

to you? Join us in a warm, welcoming and safe place for all family and friends of people of the LGBTQ community at Pre-School Room, Downtown Community Centre, 35-B Weber Street West, Kitchener. More Information: <https://www.facebook.com/PFLAG.WWP>

#### June 21

**Queerly Christian** 7:30 p.m. to 9:00 p.m. at the Erb Street Mennonite Church, 131 Erb Street West, Waterloo. This is a monthly group of people who identify as LGBTQ+ and Christian. We will gather for conversation and reflection on our experiences around how these different aspects of our identity intersect. Allies are welcome, but please recognize that this is intended as a space for LGBTQ+ Christians to share their lived experience. More information:

<https://pastorsinexile.org/2017/03/03/queerly-christian/>

#### June 22

**Sexual Health Awareness Drop in** 5-8 PM on the fourth Thursday of the month. **June 22.** Sponsored by ACCKWA at SPECTRUM, 283 Duke Street West, Unit 210.

**SPECTRUM Reading Circle** 6:30 to 8:00 p.m. on the fourth Thursday of the month. **June 22.** In our Reading Circle we read short stories and articles aloud on the spot; no prior reading is required. Then we reflect on what we have read. We often

spend longer discussing the literature than we do reading it. Participants are encouraged to bring readings. Join us for this exploration of LGBTQ literature and what it means to us personally at SPECTRUM.

#### June 25

**Trans Fams Event.** 4:00 p.m., **June 25** (Sunday). Are you interested in meeting other families with Trans and Gender Independent Kids? Want to join our family and others for some fun activities? Contact Holly for more info at: [hbmathers@gmail.com](mailto:hbmathers@gmail.com)

#### June 27

**Good Laughs.** 7:00 p.m. until closing, last Tuesday of the month: **June 27.** A safe space for trans people to explore their identity in the community; open to allies as well at Symposium Café, Waterloo (corner of King and Erb) - back room.

[goodlaughs81@gmail.com](mailto:goodlaughs81@gmail.com)  
<https://www.facebook.com/goodlaughs81/?fref=ts>

**The deadline for the July Rainbow Community Calendar is Tuesday, June 20, please send information to: [lynmc@rogers.com](mailto:lynmc@rogers.com) put RAINBOW COMMUNITY CALENDAR in the subject line.**



# SPECTRUM

## 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**. Print copies are available at SPECTRUM, ACCKWA, libraries, community centres, government and social services agencies in Waterloo Region.

Online at: <http://ourspectrum.com/rainbow-community-calendar/>

**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 in Unit 210 at 283 Duke Street West, Kitchener, N2H 3X7 (corner of Duke Street West and Breithaupt). Park on Breithaupt Street side of the building, near the loading dock. Go in the Duke Street entrance, up the stairs, through the door, down the hallway to Unit 210.

**Website:** <http://ourspectrum.com/> **NEW!** (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

## June Events

### Starting June 1

**Queer and Trans Yoga** A class for folks who self-identify as LGBTQ+ and want to be part of a positive community space. **June 1, 8, 15, 22, 29.** All abilities, ages, bodies, and sizes are welcome and celebrated in this beginner-friendly class. Every Thursday starting at 6:00 p.m. \$5 donation, with no one turned away for lack of funds. Join us on Facebook: <https://www.facebook.com/groups/qsytq>

### Starting June 1

**SPECTRUM Transgender Peer Support Group.** 7-9 PM on the first and third Thursday of the month. **June 1 and 15.** New day - new time - new facilitators. A safe and normalizing environment for anyone identifying in the trans/gender variant umbrella at SPECTRUM.

**Rainbow Connections - Kitchener meetings,** 7-9 PM first and third Thursdays of the month: **June 1 and 15.** LGBTQ and Mental Health Group Main Floor, Self Help Alliance, 67 King St E. Kitchener. If you will be late, please

### Starting June 1

contact us in advance so we know when to let you in. Also note that there is now a 15 minutes time-period that we can let you in, otherwise it becomes disruptive to group. We will be in the downstairs room, so ring the downstairs doorbell to be let in. Call 519-570-4595 to speak with either Jasmina, ext. 4052, or Brenda, ext. 4061 to verify meeting date and time, or for more information:

<http://cmhawwselfhelp.ca/events/>

**Queerly Beloved: Tri-Pride Comedy Night** at Descendants Brewery, 19 Victoria Street North, Kitchener, starting at 8:30 p.m. \$15

<https://www.eventbrite.com/e/queerly-beloved-tri-pride-tickets-34095691130>

### Starting June 2

**Tri-Pride at the Races** Drag Night at Grand River Raceway! \$40 for Dinner, \$10 Slot Voucher, Drag Race and More! <https://www.facebook.com/events/1343949895698176/>

**day5games.** 7-11 PM **June 2, 9, 16, 23, 30** at SPECTRUM. Join us as we gather at our space to play board and card games, assemble jigsaw puzzles and fiddle with constructions in an informal atmosphere.

