotline 1-800-668-2437
 Ontario Ministry of Health

STD Clinic, Waterloo (519) 883-2251
 2nd Floor, 99 Regina St. S, Waterloo

STD Clinic, Cambridge
 2nd Floor, 150 Main St., Cambridge

ART / ANTIQUES / FURNITURE

Adelphi Antiques (519) 664-1663
 23 King St. E., Conestogo N0B 1N0 lesleyc@huron.net
 hours: 1pm-6pm (Fri), 10am-6pm (Sat), 12pm-5pm (Sun)

Antiques & Collectables (519) 664-3088
 43 King St., Conestogo and (519) 744-2083
 Bill & Marg McAllister

Eldon Gallery (519) 886-0886
 14 King St N, Waterloo

Peter Wilde Gallery (519) 744-5804
 basement, 72 Victoria St. S., Kitchener

Schreiter's Furniture (519) 743-4151
 27 Gaukel St., Kitchener N2G 1Y6
"we value diversity in our community"

Thistle Antiques & Collectibles (519) 664-1889
 33 King St. E. (Regional Rd. 17), Conestogo

AUTOMOTIVE

Mark Jordan, Future Lincoln Mercury (519) 579-1100
 Victoria St N near Breslau (From Guelph: (519) 651-0773)
A vehicle for every lifestyle

BARS & CLUBS

Club Renaissance (519) 570-3453
 24A Charles Street West, Kitchener
 web.idirect.com/~clubren
 Wednesday to Sunday, 9 pm to 2 am

Robin's Nest (519) 621-2688
 26 Hobson St., Cambridge

Trasheteria (519) 767-1694
 52 Macdonnell, Guelph
 queer dances on Monday nights, hosted by GQE

BODYCARE / BODYWORK

Beneficial Tanning (519) 748-6376
 Fairway Rd. and Manitou Dr. in the Country Boy Plaza
 "where the community shows their buns!"

body piercing by marco (519) 743-3046
 Tora Tattoo, 667 Belmont Ave., Kitchener

Imagine Hair Salon (Cindy) (519) 746-3650
 in the Atrium in Waterloo

Silhouette Cosmetic Laser Clinics (519) 744-1533
 150 Edna Street, Kitchener N2H 6S1

Wave Length Hair Design Tracey: (519) 746-8764
 Westmount Place Shopping Centre, Waterloo

BOOKSTORES

Blueleaf Bookshop (519) 570-0950
 93 King St. W., Kitchener

Bookshelf, The (519) 821-3311
 41 Quebec St., Guelph

Fanfare Books (519) 273-1010
 30 Waterloo St. S., Stratford N5A 6T1

Gomorra's Books 1-888-338-8278
 James St., Hamilton

KW Book Store & Exchange (519) 742-1261
 306 King St. W., Kitchener

Reader's Ink (519) 746-2972
 140 University Ave. W., Waterloo

Talking Trees (519) 822-6201
 168 Wyndham St N, Guelph talkintree@aol.com
"homosexually owned, homosexually operated, homosexually decorated"

Womansline Books (519) 679-3416
 573 Richmond St., London womansln@execulink.com
 www.execulink.com/~womansln

Women's Book Shop (905) 525-2970
 333 Main St. W, Hamilton L8P 1K1

WordsWorth Books (519) 884-2665
 100 King St. S., Waterloo
 www.wordsworthbooks.com
 hours: 9-9 (M-F); 9-6 (Sat); 12-5 (Sun)

UW Bookstore (519) 888-4567 ext. 2902
 SCH Concourse, 200 University Av. W., or (519) 885-1211
 Waterloo N2L 3G1 fax: (519) 747-2859
 www.adm.uwaterloo.ca/book/bookinfo.html
 bookstore@bg1.uwaterloo.ca

CINEMAS

Bookshelf, The (519) 821-3311
41 Quebec St., Guelph

Princess Cinema (519) 885-2950
6 Princess St. W., Waterloo
www.sentex.net/princess/

CLEANING SERVICES

Maid of Steel (519) 886-7764
personalized cleaning & maintenance service

Magickal Broom (519) 742-9788

CLOTHING / TAILORING

Eye In The Sky (519) 725-3190
3 Princess St. W., Waterloo N2C 2X7
used and vintage clothing

Mansfield Shirt Co. Ltd. (519) 742-2095
232 Lawrence Ave., Kitchener
made-to-measure tailoring; for appt, call Janet at 744-5956

Stitchworx (519) 579-3009
Kitchener-Waterloo
custom clothing
sjc@golden.net

COUNSELLING & PSYCHOTHERAPY

Alternatives Counselling
P.O. Box 29010, Frederick Plaza P.O., Kitchener N2H 6S6
Marion Markham, M.S.W.

