The Rainbow Pages Waterloo-Wellington

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

**Edition 2.1**

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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, with a link back to the more detailed directory online. Additional information was gathered by sending review copies to local professionals in the social service sector.

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

**Availability:** SPECTRUM is making Edition 2.1 available only in electronic format. The most recent version is found at [http://ourspectrum.com/TheRainbowPages.html](http://ourspectrum.com/TheRainbowPages.html). Once we have secured sufficient advertising funds, we will create Edition 3.0, which will be available in print form as well as electronic form.

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

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SPECTRUM is located at 283 Duke St W, Unit 210, Kitchener. Website: [http://ourspectrum.com/](http://ourspectrum.com/)
Facebook: [http://www.facebook.com/SpectrumCommunitySpace](http://www.facebook.com/SpectrumCommunitySpace)
Twitter: @spectrumwat Email: [info@ourspectrum.com](mailto:info@ourspectrum.com)
Rainbow Reels Queer Film Festival (QFF). Presents new films that increase awareness of queer, lesbian, gay, bisexual & trans issues. http://www.facebook.com/rainbowreels


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. 519 835-4299. www.chrishealtherapy.com


Kris Pryke. A psychologist who provides a full range of assessment and counseling 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/


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/


Lesbian Gay Bi Trans Youth Line. Peer-support phone line for lesbian, gay, bisexual, transgender, transsexual, two-
spirit ed, 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://askoutline.wordpress.com/](https://askoutline.wordpress.com/) and [https://www.facebook.com/OUgOUTline](https://www.facebook.com/OUgOUTline)

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

**Sexual Assault Support Centre of Waterloo Region.** Provides a support line for anyone who has experienced sexual violence as a child or adult, and their friends and families. 24-hour crisis & support line. 519 741-8633. [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 1 880 410-4482. [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]

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**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/]


**Harcourt Memorial United Church.** A welcoming and affirming ministry that works for inclusion and justice for gay, lesbian, bisexual and transgender people within the United Church and in society. Guelph. 519 824-4177. [http://www.harcourtcuc.ca/]

**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]

**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 of 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/]

**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/]

**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/]


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**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.fcswg.org/adoption-fostering/]

**Foster/Adopt Waterloo Region.** A division of Family and Children’s Services


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. WWPQPN 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

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 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-3509135/about


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/


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

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

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

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

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

**Housing & Food**

**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/

**Lower Rental Housing**

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

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


**Region of Waterloo - Affordable Community Housing.** The Region of Waterloo offers a number of housing options to meet a variety of needs. http://www.regionofwaterloo.ca/en/servicesforyou/housing.asp

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

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

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

**Real Estate**

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

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

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/


Information / Publications


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


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

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

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


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.cjwr.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.cefs.ca/waterloo.html

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

Waterloo Region Crime Prevention Council (WRCPC). A community collaborative that works for social justice and positive change by addressing the root causes of crime. It is an advisory committee to the Region of Waterloo and consists of 28 members representing the community, social services, education, health, planning, justice, police and community partners. Waterloo. 519 575-4400. http://www.preventingcrime.ca/

Legal Services


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.mmeparalegal.com/


Waterloo Region Community Legal Services (WRLCS). Provides access to justice for people living on low incomes in an inclusive and respectful way. The focus of WRLCS includes the protection of housing, and protection of income. For other matters, they will assist in making appropriate referrals to other...

See also: New Canadians—Immigration Legal Services.

