

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:

- Trans Peer Support Group
- Older Adults Coming Out Group
- School & Community Support for Youth
- Rainbow Newcomers
- Rainbow Open Recovery
- gaymday & Hiking group
- Lazy Queer Reading Circle
- Queercraft for Knitters
- Community Resources, Events & Local History
- Lending Library—Films & books

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

For location of office and events see website.  
 Email: [info@ourspectrum.com](mailto:info@ourspectrum.com) | Website: [www.ourspectrum.com](http://www.ourspectrum.com)  
 Facebook: <http://www.facebook.com/SpectrumCommunitySpace>  
 Twitter: @spectrumwat  
 Hours of Opening: see [www.ourspectrum.com](http://www.ourspectrum.com)



# The Rainbow Pages

## Waterloo-Wellington

*a directory of resources of interest to the local LGBTQ communities*

## Supplement 1.1

### Table of Contents

Counsellors/Therapists .....	3	Mental Health/Addictions .....	3
Distress Support .....	3	New Canadians .....	4
Faith/Spiritual Groups .....	3	Photographers .....	4
Health / Wellness .....	3	Social Groups / Spaces .....	5
Legal Services .....	3	Trans Resources .....	5

## 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; Supplement 1.1 © 2015, March.  
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>  
NOTE: Supplement 1.1 is available ONLY in electronic format.

**Feedback:** Send suggestions for additions/changes to [TheRainbowPagesWW@gmail.com](mailto:TheRainbowPagesWW@gmail.com)

**SPECTRUM** – For location of office and events, see Website: <http://ourspectrum.com/>  
Facebook: <http://www.facebook.com/SpectrumCommunitySpace>  
Twitter :@spectrumwat Email: [info@ourspectrum.com](mailto:info@ourspectrum.com)

**RE/MAX**  
**Twin City Realty Inc.**  
Brokerage  
Helping you reach your goals

**Paul D. Curzon**  
Broker/RRS/CRS

901 Victoria St. N.  
Kitchener N2B 3C3  
Bus: 519-579-4110  
Direct/Text: 519-572-5300  
[paul@extremehomes.ca](mailto:paul@extremehomes.ca)

**PROUDLY  
SUPPORTING  
THE LGBT  
COMMUNITY  
SINCE 1985**

**100% Club Award**  
**Hall of Fame Award**  
**Lifetime Achievement Award**



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



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

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

@AIDSKW  
facebook.com/ACCKWA  
acckwa.com  
education@acckwa.com

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

DONATE TODAY  
[www.canadahelps.org/dn/13452](http://www.canadahelps.org/dn/13452)



### Programs & Services at ACCKWA

- 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)



## '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](mailto:info@ourspectrum.com)  
Webpage: <http://ourspectrum.com/Seniors/ComingOutOlder>  
Please check the Webpage for information on our meetings.

## 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](mailto:waterloo@pflagcanada.ca)  
Facebook: <http://www.facebook.com/PFLAG.WWP>  
Please check the Facebook page for info on our events.



### Counsellors/Therapists

**Melinda Burns, M.A.** Psychotherapist working with adults and teenagers and couples (heterosexual and same-sex), on relationship and family issues, communication and conflict resolution, self-esteem and assertiveness. Experience: coming out issues, sexual orientation, and gender identity and expression. Guelph. 519-763-9160.

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

**Christopher Heap, M.A.** Counsellor working with children, adults, and seniors with individual and couple therapy. He has experience working with clients with concerns regarding gender identity and sexual orientation.

Guelph. 519-240-1567

[www.chrisheaptherapy.com](http://www.chrisheaptherapy.com)

### Distress Support

**Trans Lifeline.** The line is primarily for transgender people experiencing a crisis. Staffed by transgender volunteers. Canada: 1-877-330-6366.

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

### Faith/Spiritual Groups

**Erb St. Mennonite Church.** Erb Street Mennonite Church is a welcoming and inclusive community of diverse persons each contributing uniquely to our common purpose of following Jesus Christ. Waterloo. 519-886-3570

<http://erbstchurch.ca/>

### Health / Wellness

**Jennifer Rogers.** An LGBTQ-friendly Registered Massage Therapist. Jennifer works at By the Bridge Wellness, 2 Arnold St, Paris, Ontario.

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

Jennifer also works as Roger Rudolph at Queen's Square Physiotherapy of Cambridge, 7 Grand Avenue South, Cambridge, Suite 102. 519-624-4111.

**Aaron Friesen, Yoga instructor and Personal Chef.** A yoga instructor and personal chef, providing services to the LGBTQ community. Kitchener.

