

be YOURSELF at



We act as an information hub for our LGBTQ community, as well as provide services, support programs, and social & recreational opportunities. Some of our activities and programs include:

School & Community Support for Youth

gaymday

Trans* Peer Support Group

Lending Library—Films & books

Lazy Queer Reading Circle

Older Adults Coming Out Group

Community Info & Calendar

Local History Information

Lectures, Workshops and More

SPECTRUM proudly supports the PFLAG (Parent & Friends of Lesbians and Gays) Chapter of Waterloo, Wellington & Perth Regions.

42 Erb St. E., Unit K, Waterloo, Ontario N2J 1L6

Email: info@ourspectrum.com | Website: www.ourspectrum.com

Facebook: <http://www.facebook.com/SpectrumCommunitySpace>

Twitter: @spectrumwat

Hours of Opening: see www.ourspectrum.com



The Rainbow Pages

Waterloo-Wellington

a directory of resources of interest to the local LGBTQ communities

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The Rainbow Pages Waterloo-Wellington

is a directory published by SPECTRUM listing resources of interest to the LGBTQ communities of Waterloo Region & Wellington County. Edition 1.0 © 2014, October. Rainbow book image courtesy of shutterstock.com

Purpose: The Waterloo-Wellington LGBTQ communities have not had a composite resource directory since publication of the *Rainbow Directory 2001/2002* by Waterloo-Wellington Regional Pride [the earlier name of the tri-Pride Community Association]. The *Rainbow Pages – Waterloo-Wellington* is intended to fill that gap.

Scope: In the first edition, we are restricting resources to groups, agencies and professionals who offer services likely to be of interest to the local LGBTQ communities. In subsequent editions we expect to broaden the scope to include commercial establishments that do not offer professional services. NOTE: The only resources that we include that are not based in Waterloo-Wellington are Ontario-wide service agencies.

Audience: This publication has two target audiences: (1) members of the **local LGBTQ communities** who are interested in learning about resources that are available to them, and (2) professionals in the **local service agencies** who would like to be able to refer clients of theirs appropriately.

Origins: Initial gathering of this data began August 2012, when SPECTRUM – Waterloo Region’s Rainbow Community Space first opened its doors. The information was placed at first on a bulletin board in the SPECTRUM Office. When SPECTRUM spun off from the Waterloo Region Rainbow Coalition in February 2013, SPECTRUM created its own website with the directory information online as part of the website. With time, the number of categories in the online directory grew and the amount of information increased.

In July 2014, SPECTRUM decided that it would be useful to publish a condensed version of the online directory – retaining every entry, but shortening each one to a manageable form, with a link back to the more detailed directory online. Additional information was gathered by sending review copies to local professionals in the social service sector.

Format: The publication is in booklet format (8.5" x 5.5"). Directory entries are grouped into categories, which are arranged alphabetically.

Availability: SPECTRUM has printed a limited number of copies and has made them available at the SPECTRUM Office. The primary mode of distribution is electronic. The most recent version is found at <http://ourspectrum.com/TheRainbowPages.html> More detailed information for most entries is online at <http://ourspectrum.com/CommunityEvents.html>

Feedback: Send suggestions for additions/changes to TheRainbowPagesWW@gmail.com

SPECTRUM is located at 42 Erb St E, Waterloo. Website: <http://ourspectrum.com/>
Facebook: <http://www.facebook.com/SpectrumCommunitySpace>
Twitter: @spectrumwat Email: info@ourspectrum.com



Get Tested! It's Easy!
Free and confidential.
No health card is required.

Anonymous Drop-In HIV Testing Clinic at ACKKWA
EVERY THURSDAY 4 - 7PM

203 - 639 King Street West
Kitchener, ON N2G 1C7

Phone: 519-570-3687
Toll Free: 1-877-770-3687

@AIDSKW
facebook.com/ACKKWA
ackkwa.com
education@ackkwa.com

ACKKWA's programs and services depend on donations from community minded individuals like yourself!

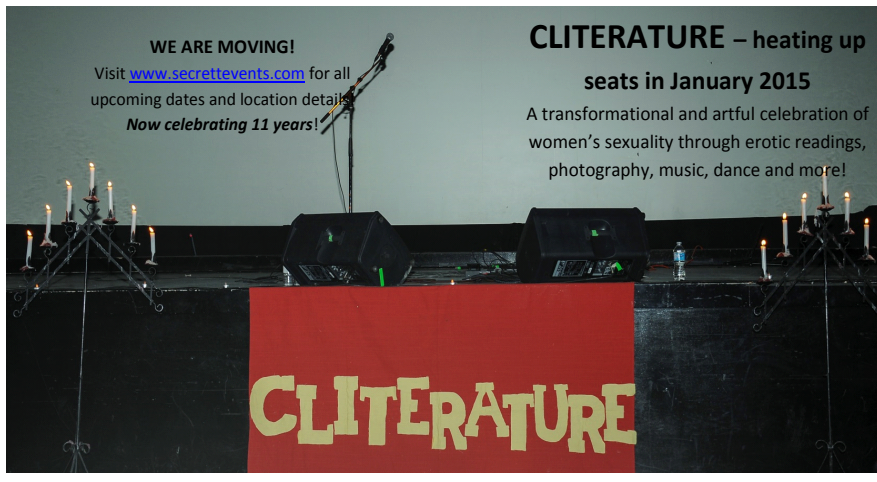
DONATE TODAY
www.canadahelps.org/dn/13452

CanadaHelps.org
Giving made simple.