Christina Edwards, STM, M Th. (519) 740-8889
791 Concession Rd.,
Cambridge N3H 4L1
edwards@bond.net

Janelle T. Wielhouwer, M.S.W. (519) 743-2132
www.golden.net/~dykevader/counsel.htm
respectful therapy in a homelike setting
dykevader@golden.net

Kathy Frey, HSC, ICADC, CUP (519) 745-8455
addiction counselling services

Lynn Dykeman, MTS, MSW, CSW (519) 579-3394
individuals, groups, & couples
kgc@easynet.on.ca

New Directions Counselling (519) 579-3394
Gloria Nafziger, M.S.W.

Turning Leaves (519) 622-2110
www.sentex.net/~larence/index.htm fax: (519) 622-9706
Larence P.N. Kirkby-MacLean M.S.W. larence@sentex.net
a quiet place to talk about difficult things

Wendy Bonza (519) 741-1212
at Lifestreams Counselling Centre

DISC JOCKEY SERVICES

Antithesis antithes@ionline.net
www.ionline.net/~antithes

Sound Advice Laura: (519) 895-0237
professional disc jockey services

FAITH COMMUNITIES

Aware K-W Gary: (519) 747-
Christian gay-positive group Fred: (519) 741-
gterp@ionline.net

Brethren Mennonite Council for Gays and Lesbians
P.O. Box 43031, Eastwood Square, Kitchener N2H 6S9

M.C.C. Rainbow Church (519) 822-
St. Matthias Anglican Church, sbater@uoguelph.ca
171 Kortright St. W., Guelph.
Sundays at 7pm led by pastor Rev. Sid Bater

FINANCIAL SERVICES

A*Base Business Services Inc. (519) 837-1524
238 Kathleen St., Guelph N1H 4Y5 fax: (519) 836-6949
tax returns; gay owned and operated abase@sentex.net

Bonnie J. Bagin (519) 837-1524
210 Kortright Rd. W., #5, or (519) 821-5853
Guelph N1G 4X4 fax: (519) 836-6949

FRAMING

Arlene Turkington Designs (519) 747-0267
72 Victoria St., Globe Studio, Studio II, Kitchener N2H 5C2
custom picture framing

GRAPHIC DESIGN

Womanworks (519) 743-6879
www.golden.net/~dykevader/wmnworks.htm
virtual brush for hire

HEALTH PRACTITIONERS

John Nauss (519) 747-1611
169 Lexington Court, Unit G, Waterloo
holistic health consultant

Reiki by Rhonda (519) 747-0819
deep relaxation therapy

HELP LINES

AIDS Hotline 1-800-668-2437

Anselma House 24 hrs: (519) 742-5894
crisis shelter for abused women

Distress Line Kitchener: (519) 745-1166

GLLOW Phonenumber Waterloo: (519) 884-4569
hours: Mon-Fri 7:30 to 9:30 pm

OUTline Guelph: (519) 836-4550
www.uoguelph.ca/~outline
hours: Sun-Thu 7-10 pm, Fri & Sat 6-9 pm
outline@uoguelph.ca

Lesbian Gay Bi Youth Line 1-800-268-YOUTH

ROOF (Reaching Our Outdoor Friends) (519) 742-2788
helping homeless youth up to 25 yrs of age

St. John's Kitchen (519) 745-8928
23 Water Street North, Kitchener
provides meals and other assistance

Sexual Assault Support Centres KW: (519) 741-8633
Brantford: (519) 751-1164
Cambridge: (519) 658-0551
Guelph: (519) 823-5806

Substance Abuse Kitchener: (519) 741-3827

HOME IMPROVEMENT

Amazon Electric Margaret: (519) 578-8083
quality commercial and residential installations

