



The Rainbow Pages

Waterloo-Wellington

a directory of resources of interest to the local LGBTQ communities

Edition 3.0

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SPECTRUM gratefully acknowledges the support of:



An interior view of SPECTRUM

Our location and hours of opening: ourspectrum.com



The Rainbow Pages Waterloo-Wellington

is a directory published by SPECTRUM listing resources of interest to the LGBTQ communities of Waterloo -Wellington. Edition 3.0 © 2017, May
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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 this 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. Additional information was gathered by sending review copies to local professionals in the social service sector. Edition 1.0 was published 2014, October.

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

Availability: SPECTRUM is making Edition 3.0 available in print and electronic format. The most recent version is found at <http://ourspectrum.com/resources/rainbow-directory/>

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

SPECTRUM For location and hours of opening, see website.
Website: <http://ourspectrum.com/>
Facebook: <http://www.facebook.com/SpectrumCommunitySpace>
Twitter: @our_SPECTRUM Email: info@ourspectrum.com

Arts Organizations/Events

Cliterature. A transformational and artful celebration of women’s sexuality featuring erotic readings, film, photography, music, dance and more.
<http://secretevents.com/>

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/>

OutFest. Promotes and fosters LGBTQ arts in the Waterloo-Wellington region and in South Western Ontario.
<http://page1productions/outfest>

Rainbow Chorus Waterloo-Wellington.
Presents concerts by amateur local non-auditioned choral singers.
<http://www.rainbowchorus.ca/> and
<http://www.facebook.com/rainbowchorusguelph>

Rainbow Reels Queer Film Festival (QFF). Presents new films that increase awareness of queer, lesbian, gay, bisexual & trans issues.
<http://www.facebook.com/rainbowreels>

SPECTRUM Reading Circle. Join us as we read short stories and articles followed by a discussion. At SPECTRUM.
<https://www.facebook.com/groups/ReadingCircle.SPECTRUM/>

tri-Pride Community Association.
Produces the LGBTQ pride festival celebration in Waterloo Region.
<http://www.tri-pride.ca/> and
<https://www.facebook.com/triPrideCommunityAssociation/>

Counsellors/Therapists

Armar Counselling, Rachel Mahrer, MSW, RSW. Specialities: sexual orientation and gender identity/expression. Waterloo & Guelph offices.
519 830-6389.
<http://armarcounselling.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>

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

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/>

Jess Crowe MSW, RSW. Specialities include: sexuality and gender identity. St. Agatha. 519 746-2323 x305 <http://socounselling.com/therapists/jess-crowe/>

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

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/>

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. Specialities 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

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/>

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 ONline. A resource and support service specializing in questions relating to sexual orientation and gender identity based at the U. of Guelph. <https://studentlife.uoguelph.ca/community/LGBTQ/OUTlineONline> and <https://www.facebook.com/UoGOUTline>

Groups and Services for Survivors of Sexual Abuse. Groups for survivors (of any gender) of sexual abuse; groups for their partners; facilitated dialogue for family members. Run by Community Justice Initiatives. 519 744-6549. <https://cijwr.com/revive/revive-groups-survivors/>

Rainbow Bereavement Support Group. All LGBTQ caregivers, spouses, friends suffering loss. Waterloo Region. barb@hospicewaterloo.ca

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. <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/>

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/>

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/>

Erb St. Mennonite Church. A welcoming and inclusive community of diverse persons where all are welcome and affirmed. Waterloo. 519 886-3570 <http://erbstchurch.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/>

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

KW El-Tawhid Circle. A progressive Muslim social and prayer group which is gender equal and LGBTQ affirmative. More information: Fran at franps@golden.net.