Programs & Services at ACKKWA

Volunteer Services	Even a few hours makes a difference! (Netflix won't miss you, we promise)
Support Services	Assistance to those living with or affected by HIV (Basically superheroes)
Capacity Development	Skill building for people living with HIV (Can't stop, won't stop)
Gay Men's Sexual Health	Education outreach to men who have sex with men (GMSH - Gorgeous, Magical, Supportive, Humans)
African & Caribbean	Strategy for education outreach to black communities (Community within community)
Youth Services	Increase knowledge of HIV/STI's among youth (We can hook you up)
Community Outreach	Providing harm reduction services to those at risk for HIV (Meeting people where they're at since 1991)
Women's Community Development	Encourage regional service providers to promote HIV testing among women (Breaking down barriers)





PFLAG CANADA

We're there when it seems no one else is.

PFLAG Canada is Canada's only national organization that helps all Canadians with issues of sexual orientation, gender identity and gender expression.

PFLAG Canada - Waterloo, Wellington, Perth Region sponsors a Parents, Family & Friends Support Group

Contact Information

Email: waterloo@pflagcanada.ca

Facebook: <http://www.facebook.com/PFLAG.WWP>

Please check the Facebook page for info on our events.



'Older Adults' Coming Out: Discussion Group

A discussion group to support people coming to terms with their sexual orientation or gender identity/expression at an older age.

Contact Information

Email: info@ourspectrum.com

Webpage: <http://ourspectrum.com/Seniors/ComingOutOlder>

Please check the Webpage for info on our meetings.

Arts Organizations/Events

Cliterature. A transformational and artful celebration of women's sexuality featuring erotic readings, film, photography, music, dance and more.

<http://secrettevents.com/>

Femme Fatale Creations. An award-winning LGBTQ film-production company, specializing in queer films, social justice documentaries and wedding videos for all couples. Creative Director: Melissa Sky (melissasky@hotmail.com).

<http://femmefilms.ca/>

Guelph Pride. Organizes an annual celebration for Guelph's Queer (LGBTTIQQ2A) community, their friends, families, and allies of all ages.

chair@guelphpride.com
<http://www.guelphpride.com/> and
<http://www.facebook.com/groups/113505482017185/>

Kitchener-Waterloo Poetry Slam.

Sponsors a series of community-building spoken-word poetry events in Kitchener/Waterloo. LGBTQ-friendly.

<http://www.kwpoetryslam.com/>

Lazy Queer Reading Circle. Join us as we read short stories and articles followed by a discussion. At SPECTRUM.

<http://www.facebook.com/groups/spectrumlazy/>

Modus Vivendi Village Players. Creates and presents theatre for and about people with LGBTQ identities.

<http://www.facebook.com/ModusVivendiVillagePlayers>

Rainbow Chorus Waterloo-Wellington. Presents concerts by amateur local non-auditioned choral singers.

<http://www.rainbowchorus.ca/> and
<http://www.facebook.com/groups/2372223201/>

Rainbow Reels Queer Film Festival (QFF). Presents new films that increase awareness of queer, lesbian, gay, bisexual & trans issues.

<http://www.facebook.com/rainbowreels>

tri-Pride Community Association.

Produces the LGBTQ pride festival celebration in Waterloo Region.

<http://www.tri-pride.ca/> and
<http://www.facebook.com/groups/5561710562>

Counsellors/Therapists

Armar Counselling, Rachel Mahrer, MSW, RSW. Specialities: sexual orientation and gender identity/expression. Waterloo & Guelph offices.

519 830-6389.

<http://armacounselling.wordpress.com/>

Carm De Santis. Specialities in sexual orientation, gender orientation, and sexual expression. Kink friendly and queer positive. Guelph. 519 835-3652.

<http://www.bestco.info/therapistlocatorpf.php?SubmitAction=Name&txtName=Carm>

Holly Mathers. Specialities: illness, bereavement, sexual orientation and gender identity. Kitchener.

519 513-9216. <http://hopeforfamilies.net/>

Inclusive Counselling, Consulting & Training. Allisa Scott specializes in diversity, gender and sexuality, and identifies in the community as well. She can write HRT letters for trans-identified people. Works with kink and poly-identified people. Waterloo Region.

519 749-9505. <http://www.inclusive-cct.ca/>

Karen Grierson, Marriage & Family Therapist. Specialities: gender identity and fluidity, sexual orientations, BDSM, polyamory, and swingers. Kitchener. 519 722-2395. <http://www.kgrierson.com/>

Kevin Stafford, M.Sc. Speciality: gender identity. Queer, Trans, Gay, Poly and Kink friendly. Guelph. 519 767-6581. <http://www.kevinstafford.com/>

Kris Pryke. A psychologist who provides a full range of assessment and counselling services to children, adolescents, young adults, and families. She also works with trans-identified people. Waterloo. 519 496-9555. <http://www.drkrispryke.com/>

KW Counselling Services. Diverse range of programs, including those for the LGBTQ community. <http://www.kwcounselling.com/>

Leah Neumann MSW, RSW, LCSW. Specialities: sexual orientation, gender expression and identity, and HRT readiness assessments. Waterloo. 226 220-8766. http://therapists.psychologytoday.com/rms/name/Leah_Neumann_MSW,RSW,LCSW_Waterloo_Ontario_87989

OK2BME at KW Counselling Services. Offers LGBTQ-positive individual and family counselling for children, teens, and their parents. All Therapeutic Counsellors hold a Master's degree in a counselling-related discipline, and have extensive knowledge and experience dealing with issues related to sexual and gender diversity. All services are free of charge. Kitchener. 519 884-0000. <http://ok2bme.ca/>

Suzanne Welstead. Specialties in relationship difficulties, sexual orientation,

gender identity and/or expression, pain during sex, low desire, and erectile dysfunction. Guelph office at 519 994-3327. <http://www.suzannewelstead.com/>

Distress Support

Addictions, Mental Health, & Crisis Line. Operated by Canadian Mental Health Association – Waterloo Wellington Dufferin. 1 844 437-3247. <http://www.cmh.ca/>