HOUSING

Beaver Creek Housing Co-Op (519) 886-1081
590 Bearinger Rd, Waterloo

INTERNET RESOURCES

easy.net (519) 654-9999
8 Queen Street E., Cambridge
internet service provider

Queers Online www.queersonline.com

Rainbow Community Center www.rainbow.on.ca

Rainbow List rainbow@rainbow.on.ca

LEGAL SERVICES

EGALE (*Equality for Gays & Lesbians Everywhere*)

www.egale.ca/~egale
federal organization

Colleen Montgomery (519) 843-8800

234 Patrick Street East, Fergus, Ontario N1M 1M6
providing legal services to the gay and lesbian community

Jean-Paul Pilon (519) 885-5759

10 Regina St N, 3rd floor, Waterloo fax: (519) 885-5695
barrister and solicitor, notary public

PET SITTING

The Pet Auntie (519) 742-0175

Lynn McDowell
A stress-free alternative to kennels

PUBLICATIONS

OutLook Magazine (519) 570-3453

P.O. Box 40002, outlook@easynet.on.ca
Waterloo Square P.O., Waterloo N2J 4V1
www.geocities.com/WestHollywood/5901
editors: Rick & Mark; published quarterly

Rainbow Choices Directory (416) 762-1320

56 McMurray Ave, Toronto M6P 2T1 fax: (416) 762-3600
www.rainbow-choices.com 1-888-241-3569

Waves Creates Rainbows

P.O. Box 27056, 10 Stanley St., Brantford N3S 7T8
southwestern Ontario gay & lesbian newsletter

RADIO & TELEVISION

Cable 10 Percent – QTV (416) 925-XTRA (2201)

Sundays at 11:30pm on Rogers Community TV

Fag Factory

Thursdays at 2pm on CFRU 93.3 FM

Feminist Frequency

Sundays from 7pm on CFRU 93.3 FM

Fingers, Fists and KY

Mondays from 10pm to midnight on CFRU 93.3 FM

Gaywire

Thursdays at 7pm on CIUT 89.5 FM

Girls Taste Good

Tuesdays at 2pm on CFRU 93.3 FM

Leaping Lesbians

Thursdays from 6-8pm on CKMS 100.3 FM

Music by Dykes

Wednesdays from 8-10pm on CFRU 93.3 FM

Nowhere to Hide

Wednesdays from 8-9pm on CKMS 100.3 FM

Out & About Queer Radio

mail@outandabout.on.ca
www.outandabout.on.ca
Fridays at 9:30pm on CKWR 98.5 FM

Queers Kick Ass

Thursdays from 11pm-1am on CFRU 93.3 FM

Rainbow Radio Network

Thursdays at 10:15pm on CHRW 94.7

Women Made Collective

Mondays from 6-7pm on CFGU 93.3 FM

Womenspin

Wednesdays from 6-8pm on CKMS 100.3 FM

REAL ESTATE SPECIALISTS

Melodie Walsh
375 University Ave. E.
Waterloo N2K 3M7

work: (519) 884-0392
home: (519) 579-4553
fax: (519) 884-5542

Re/Max Twin City Realty Inc.
Terry Kaye and Stephen Millen

579-4110
(direct line) 744-6447

Royal LePage
Annette Escobar and Bruce Taylor

(519) 740-6400

RESORTS

RainBow Ridge Resort
Highway 9 & 25 Grand Valley

1-888-863-0221

WildeWood Guest House
Box 12, Maynooth, ON K0L 2S0 Canada
"far from the madding crowd"

(613) 338-3134

RESTAURANTS / CATERING

20 King Restaurant
20 King St. E., Kitchener

(519) 745-8939

Angie's
47 Erb St. W., Waterloo
85 Erbs Rd. W., St. Agatha
www.angieseats.com

Waterloo: (519) 886-2540
St. Agatha: (519) 747-1700

Candlelight Catering
166 Harris St., Rockwood
mailing address: P.O. Box 216, Rockwood N0B 2K0

(519) 856-1207
bj031@freenet.carleton.ca

Grabbajabba
80 King St. S., Waterloo
coffee and desserts

(519) 886-9590

Jane Bond Café
5 Princess St. W., Waterloo

(519) 886-1689

Latte on the Loose
The Atrium, 33 Erb St W, Waterloo

(519) 884-0411

Macdonnell Street Grill
80 Macdonnell St., Guelph N1H 2Z6

(519) 763-6460

Ultimate Appetite
1595 Victoria St. N., Kitchener

(519) 576-9655

SPORTS & RECREATION

EhBC
www.golden.net/~ehbc
kink and BDSM group

ehbc@golden.net

Gaymers, The
board and card gaming group

Steve: (519) 725- [REDACTED]
Cait: (519) 743- [REDACTED]

KW Aquatic Club (KWAC)
swimming group

Mark: (519) 747- [REDACTED]

KW Frontrunners
running, walking & biking group

Mark: (519) 747- [REDACTED]

Lesbian & Bi-Women Over 25

Linda: (519) 823- [REDACTED]

**ORRA (Out-Reach
Rainbow Alliance)**

Soul: soul@golden.net
Jim: jparrot@library.uwaterloo.ca

OutTakes
movie watching group

Steve: steveh@easynet.on.ca

O.W.L.S.
women's group

Katherine: (519) 725- [REDACTED]

Rainbow Chorus

(no info available)

Q Eng
group for queer engineers

qeng@seurat.uwaterloo.ca

T.O.O.L.S.

