

March 16

**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)

March 23

**OK2BME Virtual Youth Group Women's History Month** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-womens-history-month/>

March 24

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

March 30

**OK2BME Virtual Youth Group Trans Visibility** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-trans-visibility/>

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

## 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)

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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 wants to thank our dedicated team of volunteers and employees who continue to provide much needed support to our community during the public health emergency through online programming.

# Volunteer Grant Writer

SPECTRUM is seeking volunteer Grant Writers to join its Financial Development Committee!

By volunteering on the Financial Development Committee you can help ensure that adequate funds are available to carry out the services and programs of SPECTRUM for the benefit of the LGBTQ2+ community in Waterloo Region.

The Grant Writer will be responsible for working with the Development Officer and Executive Director to identify grant opportunities, write applications, and write reports.

We require dedicated volunteers with 5-10 years of previous experience in writing business proposals. Strong writing skills and experience in creating detailed budgets are a must.

To apply, please email [development@ourspectrum.com](mailto:development@ourspectrum.com)



## March Virtual Events

### Starting March 1

**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.

### March 2

**OK2BME Virtual Youth Group Bisexual Health Awareness Month** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-bisexual-health-awareness-month/>

### Starting March 3

**SPECTRUM Prime Online.** 7:00 to 9:00 p.m., first and third Wednesdays of the month – **March 3** and **17**. Please join us for a casual discussion and social group for maturing adults. To join our online gathering, please send a request to: [info@ourspectrum.com](mailto:info@ourspectrum.com)

### Starting March 4

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

**Online: OK2BME - Trauma Informed Inclusive Service Delivery for LGBTQ2+ People** 9:00 a.m. to 12:00 p.m. <https://ok2bme.ca/event/trauma-informed-inclusive-service-delivery-for-lgbtq2-people-2/>

### Starting March 5

**day5games.** 7:00 to 11:00 p.m. **every Friday** hosted through SPECTRUM'S Zoom. Join us online to play virtual, tabletop board games in a casual, social environment. Please send an email to [games@ourspectrum.com](mailto:games@ourspectrum.com) to request access.

### Starting March 6

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

### March 9

**OK2BME Virtual Youth Group The Initialism (LGBTQ2+)** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-the-initialism-lgbtq2/>

### March 10

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

### March 11

**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](mailto:groups@sascwr.org)

### March 14

**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 LGBTQ2+ across the world. We meet on the second Sunday of the month. To join our online gathering, please contact [rainbownewcomers@ourspectrum.com](mailto:rainbownewcomers@ourspectrum.com)

### March 16

**OK2BME Virtual Youth Group COVID-19 Turns One!** 6:00 to 7:30 p.m. <https://ok2bme.ca/event/virtual-youth-group-covid-19-turns-one/>