Lesbian Gay Bi Trans Youth Line. Peer-support phone line for lesbian, gay, bisexual, transgender, transsexual, two-spirited, queer and questioning young people. Toll-free Phone: 1 800 268-9688. <http://www.youthline.ca/>

OUTline. A resource and support service specializing in questions relating to sexual orientation and gender identity based at the University of Guelph. 519 836-4550. Guelph. <http://www.uoguelph.ca/~outline/> and <http://www.facebook.com/pages/OUTline/11920581589>

Partners of Survivors. A peer-support group that is inclusive of all genders and orientations, and addresses the unique stresses of supporting a survivor in an intimate partnership. Run by Community Justice Initiatives. 519 744-6549. <http://www.cjiwr.com/>

Sexual Assault Support Centre of Waterloo Region. Provides a support line for anyone who has experienced sexual violence as a child or adult, and their friends and families. 24-hour crisis & support line. 519 741-8633.

weddings, and are licensed wedding officiants of **Unity Kitchener.** <http://www.unitykitchener.com/>

Unitarian Congregation of Guelph. Performs same-sex weddings. Ceremony traditions celebrate the Judeo-Christian, the non traditional, the humanist, pagan, liberal roots from which Unitarianism arose. 519 836-3443. <http://www.guelph-unitarians.com/>

Weddings Of Love. Chris J. Love performs non-religious ceremonies, including same-sex ceremonies. Waterloo-Wellington. <http://www.weddingsoflove.com/>

Wesley United Church. Performs weddings in Christian and nonreligious traditions; they have done same-sex marriages. Cambridge. <http://www.wesleyunited.ca/>

Youth Resources

Connect Rainbow Youth This outreach program of SPECTRUM provides support for local GSA (Gay Straight Alliance) clubs. Events provide a safe space

for discussion, educations, games, activities and/or socializing. <http://www.facebook.com/groups/connectrainbow/>

Lesbian Gay Bi Trans Youth Line. Peer-support phone line for lesbian, gay, bisexual, transgender, transsexual, two-spirited, queer and questioning young people. Toll-free Phone: 1 800 268-9688. <http://www.youthline.ca/>

OK2BME. A set of support services for LGBTQ youth in Waterloo Region. Free, confidential counselling, drop-in social groups, and fun annual events like Pride Prom and the GSA Conference. Based out of K-W Counselling Services, 480 Charles St. East, Kitchener. <http://www.ok2bme.ca/> and <http://www.facebook.com/pages/OK2BME/153983389412>

Pride & Prejudice - Guelph. A group for lesbian, gay, bisexual, transgender, queer, or questioning youth (ages 14-23). The group is run by **ARCH (HIV/AIDS Resources & Community Health).** Currently, **Pride & Prejudice** is offered by trained, LGBTQ facilitators in Guelph and Owen Sound. 519 763-2255 ext 135. education@archguelph.ca <http://www.qlinks.ca/pride-and-prejudice>

YOUR AD HERE!

We expect to issue Edition 2.0 of The Rainbow Pages in early 2015. Our rates are \$250 for a half-page ad, and \$500 for a full-page ad. We can also make arrangements for other sizes as well. Please note that a full-page is 5.5"x8.5", and we need some room for margins. Contact us at TheRainbowPagesWW@gmail.com

awareness, education and support in Waterloo Region and beyond.
<http://www.facebook.com/WWGenderVariance>

University/College Groups

Conestoga Gay-Straight Alliance. A social support group for the queer community and their supportive friends at Conestoga College. 519 748-5131.
<http://www.facebook.com/groups/conestogagsa>

Glow Centre for Sexual and Gender Diversity. A student organization at the University of Waterloo that offers discussion groups, social events, advocacy opportunities, awareness campaigns, resources, and information. 519 888-4567 ext. 38569 Student Life Centre (SLC) 2102, UW.
<http://www.feds.ca/glow/> and <http://www.facebook.com/glowuw>

Guelph Queer Equality (GQE). Provides a safe space and supportive environment for all people in the trans, bisexual, lesbian, and gay community. People of all races, religions, sexual orientations, genders, ages, and abilities are welcome. University of Guelph, 519 824-4120 ext.56702. gqe@uoguelph.ca
<http://www.facebook.com/gqe.uofg>

UW Women's Centre. Provides a female-positive and supportive environment on campus for women and trans* folk. 519 888.4567 x33457.
<http://www.feds.ca/women/>

WLU Center for Women and Trans People. A student service that strives to build a community of people and ideas that challenge and examine gender inequalities. 519 884-0710 x 4444.

http://www.wlu.ca/page.php?grp_id=80&p=1489

WLU Rainbow Centre. Advocates for and provides awareness about the queer and trans* community, and acts as a social outlet and resource centre.
<http://www.facebook.com/WLURainbowCentre>

Wedding Officiants

Cat Shier. A Licensed Officiant who performs civic, spiritual, and handfasting (both Wiccan and altered to suit non-Wiccans) ceremonies. She has done same-sex weddings. 519 496-7448 cat.shier@gmail.com

Grand River Unitarian Congregation. Rev. Jessica Rodela works with licensed officiants who are trained and experienced in a variety of traditions; they perform same-sex wedding ceremonies. Kitchener.
<http://www.grandriverunitarian.ca/>

Harcourt Memorial United Church. Performs same-sex weddings. You do not have to be a member of the congregation to be married at Harcourt. The ceremonies are in the liberal Christian tradition. Guelph. 519 824-4177. office@harcourtuc.ca
<http://www.harcourtuc.ca/>

Marty Papernick. A wedding officiant with All Seasons Weddings. He is based in Fergus. He does spiritual or non-denominational ceremonies, and also same-sex weddings.
<http://allseasonsweddings.com/wedding-officiants/profile/marty-papernick>