(no info available)

WOODS
(Women Out Opening Doors Socially)
580 Beaver Creek Rd., Box D #9, Waterloo N2J 3Z4
www.golden.net/~dmw

dmw@golden.net

SUPPORT GROUPS

"Change Now" Youth Center (519) 822-9034

COLAGE (*Children of Lesbians and Gays Everywhere*) (415) 861-KIDS
Sarah: litw6350@mach1.wlu.ca

GLOBAL 00global@mach1.wlu.ca
(*Gays, Lesbians or Bisexuals at Laurier*)
www.wlu.ca/~wwwclubs/www/global.html

GLLOW (*Gay and Lesbian Liberation of Waterloo*) (519) 884-4569
gllow@watserv1.uwaterloo.ca
www.csclub.uwaterloo.ca/clubs/gllow
meets Wednesdays at 7:30 at University of Waterloo
office & lending library in Student Life Center
phoneline hours: Mon-Fri 7:30 to 9:30 pm

GQE gqe@uoguelph.ca
(*Guelph Queer Equality*) (519) 836-4550
2nd floor office, University Ctr, University of Guelph
meets Tuesdays at 7pm at the University of Guelph,
in University Ctr's OTAS Lounge (UC536)

PFLAG Grace or Bill: (519) 822- [REDACTED]
(*Parents, Family and Friends of Lesbians and Gays*) Evie: (519) 742- [REDACTED]
Sue: (519) 650- [REDACTED]
pflag@rainbow.on.ca
meets third Friday of the month in Guelph

Rainbow Youth (519) 570-3687
support & discussion group for GLBT youth (16-25)
meets Wednesdays from 7-9pm; call Rob at ACCKWA

Regional Pride Committee rpc@itactics.com

TG Boys Marshal: (519) 826- [REDACTED]
transgender group for Female-to-Male TG/TS folks

Two Spirited People of First Nations (416) 944-9300
fax: (416) 944-8381
2 Carlton St., Suite 1419, Toronto M5B 1J3

Waterloo Region Alliance
for Equal Rights

Kitchener: (519) 743- [REDACTED]

Women's Centres

U of W: (519) 888-4567 x3457

TRAVEL CONSULTANTS

Brant Heritage Travel Associates (519) 759-1900
www.worldchat.com/public/bht.page1 fax: (519) 759-2871
bht@wchat.on.ca toll-free: 1-800-661-4207

TCB Travel call Mark at (519) 748-0850
600 Doon Village Rd., Kitchener tcbtravel@golden.net

Uptown Travel (519) 886-3320
550 Parkside Dr., Unit A6F, Waterloo fax: (519) 886-8328
Uptown@Sympatico.ca toll free: 1-800-667-0803

VIDEOS / CDs – SALES & RENTAL

Disc-Oriented (519) 821-2862
87 Macdonell, Guelph

Dr. Disc (519) 743-8315
96 King St. W., Kitchener N2G 1A6 drdisc@golden.net
Student Life Ctr, Univ. of Waterloo (519) 884-9070
CDs, tapes, records, videos, posters, t-shirts

Generation X (519) 888-GENX
10 Regina St. N., Waterloo
alternative video & media

Suite Surprises Cambridge: (519) 623-8188
suitesur@sstsystems.net Guelph: (519) 826-0540
3-1001 Langs Drive (by the forum), Cambridge
Willow West Mall (by the beer store), Guelph
lingerie, adult movies & rentals, toys, gifts, novelties, cards

Talking Trees (519) 822-6201
168 Wyndham St N, Guelph talkintree@aol.com
"homosexually owned, homosexually operated, homosexually
decorated"

Pride Resource Directory provided by:

STEVE HUTTON & ASSOCIATES

132 Brighton Street, Unit 22

Waterloo, Ontario

N2J 4S5 CANADA

Phone: (1-519) 725- [REDACTED]

E-mail: steveh@easynet.on.ca

Technical Documentation Services

