

**A safe, positive and supportive space where
all are welcome!**



**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, Reading Circle, Outings Group

Queercraft for Knitters and other Crafters

Discussion Groups

Rainbow Diversity Training for Organizations & Businesses

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, hours of opening 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

Our charitable number is 85096 0576 RR0001. To donate please see our website.



The Rainbow Pages

Waterloo-Wellington

a directory of resources of interest to the local LGBTQ communities

Edition 3.1

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SPECTRUM gratefully acknowledges the support of:



An interior view of SPECTRUM

Our location and hours of opening: ourspectrum.com



speaking, managing logistics, humour and the ability to 'think on her feet'.
<https://allseasonsweddings.com/wedding-officiants/profile/sue-senior>

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/> & <https://www.facebook.com/guelphunitarians>

Wesley United Church. Performs weddings in Christian and nonreligious traditions; they have done same-sex marriages. Cambridge. 519-621-6060. <http://www.wesleyunited.ca/> & <https://www.facebook.com/Wesley-United-Church-109784999092539/>

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. In addition to the phone line (1-800-268-9688), there is also a text line (647-694-4275) and a chat facility. <http://www.youthline.ca/> & <https://www.facebook.com/lgbtyouthline>

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. 519-884-0000. <http://www.ok2bme.ca/> & <https://www.facebook.com/pages/OK2BME/153983389412>

Pride & Prejudice - Guelph. This group for LGBTQ+ youth and allies (14-24) in the Guelph Area and is facilitated by Out On The Shelf - Guelph's Queer Library and Resource Centre. <https://www.facebook.com/OOTSPrideAndPrejudice/>

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 4.0 of The Rainbow Pages in late 2018. 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 finance@ourspectrum.com

University/College Groups

CampOUT. A U. of Guelph social/support group for questioning students and those at all stages of the coming out process. <https://studentlife.uoguelph.ca/community/OUTline/campOUT>

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. <http://www.feds.ca/glow/> & <https://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. <https://www.facebook.com/GQEUoG/>

UW Women's Centre. Provides a female-positive and supportive environment on campus for women and trans folk. 519-888-4567 ext. 33457. <https://feds.ca/feds-services/womens-centre> & <https://www.facebook.com/uwwomenscentre/>

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 ext. 4444. <https://students.wlu.ca/student-life/diversity-and-equity/womens-centres.html> & <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. <https://students.wlu.ca/student-life/diversity-and-equity/lgbtq-associations.html> & <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. 519-742-0432. <https://www.grandriverunitarian.ca/> & <https://www.facebook.com/GrandRiverUnitarianCongregation/>

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. <http://www.harcourtuc.ca/> & <https://www.facebook.com/Harcourt-Memorial-United-Church-Guelph-Ontario-280433658696935/>

Sue Senior. Sue looks forward to collaborating with you to build a ceremony that embraces your vision, as well as welcoming all who are present that day with an inclusive, warm and friendly presence. She is a licensed officiant who brings considerable skills in public

The Rainbow Pages Waterloo-Wellington

is a directory published by SPECTRUM listing resources of interest to the LGBTQ communities of Waterloo -Wellington. Edition 3.1 © 2018, June
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 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 3.1 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/> & <https://www.facebook.com/groups/18924804800/>

Guelph Pride. Organizes an annual celebration for Guelph's Queer (LGBTTIQQ2A) community, their friends, families, and allies of all ages. <http://www.guelphpride.com/> & <https://www.facebook.com/prideguelph>

Kitchener-Waterloo Poetry Slam. Sponsors a series of community-building spoken-word poetry events in Kitchener/Waterloo. LGBTQ-friendly. <https://www.facebook.com/groups/kwpoetryslam/>

Outfest. Promotes and fosters LGBTQ arts in the Waterloo-Wellington region and in South Western Ontario. <http://pg1entertainment.com/outfest> & <https://www.facebook.com/PG1Entertainment/>

