

January 19

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

OK2BME Virtual Youth Group 6:00 to 7:30 p.m. <https://ok2bme.ca/events/2021-01/>

January 26

SPECTRUM Legal Aid Clinic now operates all month long! Contact us by email 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.

OK2BME Virtual Youth Group 6:00 to 7:30 p.m. <https://ok2bme.ca/events/2021-01/>

January 27

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 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)

2021 January

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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 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 2021

All program meetings will move to
an online/virtual format

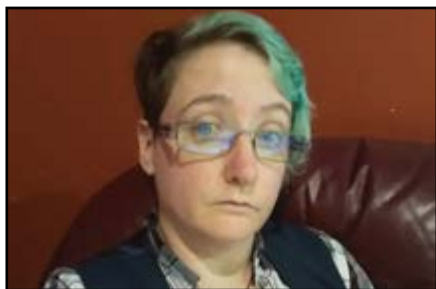
Project Excelsior

SPECTRUM is pleased to announce Project Excelsior. A Project Team of three individuals has been hired for the year 2021 to work with the Board to transform SPECTRUM into a stronger, more resilient organization. We will then have much greater capacity to serve the LGBTQ2+ community in Waterloo Region. Ever upward! EXCELSIOR!

Project Team

Project Coordinator

Scott Williams will lead the Project. As well, he will focus on assets and systems related to internal organization and governance, and also strategic and financial planning.



Marketing / Development

Ash Kreider will work to determine LGBTQ2+ community needs, and they will then address those needs through improving the marketing of our services and programs.

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Program / Partnership

Shannon Henderson will develop supports for program assessment, volunteer management, and training (both for volunteers and for community groups and businesses).

January Virtual Events

Starting January 1

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 to request access.

Starting January 2

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

Starting January 4

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 January 5

OK2BME Virtual Youth Group 6:00 to 7:30 p.m. <https://ok2bme.ca/events/2021-01/>

Starting January 6

SPECTRUM Prime Online. 7:00 to 9:00 p.m., first and third Wednesdays of the month - **January 6** and **20**. 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

Starting January 7

SPECTRUM Virtual 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

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January 10

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

January 12

OK2BME Virtual Youth Group 6:00 to 7:30 p.m. <https://ok2bme.ca/events/2021-01/>

January 13

The K-W Unity Mosque, an inclusive, gender-equal and LGBTQ+ affirmative mosque, meets online every second Wednesday evening at 8:00 p.m. Muslim and non-Muslims warmly welcomed. Contact Fran at: franpappertshannon@gmail.com

January 14

Online: OK2BME - Becoming an LGBTQ2+-Inclusive Agency: Bill C-16 9:00 a.m. to 12:00 p.m. In this workshop, participants will learn about key practices to creating an inclusive and supportive workplace for LGBTQ2+ employees. Participants will be provided with information about Bill C-16, its implications for Canadian workplaces, and suggestions for application. Register here: https://zoom.us/webinar/register/WN_e_UU299-TNOFvBr7_o5tUA

LGBTQ+ Healthy Relationships Support Space 2:00 to 3:30 p.m. An open space for folks in the LGBTQ2S community to discuss healthy relationships. This group will be facilitated by counsellors who identify as part of the LGBTQ+ community. 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