

December 23

**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 <https://ok2bme.ca/event/virtual-youth-group-fandom-night/> 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)

**SPECTRUM Legal Aid Clinic** now operates all month long! Contact us by email [legal-aid@ourspectrum.com](mailto: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.

SPECTRUM Celebration of Community Noon to 10 PM. Save the date! For the fifth year in a row, SPECTRUM will be hosting a community gathering on Dec. 25. This year we are going to be doing it using Zoom. Here is the Zoom address: <https://bit.ly/2Jrm6f3> Join us for good company and good times with your chosen family. Drop in whenever you are able to. We'd love to have you join us!

## 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 December

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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

All program meetings will move to  
an online/virtual format



**We're Hiring.**

Join the Capacity-Building Project | [ourspectrum.com/careers](https://ourspectrum.com/careers)

**Project Coordinator**

**Marketing & Development Coordinator**

**Program & Partnership Coordinator**

1 year full-time positions  
January-December 2021

Applications will be accepted until Sunday  
December 6, 2020 at 5:00pm EST.

**SPECTRUM**  
WATERLOO REGION'S RAINBOW  
COMMUNITY SPACE

**DONATE**

Give the gift of safe & supportive space

**#AcrossTheSpectrum**

[ourspectrum.com/acrossthespectrum](https://ourspectrum.com/acrossthespectrum)

## December Virtual Events

**Starting December 1**

**OK2BME Virtual Youth Group** 6:00 to 7:30 p.m. Ways to mental well-being. <https://ok2bme.ca/event/virtual-youth-group-ways-to-mental-wellbeing/>

**Starting December 2**

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

**SPECTRUM Prime Online**. 7:00 to 9:00 p.m., first and third Wednesdays of the month – **December 2 and 16**. 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 December 3**

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

**Starting December 4**

**day5games**. 7:00 to 11:00 p.m. **every Friday** (except Dec. 25) 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](mailto:games@ourspectrum.com) to request access.

**Starting December 5**

**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)

**December 7**

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

**December 8**

**OK2BME Virtual Youth Group** 6:00 to 7:30 p.m. Truth Games Fandom Night. <https://ok2bme.ca/event/virtual-youth-group-fandom-night/>

**December 10**

**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)

**December 13**

**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)

**December 15**

**OK2BME Virtual Youth Group** 6:00 to 7:30 p.m. Holi-gay Party <https://ok2bme.ca/event/virtual-youth-group-holi-gay-party/>

**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](mailto:waterloo@pflag-canada.ca)