### Starting June 3

**SPECTRUM Saturday Drop-In** 2-5 PM Saturdays, **June 3, 10, 17, 24.** This social drop-in event is a great opportunity to meet other people, to talk about whatever you currently have on your mind, and to make new friends! Come and hang out with us in a casual, relaxing atmosphere where you can just be yourself! This event is ideal for you if you just want to socialize in an LGBTQ-friendly setting. We typically talk about anything that comes to mind, from tv shows to languages to fairy tales to technology to music - and

occasionally LGBTQ issues. We also have cookies and other (sometimes healthier) snacks to share. Feel free to drop in at any time between 2-5 pm. Everyone is welcome!

### June 3

**Tri-Pride Music Festival** 12:00 noon to 8:00 p.m. Opening speeches at 12:00 noon. Victoria Park Commons, Kitchener.

<http://tri-pride.ca>

**Queer Night Out tri-Pride After Party** from 9:00 p.m. to 1:00 a.m. at the Crowne Plaza Hotel in Kitchener. Tickets will be available in advance (online) for \$8 (plus processing fees) or \$12 at the door.

<https://www.eventbrite.com/e/pride-dance-party-2017-tickets-34528668176>

**The Order Tri-Pride After Party** After tri-Pride, party on at The Order starting at 10:00 p.m.

<https://www.facebook.com/TheOrderKW/>

### Starting June 4

**Tri-Pride March and Picnic** Start at Kitchener City Hall at 11:00 a.m.

<http://tri-pride.ca>

**ORG-SPECTRUM's Outdoor Recreation Group.** Sundays. Events alternate between Lite and Regular: We endeavour to return to the meeting point at the end of the event.

**June 4,,** 2:00 to 5:00 p.m. "Just Right" Hike - Monarch Woods. Meet at GRT terminal at Highland Hills Mall. Free

**June 11,,** 1:00 to 5:00 p.m. "Regular" Hike - Kitchener. Meet at SPECTRUM, 283 Duke Street West, Unit 210. Free

**June 18,,** 2:00 to 4:00 p.m. "Light" Open Streets Uptown Waterloo. Meet at the old place, Erb Street at Peppler. Free

**June 25,** 2:00 to 5:00 p.m. Cambridge International Street Art Festival, downtown Galt. Meet at the Ainslie Street GRT Terminal. Free

**July 2,,** 2:00 to 5:00 p.m. "Just Right" Hike - Riverside Park. Meet at Tim Hortons, Preston, King and Eagle Streets, 303 King St E, Cambridge, ON N3H 3M8. Free

William Pensaert, General Manager, SPECTRUM, office: 226-779-9695, mobile: 519-503-9313.

### Starting June 5

**Rainbow bereavement support group Monday, June 5** and **19** 1:30-3:30 PM. All LGBTQ caregivers, spouses, friends suffering loss. 298 Lawrence Ave. Kitchener. Call 519-743-4114 ext. 117. [barb@hospicewaterloo.ca](mailto:barb@hospicewaterloo.ca)

### Starting June 6

**Queercraft - a Queer Crafting Group.** 6-8 PM, Tuesdays: **June 6, 13, 20, 27.** Bring your portable craft to SPECTRUM!

**OK2BME Youth Group.** 6-7:30 PM Alternate Tuesdays- **June 6** and **20** More information: <http://ok2bme.ca/>

### Starting June 7

**SPECTRUM Prime.** 7-9 PM, first and third Wednesdays of the month - **June 7** and **21** at SPECTRUM. We see things differently as we age. Priorities shift. Social circles change. Join us in a **new** discussion and social group for maturing LGBTQ adults. And if you are concerned about whether the group is a fit for you, then try it out to see. Lately, we have been sharing stories about our lives. We will also continue to think about what kinds of discussions and activities we might like to have in future. We hope that this will be a step in the direction of creating a community support for us as we age. <http://ourspectrum.com/older-adults-group/>

### Starting June 8

**Rainbow Newcomers** Thursday, **Thursday, June 8** and **Wednesday, June 28** 7-9 PM at SPECTRUM. A

place for LGBTQ-identified immigrants and refugees to socialize with each other and with LGBTQ people who have been in town for a while, and discuss issues related to being a newcomer to Canada. More information: [RainbowNewcomers@gmail.com](mailto:RainbowNewcomers@gmail.com)

### Starting June 9

**KW El-Tawhid Circle,** a progressive Muslim social and prayer group which is gender equal and LGBTQ affirmative. Every second Friday afternoon from 2:00 - 4:30 p.m. **June 9** and **23.** More information:

Fran at [franps@golden.net](mailto:franps@golden.net).

### Starting June 14

**Self-Help Alliance Transgender Peer Support Group.** 7-9 PM on the second and fourth Wednesday of the month. **June 14** and **28.** For individuals who identify as transgender and questioning. Self Help Alliance, 67 King Street East, Kitchener. Call 519-570-4595 to speak with either Jasmina, ext. 4052, or Brenda, ext. 4061 to verify meeting date and time, or for more information.

### June 20

**LGBT Advance Care Planning: The Sequel!** 6:00 p.m. to 8:00 p.m. Are you LGBT+? Join us for this free interactive workshop to reflect on your wishes, values and beliefs for your health and end-of-life care and to gain practical skills on how to have these conversations with people in your life. At Hospice Waterloo Region, 298 Lawrence Avenue, Kitchener.

RSVP Required:

<https://acplgbt2.eventbrite.ca>

**Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group** 7-9 PM on the third Tuesday of the month. **June 20.** Are you having difficulty coming to terms with the sexuality, gender identity or gender expression of someone close