Rev's Sharon and Susan specialize in meaningful, individualized same-sex

<http://www.sascwr.org/>

Toronto AIDS and Sexual Health Information Line. A province-wide, free, anonymous service staffed by professional, multidisciplinary and multicultural counsellors. Toll free: 1 800 668-2437. <http://sexualhealthontario.ca/sexual-health-resources/>

Women's Crisis Services of Waterloo Region. Programs to help women and children move beyond violence, including 24-hour support lines. Telephone: 24 Hour Support - Cambridge 519 653-2422 | Kitchener-Waterloo 519 742-5894 | Toll-Free 1 800 410-4482.
<http://www.wcswr.org/>

YWCA – Kitchener-Waterloo – Mary's Place. A 60-bed emergency shelter for women (16 and older), transgendered people, and families who are experiencing homelessness. Parents of either gender with children who are homeless are welcome to stay at Mary's Place. Emergency housing line: 519 744-0120.
<http://www.ywcakw.on.ca/emergency-shelter>

Faith/Spiritual Groups

Christ Lutheran Church. A full-inclusion congregation of the Eastern Synod of the Evangelical Lutheran Church in Canada. Waterloo. 519 885-4050.
<http://www.christwaterloo.ca/>

Emmanuel United Church. Acknowledges all as children of God regardless of age, gender, gender identity, sexual orientation, race, ethnic background, ability or economic circumstance. Waterloo. 519 886-1471.

<http://www.emmanueluc.ca/>

Grand River Unitarian Congregation. A Welcoming Congregation, openly affirming of the worth and dignity of ALL persons. Kitchener. 519 742-0432.
<http://www.grandriverunitarian.ca/> and <http://www.facebook.com/GrandRiverUnitarianCongregation>

Harcourt Memorial United Church. A welcoming and affirming ministry that works for inclusion and justice for gay, lesbian, bisexual and transgender people within the United Church and in society. Guelph. 519 824-4177.
<http://www.harcourtuc.ca/> and <http://www.facebook.com/pages/Harcourt-Memorial-United-Church-Guelph-Ontario/280433658696935>

KW Living Room Community of Faith. An independent church that is not part of a larger denomination. LGBT people are fully included in our community at all levels, including church leadership. Kitchener. <http://www.thekwlivingroom.ca/> and <http://www.facebook.com/pages/The-KW-Living-Room/113324018728740>

Parkminster United Church. An Affirming United Church Congregation that openly welcomes the LGBTQ community as part our faith group. Waterloo. 519 885-0935. <http://www.parkuc.ca/>
<http://www.facebook.com/ParkminsterUC>

Queer Pagan Discussion Group. A discussion and social group based in Kitchener, Ontario for Pagans, Wiccans, Ásatrú-ar, Druids, Radical Faeries, witches, mystics, seekers, etc. interested in exploring LGBTQ-related myth, lore, magic, ritual, beliefs and practices.
<http://www.facebook.com/groups/303450009706947/>

Trinity Lutheran Church. Has been an

inclusive, welcoming and affirming congregation for many years. New Hamburg. 519 662-1810. <http://www.telc.ca/>

Unitarian Congregation of Guelph.

Welcomes the membership and active participation of lesbians, gay men, and bisexual and transgender people. Guelph. 519 836-3443. <http://www.guelph-unitarians.com/> and <http://www.facebook.com/guelphunitarians>

Unity Kitchener. Believes that sexual orientation is one of the many unique ways in which God expresses Itself though us and is to be celebrated and honoured as part of who we are! Kitchener. 519 894-0810. <http://www.unitykitchener.com/> and <http://www.facebook.com/unitykitchener>

Wesley United Church. Open to all people including, but not limited to: Conventional Christians and questioning skeptics, believers and agnostics, women and men, all sexual orientations, all classes and abilities. Cambridge 519 621-6060. <http://www.wesleyunited.ca/>

Westminster United Church. An open-spirited, affirming, child-friendly congregation. Waterloo. 519 746-6080. <http://www.westminsterunited.ca/>

Family Resources

Family & Children's Services of Guelph and Wellington County - Adoption & Fostering. Places children for adoption or fostering with a wide variety of people, including single persons and same sex couples. Guelph. 519 824-2410. <http://www.fcsgw.org/adoption-fostering/> and <http://www.facebook.com/pages/Adopt-Foster->

[fcsgw/371460589598793](http://www.fcsgw.org/adoption-fostering/)

Foster/Adopt Waterloo Region. A division of **Family and Children's Services of the Waterloo Region.** Experience in arranging for same-sex couples to foster or to adopt children. Kitchener. 519 576-1329 Ext. 3111. <http://www.fosteringkids.ca/> and <http://www.adoptingkids.ca/>

PFLAG - Waterloo-Wellington-Perth Chapter. A chapter of PFLAG Canada, a national organization that helps people struggling with issues of sexual orientation and gender identity. The local chapter runs a **Parents, Family & Friends Support Group.** <http://www.facebook.com/PFLAG.WWP/>

Waterloo Wellington Queer Parenting Network. A Facebook group for parents who may be partnered, single, considering parenthood, pregnant, parenting and awaiting adoption or surrogate birth. We support families that are adoptive, foster, co-parented, step-parented, blended and extended. WWQPN organizes social, educational and advocacy-based activities for their families and their communities. <http://www.facebook.com/groups/318927394811937/>

Financial Services

A*Base Business Services Inc. Provides personal income tax preparation, and also tax preparation and accounting for small businesses. **Bonnie J. Babin**, the primary consultant of A*Base Business Services Inc., has many years experience and operates in Guelph. She has been a supporter of local LGBTQ events and publications for many years.

guests! Cambridge.