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>

Mount Zion Lutheran Church. A welcoming and affirming congregation in the university neighbourhood. Waterloo. 519 886-5820. <http://www.mzlc.ca/>

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/>

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/>

Queerly Christian. We welcome people of all gender and sexual minorities who identify as Christian, regardless of denomination, church membership status, or church attendance. Waterloo. <http://erbstchurch.ca/program/queerly-christian/>

Stirling Avenue Mennonite Church. As followers of Jesus in the Anabaptist

Mennonite tradition, we are people of diverse gender identities and sexual orientations. We welcome all to participate in the full life and ministry of our church, including membership, baptism, marriage, congregational leadership, and pastoral ministry. We celebrate and affirm the image of God in all persons as we commit to being a community of hospitality, love, and grace. Kitchener. 519 745-4769 .

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

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/>

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/>

Waterloo North Mennonite Church.

Welcomes people regardless of race, ethnic background, age, gender and gender identity, sexual orientation, income, or education. Waterloo. 519 888-6113. <https://www.waterloonorthmc.org/>

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.fcsqw.org/adoption-fostering/>

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.

<https://www.facswaterloo.org/>

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. 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

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>

Peer Experience & Relational Support (PEARS) program. It is a flexible program to connect LGBTQ+ people, their loved ones and close friends. People are paired up according to shared inter-

ests or identities, as specified by filling out an online form. Guelph.

<http://www.outontheshelf.com/programming/>

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.acckwa.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.archguelph.ca/>

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. Langs is an inclusive organization that provides primary health care service to the residents of the Cambridge community. The North Dumfries Satellite CHC which is located in Ayr, provides service to the residents of North Dumfries Township. For more info: 519 653-1470, Dial Ext 221. <http://www.langs.org/>

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/>

SHORE Centre—Sexual Health Options, Resources & Education. Formerly Planned Parenthood. 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. 519 743-9360. <http://www.shorecentre.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/>

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.wdgppublichealth.ca/>

Health / Wellness

Beth Murch, Doula , Placenta Service Provider, Educator, Village Wyse Womyn. Non-medical support person, providing emotional, physical, and in-

formational support to families during pregnancy, labour, and the postpartum 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/>

Mama B's Potions & Notions. Artisanal treats in the form of healing roots and herbs to tame a disruption in your body's harmony, nutritional support, or just some fancy bath and body care products. Kitchener. 519 998-3204.

<https://www.facebook.com/mamabptions/>

QSY Queer & Trans Yoga. For folks who identify as queer, trans, LGBTQ+ By Queen Street Yoga. Beginner-friendly, body-positive space. \$5 class; no one turned away due to lack of funds.

<https://www.facebook.com/groups/qsyqty/>

Soap Monkey. Skincare service: hand-crafted soaps and potions by Sara Caselman. Custom orders. Kitchener.

<https://www.facebook.com/soapmonkeysara/>

Housing/Food/Income Support

Food

Food Bank of Waterloo Region Maintains a list of food banks and organizations that provide food and/or meals.

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

Guelph Food Bank. Offers food hampers, community support and local disaster relief to those in need.

<http://guelphfoodbank.ca/>

Income Support

Ontario Disability Support Program. If you have a disability and need help with your living expenses, you may be eligible for the Ontario Disability Support Program (ODSP).

<http://www.mcsc.gov.on.ca/en/mcss/programs/social/odsp/>

Ontario Works. Helps people who are in financial need. It offers financial assistance, employment assistance and emergency assistance.

<http://www.mcsc.gov.on.ca/en/mcss/programs/social/ow/>

Lower Rental Housing

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/>

Homes for Queers KW. A Facebook group for helping queer, trans and two spirit folks find housing in the KW area. Feel free to post if you have a spare room, are looking to live with someone new, or if you want to report a bad landlord/unsafe building.

<https://www.facebook.com/groups/homesforqueerskw/>

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>

Shelter and Supportive Housing. House of Friendship provides a 24 hour/7 days-a-week emergency shelter for men aged 16 years or older who are in need of a place to stay, and supportive housing for individual adults.

<https://www.houseoffriendship.org/how-we-help/shelter-and-supportive-housing/>

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/>

Thresholds Homes and Supports. Provides access to affordable housing and flexible, individualized supports for people dealing with mental health problems.