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

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

SPECTRUM Reading Circle. Join us as we read short stories and articles followed by a discussion. At SPECTRUM. 226-779-9695. <http://ourspectrum.com/resources/spectrum-groups/> & <https://www.facebook.com/groups/ReadingCircle.SPECTRUM/>

www.facebook.com/groups/ReadingCircle.SPECTRUM/

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

Counsellors/Therapists

Armar Counselling, Rachel Mahrer, MSW, RSW. Specialties: sexual orientation and gender identity/expression. 519-830-6389. <https://armarcounselling.wordpress.com/>

Carm De Santis. Specializes in sexual orientation, gender orientation, and sexual expression. Kink friendly and queer positive. 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. 519-240-1567. <http://www.chrisheaptherapy.com/>

Holly Mathers. Hope for Families Counselling Centre. Specialties: illness, bereavement, sexual orientation and gender identity. 519-513-9216. <http://hopeforfamilies.net/> & <https://www.facebook.com/HopeForFamilies/>

Inclusive Counselling, Consulting & Training. Allisa Scott. specializes in diversity, gender and sexuality, and identifies in the community as well. She can

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 Trans and Allies. A social gathering at a restaurant; a safe space for transgender people to explore their identity in the community; open to allies as well. <https://www.facebook.com/goodlaughs81/>

Langs Community Health Centre (CHC) and North Dumfries (CHC). Provide primary health care (including transgender sensitive care) and health promotion programs to the Cambridge community and residents of North Dumfries Township. Transgender groups run at various times during 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). 519-653-1470. <http://www.langs.org/> & <http://www.facebook.com/LangsCommunity>

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. <https://www.rainbowhealthontario.ca/> & <https://www.facebook.com/RainbowHealthOntario/>

SPECTRUM Transgender Peer Support Group. Provides a safe and supportive environment for anyone who identifies

within the trans/gender variant umbrella. This group is organized by SPECTRUM's Transgender Services Committee (trans@ourspectrum.com). Also see our Trans Services page for more resources. 226-779-9695. <http://ourspectrum.com/trans-services/>

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: <https://www.translifeline.org/> & <https://www.facebook.com/translifeline>

Trans Resources 2013. A reference list of links to transgender resources compiled by Allisa Scott, Inclusive Counselling, Consulting & Training (ICC&T). 519-749-9505. 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. They have not been able to accept new patients for a period of over a year (as of 2018, May). Guelph. 519-780-5298. <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/>

diverse community and work to provide opportunities for its members to meet. Guelph. <http://www.outontheshelf.com/> & <https://www.facebook.com/OOTSguelph>

Queercraft—Queer Crafting Group. For knitters, crocheters and kindred spirits. Powered by SPECTRUM. 226-779-9695. <http://ourspectrum.com/resources/spectrum-groups/> & <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/> & <https://www.facebook.com/groups/18924804800/>

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 Rainbow Community Space. SPECTRUM is the center of our rainbow community. A safe space for our community, SPECTRUM is so much more: social groups, support groups, information resources (including a library), and diversity training for the public. We have charitable status and can write income-tax receipts for donations. Drop-in hours are listed on our website. 226-779-9695. <http://ourspectrum.com/> & <http://www.facebook.com/SpectrumCommunitySpace>

SPECTRUM Outings. Social outings to restaurants, galleries, museums, etc. 226-779-9695. <http://ourspectrum.com/resources/spectrum-groups/> & <https://www.facebook.com/groups/SPECTRUMOutings/>

SPECTRUM Reading Circle. Join us as we read short stories and articles fol-

lowed by a discussion. At SPECTRUM. 226-779-9695. <http://ourspectrum.com/resources/spectrum-groups/> & <https://www.facebook.com/groups/ReadingCircle.SPECTRUM/>