<http://www.biglittleclub.com/> and <http://www.facebook.com/pages/Sizzle/169438153100987>

Southern Ontario Leather Association (SOLA). A pansexual organization dedicated to education and understanding of the leather/BDSM/Fetish community. <http://leathertraditions.ca/>

SPECTRUM. Waterloo Region's LGBTQ community space. Offers a variety of services and programs (see back cover) - lending library (films and books), peer support groups, gaymday, reading circle, social events, information hub for the community. Drop-in hours listed at <http://ourspectrum.com/> and <http://www.facebook.com/SpectrumCommunitySpace>

Trans* Peer Support Group. Provides a safe and supportive environment for anyone that identifies within the trans/gender variant umbrella. @ SPECTRUM. <http://ourspectrum.com/Trans/TransPeerSupportGroup.html>

Tri-City Bear Meat. For Bears, Cubs & Otters @Sizzle <http://tcbm.bear-it.ca/> and <http://www.facebook.com/tricitybearmeat>

WOODS (Women Out Opening Doors Socially). A local social group for lesbian-identified women in the Kitchener-Waterloo, Cambridge and Guelph areas of southwestern Ontario. Contact: woodswimmin@yahoo.ca

Trans* Resources

paTio. A confidential, non-judgmental online group for trans, genderqueer or questioning people and SOFFAs (Significant Others, Friends, Family and Allies) to meet and share resources,

stories, experiences and support. Guelph. thepatiogroup@gmail.com <http://www.facebook.com/groups/170579512997452>

Rainbow Health Ontario (RHO). A province-wide program that works to improve the health and well-being of lesbian, gay, bisexual and trans people in Ontario through education, research, outreach and public policy advocacy. Their website contains, among other things, some information about LGBTQ Health matters. 416 324-4100. <http://www.rainbowhealthontario.ca/>

Torchlight Gender Support. Meets in Waterloo Region, and is open to all transgender individuals who are seeking a better life with their gender dysphoria and their families. New people contact: grsmedia@hotmail.com

Trans* Peer Support Group. Provides a safe and supportive environment for anyone that identifies within the trans/gender variant umbrella. @ SPECTRUM. <http://ourspectrum.com/Trans/TransPeerSupportGroup.html>

Trans Resources 2013. A reference list of links to trans resources compiled by **Allisa Scott**, Inclusive Counselling, Consulting & Training (ICC&T). http://inclusive-cct.nfshost.com/Trans_Resources_2013.html

Waterloo Region Transgender Network. Shares resources and makes connections with others with the trans community in Waterloo Region and surrounding area. <http://www.facebook.com/groups/146804022626/>

Waterloo Wellington Gender-Variant Working Group. Aims to create a thriving LGBTQ community that fully includes gender variance by building

people to live at home with independence and dignity in Waterloo Region. Services include: Meals on Wheels, friendly visits, security calls, home maintenance, snow removal, transportation, community dining. Kitchener & Cambridge. 519 772-8787. <http://communitysupportconnections.org/>

Waterloo-Wellington Community Care Access Centre (CCAC). Gets people the care they need to stay well, heal at home and stay safely in their homes longer. When home is no longer an option, we help people make the transition to other living arrangements. Support may include in-home nursing and personal support, visit to CCAC community clinics, and connections to community organizations. Waterloo & Cambridge. 519 748 2222. <http://healthcareathome.ca/www/>

Social Groups / Spaces

DJ Dallas Events. An event co-ordinator and disc jockey in southwestern Ontario. <http://didallasrocks.webs.com/>

EhBC. A group interested bondage, discipline, domination and submission. A few members are also members of the LGBTQ community. <http://www.ehbc.ca/>

Euchre in the Basement. A friendly and casual atmosphere where beginners are absolutely welcome. <http://www.facebook.com/groups/180206631800/>

Friends of Dorothy Bowling League. An LGBTQ bowling group, that meets every Sunday except holidays. Meets at

Brunswick Frederick Lanes, 385 Frederick Plaza, Kitchener. <http://www.kwfriendsofdorothy.ca/> and <http://www.facebook.com/kwfo>

Gay Men's Social Group (Cambridge/Guelph/Kitchener/Waterloo). A Facebook group to post events, news, information, chat and meet others in the community. <http://www.facebook.com/groups/68553771728/>

gaymday. Provides a chance for local queers to play board games, other games, jigsaw puzzles, etc. Meet up with old friends and make new ones at SPECTRUM. <http://www.facebook.com/groups/gaymday/>

Out on the Shelf. A library and resource centre for the LGBTQ community. They also host social events for this diverse community and work to provide opportunities for its members to meet. Guelph. <http://www.outontheshelf.ca/> and <http://www.facebook.com/groups/36051311607/>

Queer Pagan Discussion Group. A discussion and social group based in Kitchener, Ontario for Pagans, Wiccans, Ásatrú-ar, Druids, Radical Faeries, witches, mystics, seekers, etc. interested in exploring LGBTQ-related myth, lore, magic, ritual, beliefs and practices. <http://www.facebook.com/groups/303450009706947/>

Secrett Events. Creates community-based, non-profit events like Cliterature, Lesbo Bingo and Euchre in the Basement. <http://secrettevents.com/> and <http://www.facebook.com/groups/18924804800/>

Sizzle. A safe and comfortable place for the LGBTQ community to socialize, play pool, dance or enjoy special musical

519 837-1524 <http://www.abase.ca/>

Renna Financial Team. Focuses on estate, retirement, investment and tax planning. She is a supporter of our community and operates in Cambridge. <http://www.yourdreamourcommitment.com/>

General Support Groups

Campout. A discussion group for newly out LGBTQ folks. University of Guelph. http://www.uoguelph.ca/~campout/CampOUT/Who_We_Are.html