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

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>

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>

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://x383221.yourkwagent.com/>

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 community. The team is based in Guelph, serving Waterloo-Wellington.

519 841-1924. <http://glassashley.com/>

Lisa Harlock. A sales representative with **Royal LePage** in Waterloo Region. Real estate representative for LGBTQ families and supporter of the Rainbow Pages. 519 658-1153.

<http://www.lisaharlock.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 sup-

port the local rainbow community. <http://agents.royalpage.ca/tanaroud> and <http://agents.royalpage.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.archguelph.ca/>

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. Access through **Events** tab (arranged by date option) at <http://ourspectrum.com/rainbow-community-calendar/>

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/>

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/>

Rainbow Community Calendar. A monthly publication for the rainbow community of Waterloo Region with information from the **Clearinghouse for Rainbow Events**. Access through **Events** tab (arranged alphabetically option) at <http://ourspectrum.com/rainbow-community-calendar/>

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/>

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://johnhoward.on.ca/waterloo/>

Waterloo Region Crime Prevention Council (WRPCPC). 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. Here 24 Seven. The front door to the

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. 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/>

Wojnarski Szymura Kelly. Jennifer M. Bolduc is a member of the LGBTQ community and provides family law, employment law, and other civil litigation services for the Waterloo Region and surrounding areas. Contact Jennifer at 519 620-1162 ext. 226. <http://www.wojnarski.ca/>

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

Mental Health / Addictions

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. Call 519 570-4595 to verify meeting date and time, or for more information.

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://cmhawwselfhelp.ca/>

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

Thresholds Homes and Supports. Provides access to affordable housing and flexible, individualized supports for people dealing with mental health problems. <http://www.thresholdsupports.ca/>

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/>

Information Sheet: Making an LGBTI Refugee Protection Claim in Canada. The primary audience are individuals who are considering seeking asylum in Canada due to persecution, violence or threats because they are lesbian, gay, bisexual, transsexual, transgender or intersex (LGBTI), or because others perceive them to be. Prepared by EGALÉ. 416 964-7887. <http://egale.ca/infosheet-lgbti-refugee-protection/>

Kitchener-Waterloo Multicultural Centre. Assists 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 Positive Spaces initiative of OCASI (Ontario Council of Agencies Serving Immigrants). 519 745-2531. <http://www.kwmc.on.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/>

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/>

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/>

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/>

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. More information: RainbowNewcomers@gmail.com <http://ourspectrum.com/projects/immigrant-and-refugee-services/>

[refugee-services/](http://ourspectrum.com/projects/immigrant-and-refugee-services/)

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

Immigration Legal Services

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

Keith MacMillan. Keith is a Staff Lawyer at the Refugee Law Office – Hamilton, and has experience in working with LGBTQ-identified refugees. Hamilton. 905 528-0134.

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/>

Older Adult Resources

Aging With Pride. Works to ensure that there are programs and services in place to meet the needs of local LGBTQ older adults. <http://ourspectrum.com/projects/aging-with-pride/> <http://www.facebook.com/groups/624054884335553/>

Community Support Connections - Meals on Wheels and More. Enables 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/>

Home and Community Care – Waterloo Wellington Local Health Integration Network. 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. Formerly supplied by the local CCAC (Community Care Access Centre). <http://healthcareathome.ca/ww/>

Hospice of Waterloo Region. Provides bereavement and grief support for individuals and in support groups. <http://www.hospicewaterloo.ca/>

Public Pensions. Information on applying for the CPP (Canada Pension Plan) retirement pension and the OAS (Old Age Security) pension is at <https://www.canada.ca/en/services/benefits/publicpensions.html>

Rainbow Bereavement Support Group. All LGBTQ caregivers, spouses, friends suffering loss. Waterloo Region. barb@hospicewaterloo.ca

SPECTRUM Prime. A discussion and social group for older LGBTQ adults. Sponsored by SPECTRUM. <http://ourspectrum.com/older-adults-group/>