WOODS (Women Out Opening Doors Socially). A local social group for lesbian-identified women in the Waterloo-Wellington, Hamilton, Toronto, and London areas (southwestern Ontario) with members currently aged 30-60+. Contact: woodswimmin@yahoo.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. <http://www.cpsso.on.ca/DoctorDetails/Purdon-Cameron-John/0038774-52750>

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-up as well as a variety of other workshops, events, and programming. <http://www.facebook.com/groups/170579512997452>

Gender-Neutral Washrooms in Waterloo Region. A listing of public gender-neutral washrooms in Waterloo Region. Includes 100+ buildings and has an associated Google map. By SPECTRUM. 226-779-9695. <http://ourspectrum.com/projects/gender-neutral-restrooms/>

write HRT letters for trans-identified people. Works with kink and poly-identified people. 519-749-9505. <http://www.inclusive-cct.ca/> & <https://www.facebook.com/Inclusive-Counselling-Consulting-Training-161226457269442/>

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

Kevin Stafford, M.Sc. Specialty: 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. 519-884-0000. <http://www.kwcounselling.com/> & <https://www.facebook.com/KWCounsellingServices>

Leah Neumann MSW, RSW, LCSW. Specialties: sexual orientation, gender expression and identity, and HRT readiness assessments. Waterloo. 226-220-8766. http://therapists.psychologytoday.com/rms/name/Leah_Neumann_MSWSRWLCSW_Waterloo_Ontario_87989

Melinda Burns, M.A.. Psychotherapist working with adults, 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. 519-884-0000. <http://ok2bme.ca/> & <https://www.facebook.com/OK2BMEca/>

Sanctuary Counselling and Training. Sunna Murphy M.S.W., R.S.W specializes in diversity, sexuality and gender expression, trauma and mental health and is a member of the LGBTQ community. Sunna is passionate about helping people find their authentic voice and using creative pathways to healing. 519-574-2775. <http://sanctuarycounsellingandtraining.ca/> & <https://www.facebook.com/Sanctuarycounsellingandtraining/>

Suzanne Welstead. Specialties in relationship difficulties, sexual orientation, gender identity and/or expression, pain during sex, low desire, and erectile dysfunction. Guelph. 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. They maintain a 24-hour addictions/mental health crisis toll-free line. <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. TXT: 647-694-4275. <http://www.youthline.ca/> & <https://www.facebook.com/lgbtyouthline>

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> & <https://www.facebook.com/UoGOUTline>

Rainbow Bereavement Support Group. All LGBTQ caregivers, spouses, friends suffering loss. Waterloo Region. 519-743-4114 ext. 117. <http://www.hospicewaterloo.ca/programs/counselling/rainbow-bereavement-support-group/>

Revive 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 Justive Initiatives. 519-744-6549. <https://cjiwr.com/revive/revive-groups-survivors/> & <https://www.facebook.com/thejustcommunity>

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/> & <https://www.facebook.com/SASCWR>

Sexual Health Ontario Information Line. A province-wide, free, anonymous service staffed by professional, multidisciplinary and multicultural counsellors. <https://sexualhealthontario.ca>

Trans Lifeline. The line is primarily for transgender people experiencing a crisis. Staffed by transgender volunteers. Canada: <https://www.translifeline.org/> & <https://www.facebook.com/translifeline>

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. 519-742-5894. <https://wswr.org/> & <https://www.facebook.com/womenscrisisSWR/>

YW Emergency Shelter. 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 this Emergency Shelter. 519-744-0120. <https://www.ywcakw.on.ca/emergency-shelter>

Faith/Spiritual Groups

Christ Evangelical 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/> & <https://www.facebook.com/christlutheranwaterloo/>

9695. <http://ourspectrum.com/older-adults-group/>

Photographers

Grand River Studios - Photography & Design. Lifestyle Weddings, Family Portraits, and Lifestyle Commercial Photography. Owner is LJ Medlicott. 226-989-9295. <https://www.grandriverstudios.ca/> & <https://www.facebook.com/GrandRiverStudios/>

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. 226-750-6447. <http://www.facebook.com/KenneryPhotography>