<http://bravesparrow.ca/>

**Beth Murch, M.A.** Non-medical support person, providing emotional, physical, and informational support to families during pregnancy, labour, and the post-partum period. Also provides medical appointment accompaniment for reproductive procedures (abortion, miscarriage support, pap smears, STI testing, etc.). She has experience serving cis and trans birthing individuals, monogamous and polyamorous families. Kitchener. 519-998-3204.

<http://www.freewebs.com/bethmurch/>

### Legal Services

See also: **New Canadians—Immigration Legal Services.**

### Mental Health / Addictions

**Rainbow Open Recovery.** A facilitated space to find addiction support to all in



the rainbow community. Sponsored by House of Friendship and SPECTRUM. Refreshments. Transportation and child-care subsidies available.  
[http://www.houseoffriendship.org/program\\_addiction\\_bridgestohealth.php](http://www.houseoffriendship.org/program_addiction_bridgestohealth.php)

## New Canadians

**Carizon Counselling and Family Services.** Carizon provides counselling to people who have come through the immigration system, in particular refugees through the Promise of Partnership: Aligning Mental Health Services for Privately and Sponsored Refugees. They have experience working with LGBTQ refugees. Kitchener. 519-743-6333 <http://www.carizon.ca/>

**LEGIT**—A site providing information for same-sex couples interested in immigrating to Canada. It also includes basic information on applying as a refugee because of fear of persecution against you as a lesbian, gay, bisexual, queer, transgendered, or HIV+ person.  
<http://www.legit.ca/>

**Mennonite Coalition for Refugee Support.** Provides clients with support with the legal process, and some settlement support. They have experience working with LGBTQ refugees. Kitchener. 519-571-1912 <http://www.mcrs.ca/>

**Sanctuary Refugee Health Centre.** A health care clinic for newly arrived refugees who do not have family doctors. They have social work and physician counselling available. Provides support for LGBTQ individuals. Kitchener.  
<http://www.sanctuaryrefugee.ca/>

**Rainbow Newcomers.** A place for LGBTQ-identified immigrants and refugees to socialize with local residents, and discuss issues related to being a newcomer to Canada. Sponsored by SPECTRUM.  
<http://ourspectrum.com/Newcomers/NewcomerServices.html>

**Reception House Waterloo Region** is a temporary home for government-assisted refugees. They have experience working with LGBTQ refugees. Kitchener. 519-743-2113  
<http://www.kwrcentre.ca/>

## Immigration Legal Services

**Mary Joseph Law Office.** A full-service Canadian Immigration law practice, with expertise in various areas including same-sex sponsorships. Based in Toronto. <http://maryjoseph.ca/>

**Jackman Nazami & Associates.** Barbara Jackman and her firm handle same-sex immigration matters. Based in Toronto. <http://www.jackmannazami.com/>

## Photographers

**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/>

**GirlCrimson.** Celebrating body diversity and radical self love through photography - alternative portraits, boudoir, and fine art. Kitchener.  
<http://www.girlcrimson.com/>

**Kennerly Photography.** Heather Kennerly is an LGBTQ-friendly photographer. Kitchener.  
<http://www.facebook.com/KennerlyPhotography>

**Unique Journeys Photography.** Jocelyn Guindon. Capture your special moments with Unique Journeys Photography, whether it is a wedding, family portraits or other special events. We have worked with diverse families from various backgrounds, including the rainbow community. Waterloo.  
<http://www.facebook.com/uniquejourneysphotography>

## Social Groups / Spaces

**Friends with Benefits.** A monthly discussion group for all self-identified men into men - gay, bisexual, queer, polysexual, pansexual, two-spirit; topics are chosen by the group. Guelph.  
<http://www.qlinks.ca/fwb>

**The Order.** Waterloo's first LGBTQ night club. 56 King Street North, Waterloo. The entrance is just off King St. on Princess St., opposite the KW Little Theatre. Gender-Neutral washrooms.

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

**Queercraft—Queer Crafting Group.** For knitters, crocheters and kindred spirits. Powered by SPECTRUM.  
<http://www.facebook.com/groups/839792702759477/>

**SOMOH.** A group for urbane men hiking the tri-Cities trails, stopping for refreshments on the way. Sponsored by SPECTRUM  
<http://www.facebook.com/groups/1591995744363618/>

## Trans Resources

**Dr. Cameron John Purdon.** An endocrinologist with extensive experience working with the local trans community in the area of hormone replacement therapy. Since he is a specialist, a referral from another medical professional is required. Guelph. 519-763-6201.

**Trans Lifeline.** The line is primarily for transgender people experiencing a crisis. Staffed by transgender volunteers. Canada: 1-877-330-6366.  
<http://www.translifeline.org/>

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# YOUR AD HERE!

We expect to issue Edition 2.0 of The Rainbow Pages in May 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](mailto:TheRainbowPagesWW@gmail.com)