Photographers

GirlCrimson. Celebrating body diversity and radical self love through photography - alternative portraits, boudoir,

and fine art. Kitchener. <http://www.girlcrimson.com/>

Kennery Photography. Heather Kennery is an LGBTQ-friendly photographer who focuses on the tiny details that turn into the beautiful big picture; a picture that will stand the test of time on your mantel! Kitchener. <http://www.facebook.com/KenneryPhotography>

LJ Studios – Photography – Makeup – Art. Specializing in Weddings, Destination Weddings, Portraiture, Boudoir and Makeup Artistry. <https://www.facebook.com/LJStudiosKW/>

Unique Journeys Photography. Joselyn 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

day5games. Join us as we gather at our space to play board-games & card games, to assemble jigsaw puzzles, and to fiddle with constructions, in an informal atmosphere. @ SPECTRUM. <https://www.facebook.com/groups/day5games/>

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

Friends of Dorothy Bowling League. An

LGBTQ bowling group, that meets every Sunday except holidays (September to May). Meets at Brunswick Frederick Lanes, 385 Frederick Plaza, Kitchener. <http://www.kwfriendsofdorothy.ca/>

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/>

ORG—SPECTRUM's Outdoor Recreation Group for urbane queers, Sunday afternoons. We explore the Tri-Cities and beyond, under the open sky, ending triumphantly at a watering hole for refreshments and a post-mortem. <https://www.facebook.com/groups/ORG.WR/>

Out On The Page. Out On The Page is a writer's circle for queer authors in Guelph that meets to talk about writing, their current projects, and to help each other with the writing and publishing process. <http://www.facebook.com/groups/OutOnThePage/>

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.com/>

Queer Men's Social Network (Q2MSN). A monthly discussion group for all queer and questioning, cis and trans men into men - gay, bisexual, queer, polysexual, pansexual, two-spirit and beyond. Discussion of topics relevant to our challenges/successes as a community as well as an opportunity for queer and questioning men to meet

other men, to socialize and plan enjoyable social outings in Guelph & Wellington county.

<http://www.outontheshelf.com/programming/>

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/>

Queercraft—Queer Crafting Group. For knitters, crocheters and kindred spirits. Powered by SPECTRUM.

<http://www.facebook.com/groups/839792702759477/>

Secrett Events. Creates community-based, non-profit events like **Cliterature, Lesbo Bingo** and **Secrett Mystery Bus Tour.** <http://secrettevents.com/>

Southern Ontario Leather Association (SOLA). A pansexual organization dedicated to education and understanding of the leather/BDSM/Fetish community.

<http://leathertraditions.ca/>

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

<https://www.facebook.com/groups/ReadingCircle.SPECTRUM/>

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, games group, reading circle, social events, information hub for the community. Drop-in hours listed at <http://ourspectrum.com/> and

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

WOODS (Women Out Opening Doors Socially). We are a lesbian-identified social group with members currently aged 30-60+, from Kitchener, Waterloo, Cambridge, Guelph, Hamilton, Toronto, St. Thomas etc.

<http://woodswomen.ca/>

Transgender Resources

Dr. Cameron John Purdon. An endocrinologist with extensive experience working with the local transgender 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.

Gender Intersect. A hub for trans and gender-independent folks to come together to find support and community in Guelph and the surrounding area. A monthly meet-ups as well as a variety of other workshops, events, and programming. genderintersect@gmail.com

<http://www.facebook.com/groups/170579512997452>

Gender-Neutral Washrooms in Waterloo Region. A listing of public washrooms in Waterloo Region not restricted to a particular gender. This list includes 100+ buildings and has an associated Google map. By SPECTRUM.

<http://ourspectrum.com/projects/gender-neutral-restrooms/>

Gender-Variant Working Group. Aims to create a thriving LGBTQ community that fully includes gender variance by building awareness, education and support in Waterloo Region and beyond.