OK2BME Youth Group. A drop-in, social/recreational group for LGBTQ youth that provides facilitated support and social opportunities for youth to hang out with current friends and make new ones in a safe and respectful environment. Groups run on alternating Tuesday evenings from 6-7:30pm at KW Counselling Services. The group calendar is available at: <http://ok2bme.ca/events>

SPECTRUM Drop-In Hours. Provide an opportunity for people to come by and chat, check out SPECTRUM's resources, and borrow movies and books. Our drop-in hours are listed at our website <http://ourspectrum.com/> and <http://www.facebook.com/SpectrumCommunitySpace>

Waterloo Region Rainbow Coalition (WRRRC). Promotes sustainable opportunities for advocacy, awareness, education and community-building that are respectful of the diverse interests within the Rainbow community. <http://www.yourwrrc.ca/> and <http://www.facebook.com/WRRRC.Info>

Waterloo Region Rainbow Professionals Network A forum to support connections between professionals operating within the Waterloo Region queer and questioning community. You must request to join this LinkedIn group. <http://www.linkedin.com/groups/Waterloo-Region-Rainbow-Professionals-Network-3509335/about>

Wednesday Night Discussion Group (WNDG). Provides a comfortable environment for the discussion of issues pertaining to sexual orientation and gender identity for the purposes of peer support and social networking. <http://wndg.ca/> and <http://www.facebook.com/WNDG.CA>

Working Centre. Sponsors the Job Search Resource Centre, St. John's Kitchen, Community Tools, Access to Technology, Affordable Supportive Housing and the Waterloo School for Community Development. Aims to give people access to tools to create their own work combined with continuous ways of learning and co-operating. LGBTQ-friendly. Kitchener. 519 743-1151. <http://www.theworkingcentre.org/>

Waterloo Public Interest Research Group (WPIRG). Aims to engage students and community members to become active citizens and volunteers on environmental, human rights, and social justice issues. LGBTQ-supportive. Waterloo. <http://wpirg.org/>

Health Agencies

ACCKWA (AIDS Committee of Cambridge, Kitchener, Waterloo & Area). A non-profit organization dedicated to

supporting people who are infected, affected and at risk for HIV/AIDS; it strives to create awareness about HIV/AIDS in the community. 519 570-3687. <http://www.ackwa.com/>

ARCH (HIV/AIDS Resources & Community Health). Provides multidisciplinary services, education and support in the area of HIV and AIDS through innovative health promotion strategies and community partnerships. 519 763-2255. <http://www.aidsguelph.org/>

Guelph Community Health Centre. Provides innovative primary health services and community programs, mainly for our priority groups, which include those who are homeless, on low income, or otherwise disadvantaged. Guelph. 519 821-6638. <http://www.guelphchc.ca/>

Kitchener Downtown Community Health Centre (KDCHC). Provides primary health care to eligible Kitchener residents and facilitates access to a broad range of health and social services through referrals and community partnerships. Focuses on clients who have barriers to accessing health care and often have health inequities – including isolated seniors, youth at-risk, people with low-incomes, new Canadians and people who are homeless/homeless at risk. Kitchener. 519 745-4404. <http://www.kdchc.org/>

Langs Community Health Centre. Provides primary health care service to the residents of the Preston community of Cambridge who do not have a health care provider. The North Dumfries Satellite CHC provides service to the residents of North Dumfries Township. Cambridge. 519 653-1470, Dial Ext 0.

<http://www.langs.org/>

Planned Parenthood Waterloo Region. Provides sexual health counselling and educational services based upon a strong belief in self determination, and an understanding that we all need accurate and current information to make choices and decisions appropriate for all stages of our lives. Kitchener. 519 743-6461. <http://ppwr.on.ca/>

Rainbow Health Ontario (RHO). A province-wide program that works to improve the health and well-being of lesbian, gay, bisexual and trans people in Ontario through education, research, outreach and public policy advocacy. Their website contains, among other things, some information about LGBTQ health matters. 416 324-4100. <http://www.rainbowhealthontario.ca/>

Region of Waterloo Public Health. Has a Sexual Health and Harm Reduction Program, which provides confidential, non-judgemental testing, health teaching, and treatment for sexually transmitted infections (including HIV). Counselling services are also available for a variety of topic areas (including healthy relationships, sexual orientation, sexual assault referrals and harm reduction supplies distribution). Waterloo and Cambridge. 519 575-4400. <http://chd.region.waterloo.on.ca/>

Sanguen Health Centre. Provides education, outreach, support, and comprehensive, expert medical care for those in Waterloo Region and Wellington-Dufferin-Guelph living with or at risk for Hepatitis C. Waterloo & Guelph. <http://sanguen.com/>

Maja Mitreva Paralegal Services - Immigration Services. Temporary residence applications (including work permits) & permanent residence applications (including sponsorship and skilled worker applications) for same-sex or opposite-sex partners. Serves Southern Ontario. 519 974-3172. <http://www.mmparalegal.com/>

MSM Sexual Health Resource. Information guide for new Canadian men who are gay, bisexual or other men who have sex with men (MSM) and what to do to avoid HIV and other STIs. <http://www.new2ontario.ca/>

Ontario Council of Agencies Serving Immigrants – Positive Spaces Initiative. Developed to share resources and increase organizational capacity across the sector to more effectively serve LGBTQ newcomers. They encourage agencies that deliver newcomer services to sign on as a Positive Space. <http://www.positivespaces.ca/>

SPECTRUM. Welcomes new Canadians. A physical community space that provides information on community resources—with a library of DVD films and books that may be borrowed. Also provides programs and services to the LGBTQ community. Drop-in hours listed at our website: <http://ourspectrum.com/>