**Mental Health / Addictions**

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

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


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


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

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

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

**New Canadians**

**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 y EGALE. http://egaile.ca/publications/information-sheet-making-an-lgbt-refugee-protection-claim-in-canada/

**Kitchener-Waterloo Multicultural Centre.** Offers assistance with job search services, interpretation and translations services, assistance with settlement needs, settlement counselling and employment counselling, completion of government forms and other documentation needs. Kitchener. Part of the Positive Spaces initiative of OCAI (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/

**Majda Mitrevra 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.majdamitrevralegal.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. http://ourspectrum.com/Newcomers/NewcomerServices.html

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


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. Sponsors the Coming Out Older Discussion Group. http://ourspectrum.com/Seniors/AgingWithPride.html

Bereaved Families of Ontario - Mid-West Region. This agency offers a number of bereavement ans grief support groups. Kitchener. http://www.bfomidwest.org/

Canadian Government Pensions. Information on applying for the CPP (Canada Pension Plan) retirement pension and the OAS (Old Age Security) pension is at http://www.servicecanada.gc.ca/eng/services/pensions/cpp/

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

Coming Out Older Discussion Group. Supports people coming to terms with their sexual orientation or gender identity/expression at an older age. Sponsored by SPECTRUM. https://www.facebook.com/groups/ComingOutOlderWaterlooRegion/


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

Photographers

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


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

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

Gay Men’s Social Group (Cambridge/Guelph/Kitchener/Waterloo). A Facebook group to post events, news, information, chat and meet others in the community.

Social Groups / Spaces


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


Imigration Legal Services

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/immigrant-services/Immigrant-Agencies-Serving-Immigrants/NOTE: This agency is listed as a Positive Community through group activities. An culture and getting involved with the English practice, learning about Canada and its culture. Continual process of settlement through Waterloo Region, and acts as a ‘first bridge. 519 748 2222. 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/immigrant-services/Immigrant-Agencies-Serving-Immigrants/NOTE: This agency is listed as a Positive Community through group activities. An culture and getting involved with the English practice, learning about Canada and its culture. Continual process of settlement through Waterloo Region, and acts as a ‘first bridge. 519 748 2222.

Immigration Legal Services


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

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

Coming Out Older Discussion Group. Supports people coming to terms with their sexual orientation or gender identity/expression at an older age. Sponsored by SPECTRUM. https://www.facebook.com/groups/ComingOutOlderWaterlooRegion/


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

Photographers

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


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

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

Gay Men’s Social Group (Cambridge/Guelph/Kitchener/Waterloo). A Facebook group to post events, news, information, chat and meet others in the community.

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

**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/](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.ca/](http://www.outontheshelf.ca/) and [http://www.facebook.com/groups/36051311607/](http://www.facebook.com/groups/36051311607/)

**Queer Men’s Social Network (Q2MSN).** A monthly discussion group for all queer and questioning men to meet other men, to socialize and plan enjoyable social outings in Guelph & Wellington counties. [http://www.q2msn](http://www.q2msn)

**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/303450007069477/](http://www.facebook.com/groups/303450007069477/)

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


**SOMOH.** SPECTRUM’s outdoor recreation group for urban 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. [http://www.facebook.com/groups/1591995724363618/](http://www.facebook.com/groups/1591995724363618/)

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

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

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

**Gender-Neutral Washrooms in Waterloo Region.** A listing of public washrooms in Waterloo Region that are not restricted to a particular gender. This list includes 100+ buildings and has an associated Google map. Created by SPECTRUM. [http://ourspectrum.com/Trans/AllGenderWashrooms.html](http://ourspectrum.com/Trans/AllGenderWashrooms.html)

**The Order.** The Order is Waterloo’s most intimate nightclub located in the heart of UpTown Waterloo. We strive to provide a safe & unrivalled community space. 56 King Street North, Waterloo. The entrance is just off King St. on Princess St., opposite the KW Little Theatre. Gender-Neutral washrooms. [http://www.facebook.com/TheOrderKW](http://www.facebook.com/TheOrderKW)

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

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

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**Trans Resources**

**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/](http://www.rainbowhealthontario.ca/)

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

**Trans Lifeline.** The line is primarily for transgender people experiencing a crisis. Staffed by transgender volunteers.

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**Langs Community Health Centre (CHC) and its North Dufries CHC satellite provide primary health care (including Trans sensitive care) and health promotion programs to the Cambridge community and residents of North Dufries Township.** A Trans drop in group and Gender Journey group runs at various times throughout the year. Current program information is at [http://www.langs.org/](http://www.langs.org/) For more information or to become a patient please call 519-653-1470 (Cambridge) or 519-632-1229 (North Dufries).
CampOUT. A social/support group for questioning students and those at all stages of the coming out process. campout@uoguelph.ca. University of Guelph.