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

Good Laughs. A social gathering at a restaurant; a safe space for transgender people to explore their identity in the community; open to allies as well. Email: goodlaughs81@gmail.com

<https://www.facebook.com/goodlaughs81/>

Langs Community Health Centre (CHC) and its North Dumfries CHC satellite provide primary health care (including transgender sensitive care) and health promotion programs to the Cambridge community and residents of North Dumfries Township. A transgender drop-in group and **Gender Journeys** group runs at various times throughout the year. Current program information is at <http://www.langs.org/> For more information or to become a patient please call 519 653-1470 (Cambridge) or 519 632-1229 (North Dumfries).

Rainbow Health Ontario (RHO). A province-wide program that works to improve the health and well-being of lesbian, gay, bisexual and transgender 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/>

SPECTRUM Transgender Peer Support Group. Provides a safe and supportive environment for anyone that identifies within the trans/gender variant umbrella. @ SPECTRUM.

<http://ourspectrum.com/trans-services/>

Self-Help Alliance Transgender Peer Support Group. For individuals who identify as transgender or are questioning. Self Help Alliance, 67 King St

E. Kitchener. More info: 519 570-4595.

Trans Fams. Are you interested in fun social time with other families with Trans and Gender Independent Kids in K-W? Our events are mostly potlucks with playing and sometimes swimming as well. Contact Holly for more info at hbmathers@gmail.com or 519 513-9216.

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/>

Trans Resources 2013. A reference list of links to transgender resources compiled by **Allisa Scott**, Inclusive Counseling, Consulting & Training (ICC&T).

http://inclusive-cct.nfshost.com/Trans_Resources_2013.html

Transgender Health Care at the ARCH Clinic. Inclusive and respectful primary health care for Transgender people in Guelph and the surrounding area. Hormonal treatment options for those looking for medical support through transitioning. Guelph.

<http://www.archguelph.ca/transgender-health-care>

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/>

University/College Groups

CampOUT. A social/support group for questioning students and those at all

stages of the coming out process. campout@uoguelph.ca. U. of Guelph.

Conestoga Gay-Straight Alliance. A social support group for the queer community and their supportive friends at Conestoga College.

<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 Centre 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. <https://www.facebook.com/wlucwt/>

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

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. Sharon Ketchum. Specializes in meaningful, individualized same-sex weddings, and is a licensed wedding officiant 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

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/>

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.

<https://www.facebook.com/ARCHPridePrejudice/>

YOUR AD HERE!

This is a unique advertising opportunity for businesses and organizations, since "The Rainbow Pages" is a directory of resources of interest to the local rainbow community, and is consulted by many individuals and agencies. It will be available not only in print format, but also online (as we have done in the last couple of years).

We expect to issue Edition 3.1 of The Rainbow Pages in late 2017. Our rates are \$250 for a half-page ad, and \$400 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



THANK YOU FOR HELPING US BUILD A COMMUNITY WHERE NO ONE IS LEFT BEHIND!

OK2BME.ca

OK2BME is a set of free, confidential services for kids and teens wondering about their sexuality or gender identity. They may identify as lesbian, gay, bisexual, transgender, gender-variant, or they may just have questions. Services include: LGBTQ-positive Individual and Family Counselling, LGBTQ Social and Recreational Youth Group, Professional Consultation and Collaboration, Public Education and Training and Supporting establishment of Gay-Straight Alliances.

KW Counselling SERVICES | www.OK2BME.ca | Please connect with us online!

480 Charles Street East
Kitchener ON N2G 4K5
519.884.0000

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SPECTRUM
WATERLOO REGION'S RAINBOW
COMMUNITY SPACE

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 Services
- Older Adult Support
- Immigrant & Refugee Support
- Games group
- Outdoor Recreational group
- Reading Circle
- Queercraft for Knitters and other Crafters
- Listings of Community Resources & Events
- Local History Information
- Video & Book Collection

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 | Website: www.ourspectrum.com
Facebook: <http://www.facebook.com/SpectrumCommunitySpace>
Twitter: @our_SPECTRUM Telephone: 226 779-9695
Hours of Opening: see www.ourspectrum.com