



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 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 2.0 Moves Online 2020

All program meetings will move to
an online/virtual format

Update on TransNAV Directory Project



by Alyssa "Twist" Light

We are excited to inform you that the creation of the TransNAV Directory is well underway!

We've created a survey with a fabulous software called VideoAsk. You can access the survey here. <https://www.videoask.com/fb8ui-5jrg> Please share the survey with people you know who are on a gender journey. The survey can be completed anonymously and all collected data will be deleted after the project is complete.

Completed surveys will help us di-

rect our efforts – specifically what order our research will be done in and how we categorize elements of the directory. We are researching service providers and professionals in the following categories: Medical, mental health, legal, employment, housing, personal, and social.

The listings will focus on Waterloo Region, though there will be some listings from outside the region for providers such as surgeons and other medical professionals.

The team working on the project is a diverse team and includes members of the trans community.

We hope that you're as excited as we are about the development of this incredible project. The directory is expected to be completed in mid-December and will be available in early 2021. Access to the directory will be available 24/7 on the internet. We will publish the website link as soon as the project is complete!

SPECTRUM regrets that we are suspending meetings for the Virtual transgender Non-Binary Peer Support Group temporarily due to low attendance.

November Virtual Events

Starting November 2

SPECTRUM Virtual Transgender TransMasculine 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.

Starting November 3

OK2BME Virtual Youth Group 6:00 to 7:30 p.m. Super Queeroes! <https://ok2bme.ca/event/virtual-youth-group-super-queeroes/>

Starting November 4

The K-W Unity Mosque, an inclusive, gender-equal and LGBTQ+ affirmative mosque, meets every Wednesday evening at 6:00 p.m. Muslim and non-Muslims warmly welcomed. Contact Fran at: franpappertshannon@gmail.com

SPECTRUM Prime Online. 7:00 to 9:00 p.m., first and third Wednesdays of the month – **November 4** and **18**. 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

November 5

SPECTRUM Online 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 November 6

day5games. 7:00 to 11:00 p.m. **every Friday** hosted through SPECTRUM'S Zoom. Join us as we gather online to play virtual board and card games, assemble jigsaw puzzles and fiddle with constructions in an informal atmosphere. (Bring Your Own Puzzle) Please send an email to games@ourspectrum.com to request access.

November 7

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

November 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 LGBTQ+ across the world. We meet on the second Sunday of the month. To join our online gathering, please contact virtual@ourspectrum.com

November 10

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

November 12

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

November 17

OK2BME Virtual Youth Group 6:00 to 7:30 p.m. LGBTQ2+ Music <https://ok2bme.ca/event/virtual-youth-group-lgbtq2-music/>

Waterloo-Wellington Perth PFLAG 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

November 17

Online: Renison Lecture Series: Journeys at the Intersection of Faith and Sexuality 7:00 to 8:30 p.m. The relationship between organized religion and Two-spirit, lesbian, gay, bisexual, queer, and trans (2SLGBTQ+) communities is complicated, with religious-based faith being both a source of suffering and comfort for 2SLGBTQ+ people. <https://www.eventbrite.ca/e/renison-lecture-series-journeys-at-the-intersection-of-faith-and-sexuality-tickets-125527236343>

November 19

OK2BME Virtual Youth Group 9:00 a.m. to 12:00 p.m. FREE Public Education: How to Talk to Your Kids and Clients About Sex and Dating. <https://ok2bme.ca/event/how-to-talk-to-your-lgbtq2-kids-and-clients-about-sex-and-dating/>

November 24

SPECTRUM Legal Aid Clinic operates on the **fourth Tuesday of the month.** 5:00 to 8:00 p.m. <http://ourspectrum.com>

[com/projects/spectrum-legal-aid-clinic/](http://ourspectrum.com/projects/spectrum-legal-aid-clinic/) To make a telephone appointment, contact legal-aid@ourspectrum.com. 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.

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

November 25

SPECTRUM Converse and Connect Online Whether you're thinking about coming out, newly out, or out for ages, 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

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)