Unique Journeys Photography. Joscelyn 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. 226-220-8456. <https://uj-photography.com/> & <http://www.facebook.com/uniquejourneysphotography>

Social Groups / Spaces

day5games. Join us as we gather at our space to play board & card games, to assemble jigsaw puzzles, and to fiddle with constructions, in an informal atmosphere. @ SPECTRUM. 226-779-9695. <http://ourspectrum.com/resources/spectrum-groups/> & <https://www.facebook.com/groups/day5games/>

EhBC. A group in 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 Street, Kitchener. <http://www.kwfriendsofordorothy.ca/> & <https://www.facebook.com/kwfod/>

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/>

Men's Social Network. A monthly social & 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. <https://www.facebook.com/groups/1414461365541845/>

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

proach. Programming includes English practice, learning about Canadian culture and getting involved with the community through group activities. A Positive Space with OCASI (Ontario Council of Agencies Serving Immigrants). 519-579-9624. <http://www.ymcacambridgekw.ca/en/immigrant-services/Immigrant-Services.asp>

Immigration Legal Services

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. <https://www.legalaid.on.ca/en/contact/contact.asp?type=refugee>

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

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. 226-779-9695. <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. <https://communitysupportconnections.org/> & <https://www.facebook.com/pages/Community-Support-Connections-Meals-on-Wheels-and-More/137702596271320>

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). 519-748-2222. <http://healthcareathome.ca/www/>

Hospice of Waterloo Region. Provides bereavement and grief support for individuals and in support groups. 519-743-4114. <http://www.hospicewaterloo.ca/>

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

Rainbow Bereavement Support Group. All LGBTQ caregivers, spouses, and friends suffering a loss in Waterloo Region. 519-743-4114 x 117. <http://www.hospicewaterloo.ca/programs/counselling/rainbow-bereavement-support-group/>

SPECTRUM Prime. A discussion and social group for older LGBTQ adults. Sponsored by SPECTRUM. 226-779-

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/> & <https://www.facebook.com/emmanuelucwaterloo>

Erb Street 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. <https://www.grandriverunitarian.ca/> & <https://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 society. Guelph. 519-824-4177. <http://www.harcourtuc.ca/> & <https://www.facebook.com/Harcourt-Memorial-United-Church-Guelph-Ontario-280433658696935/>

Knox Waterloo Presbyterian Church. As an inclusive, affirming congregation, we honour the diversity of God's creation. Our community is richer when we include people of all ages, gender identities, racial and cultural backgrounds, sexual orientations, abilities, economic circumstances and family configurations. Waterloo. 519-886-4150. <http://knoxwaterloo.ca/> & <https://www.facebook.com/KnoxWaterloo>

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

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/> & <https://www.facebook.com/The-KW-Living-Room-113324018728740>

Mount Zion Lutheran Church. A welcoming and affirming congregation in the university neighbourhood. Waterloo 519-886-5820. <https://www.mzlc.ca/> & <https://www.facebook.com/groups/165042693557044/>

Nexus Church. Nexus is a non-denominational church that believes there is a place of love and respect for everyone on the Christian path, and seek to provide a caring space for everyone where the value and dignity of all people is recognized and affirmed. We understand all people to be made in the image of God, and as such, we will work to affirm the worth and dignity of everyone. We strive to be a church community that practices welcoming, accepting and serving all people without qualification. For more information, visit our site. <https://www.nexuschurch.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/> & <https://www.facebook.com/ParkminsterUC>

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. Queerly Christian is a collaboration between Erb Street Mennonite Church and Pastors in Exile. 519-886-3570. <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 Evangelical Lutheran Church. Has been an inclusive, welcoming and affirming congregation for many years. New Hamburg 519-662-1810. <https://telc.ca/> & <https://www.facebook.com/Trinity.New.Hamburg/>