Waterloo Region Immigration. A community partnership of organizations and community representatives in settlement, health, community, social services, business, employment and education systems that believe by working together, they enhance their collective potential for positive impact to support the successful settlement

and integration of immigrants locally. They maintain a list of local immigrant settlement organizations. Kitchener. 519 575-4757 ext. 3172. <http://www.immigrationwaterlooregion.ca/immigration-partnership/>

YMCAs of Cambridge & Kitchener-Waterloo - Immigrant Services. One of the primary settlement agencies within Waterloo Region, and acts as a 'first stop' for newcomers, supporting their continual process of settlement through a comprehensive client centred approach. Their programming includes English practice, learning about Canadian culture and getting involved with the community through group activities. NOTE: This agency is listed as a Positive Space with OCASI (Ontario Council of Agencies Serving Immigrants). Kitchener & Cambridge offices. <http://www.ymcacambridgekw.ca/en/immigrant-services/Immigrant-Services.asp>

Older Adult Resources

Ageing With Pride. Works to ensure that there are programs and services in place to meet the needs of local LGBTQ older adults. Sponsors the **Coming Out Older Discussion Group.** <http://ourspectrum.com/Seniors/AgingWithPride.html> <http://www.facebook.com/groups/624054884335553/>

Coming Out Older Discussion Group. Supports people coming to terms with their sexual orientation or gender identity/expression at an older age. Meets at SPECTRUM. <http://ourspectrum.com/Seniors/ComingOutOlder.html>

Community Support Connections - Meals on Wheels and More. Enables

1 888 202-3454. <http://taniaharper.com/>

Waterloo Region Community Legal Services (WRCLS). Provides access to justice for people living on low incomes in an inclusive and respectful way. The focus of WRCLS includes the protection of housing, and protection of income. For other matters, they will assist in making appropriate referrals to other agencies and programs. Kitchener. 519 743-0254. <http://www.wrcls.ca/>

Mental Health / Addictions

Addiction Supportive Housing (ASH). Provides housing and support for people with problematic substance use. http://www.houseoffriendship.org/program_addiction_ash.php

Here 24 Seven. The front door to the addictions, mental health and crisis services provided by 12 agencies across Waterloo-Wellington-Dufferin. They maintain a 24-hour addictions/mental health crisis line at 1 844 437-3247 (HERE247). <http://here247.ca/>

House of Friendship. Offers a program in addiction services: Supporting Healthy Lives. <http://www.houseoffriendship.org/>

Rainbow Connections. Waterloo Region's first LGBTQ and Mental Health Group, which meets the 1st & 3rd Thursday of the month at Self Help Alliance, located at 67 King Street East, Kitchener. For more info, email inclusive.cct@gmail.com or consult <http://ourspectrum.com/RainbowConnections.html>

Self Help Alliance provides services

offered by people for people who have experienced a mental health and / or addiction issue. Among their services are peer support groups; one of these at the Kitchener site is the **Rainbow Connections**. They are affiliated with the **Canadian Mental Health Association - Waterloo Wellington Dufferin**. Cambridge, Guelph and Kitchener. <http://self-help-alliance.ca/>

Supportive Housing of Waterloo (SHOW). Provides housing and harm reduction services for people dealing with substance abuse and homelessness. Waterloo Region. <http://www.showwaterloo.org/>

Waterloo Regional Homes for Mental Health Inc. is a recovery-oriented, community-integrated agency that focuses on improved quality of life and enhanced independence for people experiencing mental health issues by providing access to affordable housing and flexible, individualized supports. Kitchener. 519 742 3191. <http://www.waterlooregionalhomes.com/>

New Canadians

Kitchener-Waterloo Multicultural Centre. Offers assistance with job search services, interpretation and translations services, assistance with settlement needs, settlement counselling and employment counselling, completion of government forms and other documentation needs. Kitchener. Part of the Positive Spaces initiative of OCASI (Ontario Council of Agencies Serving Immigrants). 519 745-2531. <http://www.kwmc.on.ca/>

Waterloo Wellington Local Health Integration Network (WWLHIN). Plans, integrates, and funds health services for Waterloo-Wellington. Gathers information on the needs of the general public, but also on the needs of specific communities, including the local LGBTQ communities. Kitchener. 519 650-4472. <http://www.waterloowellingtonlhin.on.ca/>

Wellington-Dufferin-Guelph Public Health. Offers sexual health services, including sexually transmitted infection (STI) testing and treatment and Anonymous HIV tests. Guelph. 519 822-2715. <http://www.wdgpulichealth.ca/>

Housing

Lower Rental Housing

Addiction Supportive Housing (ASH). Provides housing and support for people with problematic substance use. http://www.houseoffriendship.org/program_addiction_ash.php

Beaver Creek Housing Cooperative. A diverse place to live with people of different cultures, races, religious and political beliefs, sexual orientations, and income brackets. Waterloo. 519 886-1081. <http://beavercreek.coop/>

Bread and Roses Co-operative Homes. Offers safe and affordable housing to their members. An LGBTQ-friendly residence. Kitchener. 519 742-4886. <http://www.breadandrosescoop.org/>

Region of Waterloo - Affordable Community Housing. The Region of Waterloo offers a number of housing options

to meet a variety of needs. <http://www.regionofwaterloo.ca/en/servicesforyou/housing.asp>

Supportive Housing of Waterloo (SHOW). Provides housing and harm reduction services for people dealing with substance abuse and homelessness. Waterloo Region. <http://www.showwaterloo.org/>

Waterloo Regional Homes for Mental Health. Provides access to affordable housing and flexible, individualized supports for people dealing with mental health problems. <http://www.waterlooregionalhomes.com/>

Wellington-County Housing Services. Affordable Housing. Ensures that there is high quality affordable housing for residents of Wellington County. <http://www.wellington.ca/en/socialservices/housing.asp>

