

9:00 p.m. A normalizing environment for anyone identifying in the Non-Binary Age 18+. The meeting link is <https://zoom.us/j/531635533?pwd=Vjkrd3dwYXpsV2szalFHVnNqZm-5KUT09> and the meeting ID is 531 635 533. If this is your first meeting you will be required to download the Zoom app before you can join the meeting. You can email [trans@ourspectrum.com](mailto:trans@ourspectrum.com) to be added to the meeting invite list.

**April 21**

**Waterloo-WellingtonPerthPFLAG 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.

To join our online gathering, please send a request to [waterloo@pflag-canada.ca](mailto:waterloo@pflag-canada.ca)

**April 22**

**SPECTRUM Converse and Connect Online** This group provides an opportunity to connect with 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, please send a request to: [virtual@ourspectrum.com](mailto:virtual@ourspectrum.com)

**April 28**

**SPECTRUM Online Legal Aid Clinic** operates on the **fourth Tuesday of the month**. 5:00 to 8:00 p.m. <http://ourspectrum.com/projects/spectrum-legal-aid-clinic/> To make an appointment, contact [legal-aid@ourspectrum.com](mailto:legal-aid@ourspectrum.com)

## ***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)**

**2020 April**

**Volume 8, Number 7**

**FREE**



## ***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**.

Weekly email of upcoming LGBTQ+ 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 2.0 Moves Online 2020**

**Almost all program meetings will move  
to an online/virtual format**

**Exceptions include our games evenings  
and monthly restaurant outing**

# Moving Forward

by Jim Parrott, Executive Director of SPECTRUM

Social isolation has always been challenging for many members in our community. Recent events have amplified this problem even further, and, yet, this is a time when we need to support each other more than ever before. We thank you for your patience as SPECTRUM navigates this new reality.

Since we are unable to use our physical space to support our community, beginning in April we shall deliver as many of our programs as possible

in a virtual/online format using Zoom technology.

Those April events are listed in this issue of the Rainbow Community Calendar. In the future, as other organizations move rainbow-themed events to virtual format, we shall include them in the Calendar.

We care very much about supporting our community, and especially so in these troubling times. Please let us know how we may help you.

On behalf of Team SPECTRUM, Be Safe

*The COVID 19 pandemic has required many changes in our world to stem the tide of infections and eventually end this outbreak, sadly costing so many lives. Social distancing and self-isolation, while essential for managing this crisis, creates new challenges to our livelihoods, the economy and our physical and mental health. We need to connect and especially in times of high anxiety and fear.*

*SPECTRUM, due to public health concerns, has had to shutter its doors until public health officials give the all-clear. The duration of this closure is unknown. We recognize services need to be provided in some fashion. After some investigation and testing, the board settled on licensing the Zoom meeting solution.*

*Zoom was chosen because it provides an easy-to-administer environment, and is simple for participants to access on a variety of platforms. It gives the feeling of a live in-person group meeting within a virtual space.*

*SPECTRUM will be hosting as many of its regular program meetings on the same evenings as usual. Meetings will be posted on FaceBook (<https://www.facebook.com/SpectrumCommunitySpace/>), Twitter ([https://twitter.com/our\\_SPECTRUM](https://twitter.com/our_SPECTRUM)) and in the Rainbow Community Calendar giving dates, times, and the required web URL attendees can use to join meetings of interest.*

*When you click the URL, you will be taken to the Zoom meeting and given instructions on how to join. Arrive a few minutes early so that you can be sure that your device is set up and ready. The browser/app will instruct you on the required steps.*

*Please refer to the tutorial <https://support.zoom.us/hc/en-us/articles/201362193-joining-a-meeting> for further details on joining a meeting. Meetings can be attended through browsers on machines that run Windows, macOS, Android and iOS.*

*We are pleased to be of service to our community. We will do our best to support you through regular programs during these difficult times. It is a pleasure to be of service, and we welcome your feedback through [president@ourspectrum.com](mailto:president@ourspectrum.com) and [trans@ourspectrum.com](mailto:trans@ourspectrum.com).*

## April Virtual Events

Starting April 1

**SPECTRUM Prime Online.** 7:00 to 9:00 p.m., first and third Wednesdays of the month – **April 1** and **15**. We see things differently as we age. As maturing members of the LGBTQ community. Please join us for a casual discussion and social group for maturing adults. To join our online gathering, please send a request to: [virtual@ourspectrum.com](mailto:virtual@ourspectrum.com)

Starting April 2

**SPECTRUM Thursday Drop-In Online** This social drop-in event **every Thursday** between 12:00 to 4:00 p.m. This is a great opportunity to connect with community! To join our online gathering, please send a request to: [virtual@ourspectrum.com](mailto:virtual@ourspectrum.com)

**SPECTRUM Online Transgender General Peer Support Group.** 7:00 to 9:00 p.m. on Thursday, **April 2** and **16** and Monday **April 13** and **27**. A normalizing environment for anyone identifying in the transgender **18+** The meeting link is <https://zoom.us/j/531635533?pwd=Vjkrd3dwYXpsV2szalFHVnNqZm5KUT09> and the meeting ID is 531 635 533. If this is your first meeting you will be required to download the Zoom app before you can join the meeting. You can email [trans@ourspectrum.com](mailto:trans@ourspectrum.com) to be added to the invite list.

Starting April 4

**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: [virtual@ourspectrum.com](mailto:virtual@ourspectrum.com)

Starting April 6

**SPECTRUM TransMasculine Online Peer Support Group.** 7:00 to 9:00 p.m. **Every first and third Monday**. A safe environment for anyone identifying in the TransMasculine variant umbrella **18+** Meeting link: <https://zoom.us/j/531635533?pwd=Vjkrd3dwYXpsV2szalFHVnNqZm5KUT09> meeting ID: 531 635 533. If this is your first meeting you will be required to download the Zoom app be-

fore you can join the meeting. You can email [trans@ourspectrum.com](mailto:trans@ourspectrum.com) to be added to list.

Starting April 7

**SPECTRUM Tuesday Drop-In Online** This social drop-in event **every Tuesday** 12:00 to 4:00 p.m. is a great opportunity to connect with community! To join our online gathering, please send a request to: [virtual@ourspectrum.com](mailto:virtual@ourspectrum.com)

April 8

**Aging with Pride Committee Online business Meeting** If you are interested in helping us improve life for older LGBTQ-identified people, please attend this online monthly Committee meeting on the second Wednesday of each month 6:30 to 8:30 p.m. To join our online gathering, please send a request to: [virtual@ourspectrum.com](mailto:virtual@ourspectrum.com)

April 12

**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 LGBTQ+ across the world. We meet on the second Sunday of the month. To join our online gathering, please contact [virtual@ourspectrum.com](mailto:virtual@ourspectrum.com)

April 16

**Sexual Assault Survivors Online Group** 2:00 to 3:30 p.m. An online support group for LGBTQ+ survivors of sexual violence. 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)

April 18

**Rainbow Family Online Drop-In** 10:00 a.m. to noon. Join other LGBTQ2S+ Families from KW and surrounding areas for monthly drop-in programming geared to ages 0-6. All children and families welcome! On the third Saturday morning of the month. Email [KWQueerFamilies@gmail.com](mailto:KWQueerFamilies@gmail.com) to learn how to participate in this online group.

April 21

**SPECTRUM Transgender Non-Binary Online Peer Support Group** 7:00 to