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


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

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

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

Waterloo Wellington Gender-Variant Working Group. Aims to create a thriving LGBTQ community that fully includes gender variance by building awareness, education and support in Waterloo Region and beyond. http://www.facebook.com/WWGenderVariance

University/College Groups

Wedding Officiants


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://www.allseasonsweddings.com/wedding-officiants/profile/marty-papernick


Unitarian Congregation of Guelph. Performs same-sex weddings. Ceremonies are in the liberal Christian tradition, the non traditional, the humanist, pagan, liberal roots from which Unitarianism arose. 519 836-3443. http://www.guelph-unitarians.com/

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

WLU Center for Women and Trans People. A student service that strives to build a community of people and ideas that challenge and examine gender inequalities. 519 884-0710 x 4444. http://waterloo.mylaurier.ca/cwt/info/home.htm


Youth Resources

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

OK2BMe. A set of support services for LGBTQ youth in Waterloo Region. Free, confidential counselling, drop-in social groups, and fun annual events like Pride Prom and the GSA Conference. Based out of K-W Counselling Services, 480 Charles St. East, Kitchener. http://www.ok2bme.ca/ and http://www.facebook.com/pages/OK2BME/153983389412

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


Trans Peer Discussion Group. Provides a safe and supportive environment for anyone that identifies within the trans/gender variant umbrella. @ SPECTRUM. http://www.facebook.com/Trans/TransPeerSupportGroup.html

Waterloo Region and beyond. Awareness, education and support in Waterloo Wellington Gender Clinic. Transgender Health Care at the ARCH (HIV/AIDS Resources & Community Health). Currently, Pride & Prejudice is offered by trained, LGBTQ facilitators in Guelph and Owen Sound. 519 763-2255 ext 135. education@archguelph.ca http://www.qlinks.ca/pride-and-prejudice
Survey of Gender-Neutral Washrooms in Waterloo Region

**PURPOSE:** SPECTRUM is working on a survey of gender-neutral washrooms in Waterloo Region. Anyone who is trans-identified is well aware of the need for this sort of information - the problem being that folks who do not clearly conform to the gender with which they identify can encounter hostility (*gender-policing*) when they use the washroom of their choice. The existence of single usage washrooms that are NOT labelled by gender makes life much easier for trans-identified individuals.

**WHAT IT COVERS:** SPECTRUM is surveying public institutions, where there is no expectation that you will have to pay money to use the washrooms. These public institutions include government buildings/offices, recreational centres, community centres, libraries, shopping malls, large health centres and hospitals, among others. We are also surveying selected businesses (like cafes and restaurants), where there is often some expectation that you will make some expenditure in order to use their washrooms.

**DATA INCLUDED:** We aim to include: the name of the institution/business, the address, the number of gender-neutral washrooms (e.g. 2 one-stall washrooms), and the location within the building (if it is a large building).

**PHASE 1:** is the production of a survey to provide much needed information for the local trans community. The results (with a Google map) are at: [http://ourspectrum.com/Trans/AllGenderWashrooms.html](http://ourspectrum.com/Trans/AllGenderWashrooms.html)

It lists over 100 establishments, several of which have more than one gender-neutral washroom. Send suggestions to qtadvocacy@gmail.com

**PHASE 2:** will involve a campaign to encourage public institutions and businesses that do not have any gender-neutral washrooms to follow the examples of other local public institutions and businesses listed in the survey. In some cases, this should be easy. For example, many cafes have single-usage washrooms that are labelled by gender; removing the gender designations would not be difficult.
be YOURSELF at

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

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

For location of office and events see website.
Email: info@ourspectrum.com  |  Website: www.ourspectrum.com
Facebook: http://www.facebook.com/SpectrumCommunitySpace
Twitter: @spectrumwat
Hours of Opening: see www.ourspectrum.com