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

Unity Kitchener. Believes that sexual orientation is one of the many unique ways in which God expresses Itself through us and is to be celebrated and honoured as part of who we are! Kitch-

ener. 519-894-0810. <http://www.unitykitchener.com/> & <https://www.facebook.com/unitykitchener/>

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. <http://www.waterloonorthmc.org/> & <https://www.facebook.com/groups/775174062596911/>

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/> & <https://www.facebook.com/Wesley-United-Church-109784999092539/>

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

Family and Children's Services of Waterloo Region. Experience in arranging

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. <https://www.kwmc.on.ca/> & <https://www.facebook.com/KWMulticultural>

LEGIT Canadian Immigration for Same-sex Partners. 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. 416-392-6874. <http://www.legit.ca/> & <https://www.facebook.com/groups/LEGITvancouver/>

Mennonite Coalition for Refugee Support. Provides clients with support with the legal process, and some settlement support. They have experience working with LGBTQ refugees 519-571-1912. <https://www.mcrcs.ca/> & <https://www.facebook.com/mennonitecoalitionforrefugeesupport/>

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. 416-322-4950 ext 242. <http://www.positivespaces.ca/> & <https://www.facebook.com/PositiveSpacesInitiative>

www.facebook.com/PositiveSpacesInitiative

Rainbow Multicultural Connect. A social evening where people from diverse cultures gather together at SPECTRUM to discuss what it is like to be LGBTQ+ across the world. Newcomers are welcome. 226-779-9695. <http://ourspectrum.com/projects/immigrant-and-refugee-services/>

Reception House Waterloo Region. A community-based organization that provides a warm welcome to government-assisted refugees (GARs) through a number of programs and services designed to make their new life in Canada a success. They have experience working with LGBTQ refugees. 519-743-2113. <http://receptionhouse.ca/> & <https://www.facebook.com/ReceptionHouseWR/>

Waterloo Region Immigration - Immigration Partnership. 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. 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; it acts as a 'first stop' for newcomers, supporting their continual process of settlement through a comprehensive client centred ap-

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 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. 519 620-1162 ext. 226. <http://www.wojnarski.ca/staff-jennifer-bolduc.php>

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

Mental Health / Addictions

Here 24 Seven. The front door to the addictions, mental health and crisis services provided by 12 agencies across Waterloo-Wellington. They maintain a 24-hour addictions/mental health crisis toll-free line. <http://here247.ca/>

House of Friendship. Offers a program in addiction services: Supporting Healthy Lives 519-742-8327. <https://www.houseoffriendship.org/> & <https://www.facebook.com/houseoffriendshipwr/>

Self Help & Peer Support. Provides services offered by people who experience a mental health and/or addiction issue for people who experience a mental health and/or addictions issue. These

services are part of Canadian Mental Health Association - Waterloo Wellington. 519-570-4595. <https://cmhawselfhelp.ca/> & <https://www.facebook.com/selfhelppeersupport/>

Supportive Housing of Waterloo (SHOW). Provides housing and harm reduction services for people dealing with substance abuse and homelessness. 519-886-8200. <http://www.showwaterloo.org/> & <https://www.facebook.com/showwaterloo/>

Thresholds Homes and Supports. Provides access to affordable housing and flexible, individualized supports for people dealing with mental health problems. 519-742-3191. <http://www.thresholdssupports.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 519-743-6333. <http://www.carizon.ca/> & <https://www.facebook.com/carizonupdates>

FAQ: LGBT issues in Canada's Immigration and Refugee System. This FAQ is intended to provide general information on LGBT issues in Canada's refugee and immigration system, and should not be treated as legal advice. Prepared by EGALE. <https://egale.ca/faq-immigration/>

for same-sex couples to foster or to adopt children. Kitchener. 519-576-0540. <https://www.facswaterloo.org/> & <https://www.facebook.com/FACSFoundation>

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://pflagcanada.ca/> & <https://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. <https://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. 519-658-9584. <http://www.yourdreamourcommitment.com/> & <https://www.facebook.com/yourdreamourcommitment/>