Real Estate

Charlotte Zawada. A sales representative with **RE/MAX Twin City Realty**. She has been a supporter of local LGBTQ events. 519 579-4110. <http://www.buyahomesellahouse.com/>

Dawn Bott. A sales representative with **Keller Williams Golden Triangle Realty Inc.** She is a realtor in the Kitchener-Waterloo area; she is part of the LGBTQ community. 519 404-4855. <http://www.dawnbott.ca/>

Glass Ashley Group. A Royal LePage Royal City Realty team, headed by real-estate agent **Julie Glass-Ashley**, who has special training in the unique needs of older adults. She has acted as realtor for many people in the LGBTQ commu-

nity. The team is based in Guelph, serving Waterloo-Wellington. 519 841-1924. <http://glassashlevy.com/>

Paul D. Curzon. A full-time real estate professional with **RE/MAX Twin City Realty**, with many years experience in Kitchener-Waterloo. He has been a supporter of local LGBTQ events and publications for many years. He proudly displays the rainbow flag at his website. 519 579-4110. <http://extremehomes.ca/>

Tana & Barb Roud. A mother-and-daughter team of sales representatives with Royal LePage in Guelph. They support the local rainbow community. <http://agents.royallepage.ca/tanaroud> and <http://agents.royallepage.ca/barbroud>

Information / Publications

ACCKWA (AIDS Committee of Cambridge, Kitchener, Waterloo & Area). Support for people who are infected, affected and at risk for HIV/AIDS; it strives to create awareness about HIV/AIDS in the community. 519 570-3687. <http://www.acckwa.com/>

ARCH (HIV/AIDS Resources & Community Health). Multidisciplinary services, education and support in the area of HIV and AIDS. 519 763-2255. <http://www.aidsguelph.org/>

Clearinghouse for Rainbow Events. A live online listing for the rainbow community of Waterloo Region. Planning an event? Check this Clearinghouse for current events in Waterloo Region to minimize scheduling conflicts. Send events to us at info@ourspectrum.com <http://ourspectrum.com/Comm/CommunityEvents.html>

Grand River Rainbow Historical Project. Documents the history of the various rainbow communities in the Grand River region of Southwestern Ontario. Maintains an extensive **Digital Library** of local publications created by our community for our community. <http://www.grandriver-rainbowhistory.ca/>

MUSE Waterloo Region. A new, non-profit, community-oriented, rainbow lifestyle magazine (in print and online) serving Waterloo region. <http://www.musewaterlooregion.com/>

Out on the Shelf. A library and resource centre for the LGBTQ community. They also host social events for this diverse community and work to provide it with opportunities for its members to meet. Guelph. <http://www.outontheshelf.ca/>

Qlinks. An online information source for all things LGBTQ in Guelph, Wellington, Dufferin, Grey & Bruce counties. <http://www.qlinks.ca/>

Rainbow Community Calendar. A monthly publication for the rainbow community of Waterloo Region with information from the **Clearinghouse for Rainbow Events**. <http://ourspectrum.com/Comm/CommunityEvents.html>

Rainbow List. A mailing list of local events and politics for the rainbow communities of Waterloo-Wellington. http://listserv.thinkers.org/mailman/listinfo/rainbow_listserv.thinkers.org/

SPECTRUM. A physical community space for Waterloo Region that has a library of DVD films and books that may be borrowed. Our drop-in hours are listed at <http://ourspectrum.com/>

The Rainbow Pages, which you are reading, was created by extracting information from <http://ourspectrum.com/Comm/CommunityResources.html> The latest information can be found there, with more detailed information than we could put in this publication.

Justice System

Community Justice Initiatives of Waterloo Region (CJI). Provides services in conflict resolution, group support for persons impacted by sexual trauma, and reintegration support for women returning to the community from prison. Kitchener. 519 744-6549. <http://www.cjiwr.com/>

Elizabeth Fry Society for the Regional Municipality of Waterloo. Addresses the needs and circumstances of women of all ages who are, have been, or are at risk of coming into conflict with the law. Kitchener. 519 579-6732. <http://www.cefso.ca/waterloo.html>

John Howard Society of Waterloo-Wellington. Takes a holistic and broad approach to crime prevention that assumes myriad factors (including social and community factors) contribute to crime. It does this by offering a variety of prevention, intervention, educational and service programs to individuals. Kitchener 519 743-6071 | Cambridge 519 622-0815 | Guelph 519 836-1501. <http://www.waterloo.johnhoward.on.ca/>

Waterloo Region Crime Prevention Council (WRCPC). A community collaborative that works for social justice and positive change by addressing the root

causes of crime. It is an advisory committee to the Region of Waterloo and consists of 28 members representing the community, social services, education, health, planning, justice, police and community partners. Waterloo. 519 575-4400. <http://www.preventingcrime.ca/>

Legal Services

Hanley Law Office. Operated by Siobhan Ann Hanley, who practices in many areas of law, including “same-sex relationship laws.” Guelph. 519 824-2586. <http://www.siohanlaw.com/>

Maja Mitreva Paralegal Services - Immigration Services. Temporary residence applications (including work permits) & permanent residence applications (including sponsorship and skilled worker applications) for same-sex or opposite-sex partners. Serves Southern Ontario. 519 974-3172. <http://www.mmparalegal.com/>

McLeod Green Dewar LLP & Associates. Practices in various areas, including “Same-Sex Marriage Contracts” and “Same-Sex Separation / Divorce”. Kitchener. 519 742-4297. <http://www.mgdlawyers.ca/>

Sherman Law LLP. Practices in various areas including “Same-Sex Family Law Issues.” Kitchener. 519 884-0034. <http://www.sherman-law.com/>

Tania Harper Family Law. Provides various services, among them dealing with “Same-sex couple family law issues.” Waterloo.