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. 519-884-0000. <https://ok2bme.ca/> & <https://www.facebook.com/OK2BMEca/>

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 interests or identities, as specified by filling out an online form. Guelph. <http://www.outontheshelf.com/programming/>

SPECTRUM Coming Out Support Group. A discussion group to support people aged 19+ who are coming to terms with their sexual orientation or gender identity/expression. We act as a peer support group where members are encouraged to share personal experiences. <http://ourspectrum.com/coming-out-group/>

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. 226-779-9695. <http://www.ourspectrum.com/> & <https://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://yourwrrc.ca/> & <https://www.facebook.com/WRRC.Info/>

WNDG - Wednesday Night Gatherings for Waterloo Region's Rainbow Community. Promote opportunities to meet and socialize with a wide cross-section of the rainbow community and its allies in Waterloo Region. <http://www.wndg.ca/> & <https://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. 519-743-1151. <https://www.theworkingcentre.org/> & <https://www.facebook.com/The-Working-Centre-147878671940070/>

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/> & <https://www.facebook.com/ACCKWA/>

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 partnership 519-763-2255. <http://www.archguelph.ca/> & <https://www.facebook.com/archguelph/>

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 519-821-6638. <http://guelphchc.ca/> & <https://www.facebook.com/GuelphCHC/>

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. 519-745-4404. <http://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 Sat-

space for our community, SPECTRUM is so much more: social groups, support groups, information resources (including a library), and diversity training for the public. SPECTRUM is the center of our rainbow community. We have charitable status and can write income-tax receipts for donations. Drop-in hours are listed on our website. 226-779-9695. <http://ourspectrum.com/> & <http://www.facebook.com/SpectrumCommunitySpace>

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. 519-744-6549. <https://cijwr.com/> & <https://www.facebook.com/thejustcommunity>

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 519-749-6732. <http://www.cefso.com/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. 519-743-6071. <http://johnhoward.on.ca/waterloo/>

Waterloo Region Crime Prevention Council (WRPC). A community collabora-

tive 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 519-575-4400 ext 3474. <http://preventingcrime.ca/> & <https://www.facebook.com/crimepreventioncouncil>

Legal Services

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

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

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

Sherman Law LLP. Practices in various areas including “Same-Sex Family Law Issues.” 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.” <http://www.taniaharper.com/>

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. <https://www.extremehomes.ca/>

Tana & Barb Roud. A mother-and-daughter team of sales representatives with Royal LePage in Guelph. They support the local rainbow community. 519-824-9050. <http://agents.royallepage.ca/tanaroud>

Information / Publications

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/> & <https://www.facebook.com/ACCKWA/>

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 partnership 519-763-2255. <http://www.archguelph.ca/> & <https://www.facebook.com/archguelph/>

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 the SPECTRUM website. <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/> & <https://www.facebook.com/Grand-River-Rainbow-Historical-Project-326793307364576/>

Guelph Queer Happenings. Formerly Qlinks. Your guide to queer and queer-friendly events in Guelph & area. <https://www.facebook.com/groups/1112202158876387/>

Out on the Shelf. Offers services to the LGBTQ+ community of the Guelph and Wellington area including a queer library and resource center, various monthly programming and community support. <http://www.outontheshelf.com/> & <https://www.facebook.com/groups/36051311607/>

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

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

SPECTRUM - Waterloo Region's Rainbow Community Space. SPECTRUM is Waterloo Region's first ever LGBTQ/Rainbow community space! A safe

elite CHC provides service to the residents of North Dumfries Township. 519-653-1470. <http://www.langs.org/> & <https://www.facebook.com/LangsCommunity>

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. 516-324-4100. <http://www.rainbowhealthontario.ca/> & <https://www.facebook.com/RainbowHealthOntario>

Region of Waterloo Public Health and Emergency Services. 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). 519-575-4400. <https://www.regionofwaterloo.ca/en/health-and-wellness/public-health-services.aspx> & <https://www.facebook.com/rowpublichealth>

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. 519-603-0223. <http://sanguen.com/> & <https://www.facebook.com/SanguenHealthCentre/>

SHORE Centre—Sexual Health Options, Resources & Education. Provides sexual health counselling and educational ser-

VICES 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 live 519-743-9360. <http://www.shorecentre.ca/> & <https://www.facebook.com/shorecentre/>

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 community 310-2222. <http://www.waterloowellingtonhlin.on.ca/> & <https://www.facebook.com/WWLHIN>

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

Health / Wellness

Beth Murch, Doula , Placenta Service Provider, Educator, Village Wyse Womyn. Non-medical support person, providing emotional, physical, and informational 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 519-998-3204. <http://www.freewebs.com/bethmurch/> & <https://www.facebook.com/groups/2381918603/>

Dr. Stephanie Cordes, Naturopathic Doctor. Increasing accessibility to complementary care along with an anti-oppressive and trauma-sensitive approach. Specializing in digestion, mental health, trauma, addiction, and LGBTQ health. I explore physical, mental/emotional, and social wellbeing with my clients by integrating evidence-based medicine with clinical experience and traditional medicinal wisdom to help you feel your best. 519-835-5215. <https://www.drcordes.com> & <https://www.facebook.com/StephanieCordesNd>

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/mamabpotions/>

Soap Monkey. Skincare service: hand-crafted soaps and potions by Sara Caselman. Custom orders. Kitchener. 519-897-4568. <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.

519-743-5576. <http://www.thefoodbank.ca/> & <https://www.facebook.com/FoodBankWatReg/>

Guelph Food Bank. Offers food hampers, community support and local disaster relief to those in need. 519-767-1380. <http://guelphfoodbank.ca/> & <https://www.facebook.com/guelphfoodbank>

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.mcass.gov.on.ca/en/mcass/programs/social/odsp/>

Ontario Works. Helps people who are in financial need. It offers financial assistance, employment assistance and emergency assistance. <https://www.mcass.gov.on.ca/en/mcass/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. 519-886-1081. <http://beavercreek.coop/> & <https://www.facebook.com/BeaverCreekCoop/>

Bread and Roses Co-operative Homes. Offers safe and affordable housing to their members. An LGBTQ-friendly residence. 519-742-4886. <https://www.breadandroses.coop/> & <https://www.facebook.com/BreadandRosesCoop/>

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/>

House of Friendship - 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. 519-742-8327. <https://www.houseoffriendship.org/how-we-help/shelter-and-supportive-housing/>

Region of Waterloo - Find Affordable Housing. The Region of Waterloo offers a number of housing options to meet a variety of needs. 519-575-4400. <https://www.regionofwaterloo.ca/en/living-here/find-affordable-housing.aspx>

Supportive Housing of Waterloo (SHOW). Provides housing and harm reduction services for people dealing with substance abuse and homelessness. 519-886-8200. <http://www.showwaterloo.org/> & <https://www.facebook.com/showwaterloo/>

Thresholds Homes and Supports. Provides access to affordable housing and flexible, individualized supports for people dealing with mental health problems. 519-742-3191. <http://www.thresholdssupports.ca/>

Wellington County Housing Services. Ensures that there is high quality affordable housing for residents of Wellington County. 519-824-7822. <https://www.wellington.ca/en/social-services/housing.aspx>

YW Emergency Shelter. 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 this Emergency Shelter. 519-744-0120. <https://www.ywcakw.on.ca/emergency-shelter>

Real Estate

Ashley Real Estate- Guelph & Surrounding area. Real estate agent Julie Glass-Ashley 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/> & <https://www.facebook.com/TheAshleyGroupRealEstate/>

Charlotte Zawada. A sales representative with RE/MAX Twin City Realty. She has been a supporter of local LGBTQ events 519-579-4110. <https://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. 519-570-4447. <http://x383221.yourkwagent.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