

Benefits of Coming Out*

- Ability to **live one's life honestly**, as an integrated whole & avoid leading a double-life.
- Build **self-esteem** through empowerment and greater self-awareness.
- Develop closer, more **genuine relationships** with friends and family.
- **Alleviate the stress** and fear of hiding one's identity and being "found out."
- **Connect with others** who identify as LGBTQ+.
- **Belong to a community** and culture with whom you have something in common.
- **Help to dispel myths and stereotypes** by speaking about your own experience and educate others.
- **Being a role model** to others.



Consider becoming a member of SPECTRUM

Membership Benefits

- ☑ Be a part of a volunteer-based community organization that is:
 - Committed to building a unified voice for gender & sexual diversity for people of all ages.
 - Dedicated to the promotion of understanding, support, and equitable treatment for the rainbow community.
- ☑ Be notified of and receive invitations to LGBTQ+ events.
- ☑ Access personal development opportunities for people of all ages.
- ☑ Energize yourself and have fun!

SPECTRUM is a volunteer-based *LGBTQ+ community venue that is a sustainable, supportive, positive and safe space for people of all ages in the Waterloo Region. By providing resources, information, rainbow-related events, and programming, **SPECTRUM** will work together with our partners and allies to ensure a strong and inclusive community.

LGBTQ [Lesbian, Gay, Bisexual, Transgender, Questioning and... Queer, Intersex, Asexual, Transsexual, Fluid, Ally, Two Spirit, Pansexual...+]



SPECTRUM | Waterloo Region's first LGBTQ+ / Rainbow Community Space

- **Information services:** events, resource directory, library (books & films), history, survey/map of gender-neutral washrooms
- **Support groups:** for transfolk, older adults, relatives & friends, immigrants, refugees and newcomers.
- **Recreational/Social:** games, crafting, hiking, reading circle and more!



Website - ourspectrum.com

Email - info@ourspectrum.com
(226) 779-9695

LOCATION & HOURS OF OPENING
PLEASE VISIT OUR WEBSITE

Ontario Non-profit Corporation
Number 1899642

Information Services

Clearinghouse for Rainbow Events: a live listing of Waterloo Region LGBTQ+ events & meetings to minimize scheduling conflicts.

Rainbow Community Calendar: a convenient monthly publication listing current events in Waterloo Region.

The Rainbow Pages is a **directory of Waterloo - Wellington resources** of interest to our local LGBTQ+ communities. Included are community and support groups, gathering places, resources for youth and transfolk, wedding officiants, welcoming congregations and professionals.



Lending Library: includes films (over 250 titles) & books (over 700 titles). If you have suitably themed films that you no longer watch, or books you no longer read, please consider donating them to our collection.

The Grand River Rainbow Historical Project documents the history of the various rainbow communities in the Grand River region of Southwestern Ontario. Digitized materials, chronologies and other detailed information are located on the website. The project is maintained by the Grand River Rainbow Historical Society, an action group of SPECTRUM.

Survey/Map of Gender-Neutral Washrooms

Many public washrooms are labelled by gender. People who do not clearly conform to the gender with which they identify can encounter hostility when they use the washroom of their choice. This survey identifies public washrooms that are not restricted to a particular gender. This list includes 100+ buildings and has an associated Google map.

Support Groups



SPECTRUM proudly supports the **PFLAG Chapter of Waterloo, Wellington & Perth Region**, a national organization for the parents, relatives, friends & straight allies of LGBTQ+ identified people.

Aging with Pride Committee is committed to creating events, supports and providing education in response to the needs of our community. We are an inclusive and responsive working group with the goal of ensuring that there are programs and services in place to meet the needs of local LGBTQ+ seniors.

Older Adults Discussion Group: We see things differently as we age. Priorities shift. Social circles change. How can we deal with these challenges? As aging members of the LGBTQ+ community, we have come together to create a welcoming environment where we can reduce isolation and expand our network of friends. Please join us for a casual discussion and social group for older adults.

Trans Peer Support Group^Ω provides a safe and supportive environment for transfolk who identify within the broad trans/gender variant umbrella.

^ΩThis group is a resource for, but not limited to: transgender, transsexual, genderqueer, gender fluid, non-binary, genderless, agender, non-gendered, third gender, two spirit, bigender, transman, transwoman, neutrois, questioning and beyond.

Immigrant & Refugee Services | Rainbow Newcomers Group: We are eager to offer support in whatever ways we can to LGBTQ+ identified newcomers to Canada. We have a social gathering twice each month, that is open to everyone. The goal of the group is to connect newcomers to Waterloo Region's rainbow community.

Sexual Health & AIDS Awareness Drop-In to answer any questions you may have about safer sex, coming out, HIV, STIs, testing information, and more!
Sponsored by ACCKWA.



Recreational/Social Groups

day5games: Socialize while playing board games, solving jigsaw puzzles, and/or assembling construction games.

Reading Circle is a group that reads short stories, poems, or essays while sharing insights and reflections. No preparation is required. We often spend longer discussing the literature than listening or reading.

Queercraft meets most weeks to knit, crochet and create other crafts together. Bring your portable craft and join us!

Outdoor Recreation Group [ORG] gathers to go hiking, biking, snowshoeing, and other self-propelling ambulatory modes group for urban queers.

SPECTRUM's Saturday Social includes an informal afternoon of socializing in a safe and normalizing space.

Youth Support: SPECTRUM provides support for local GSA & Rainbow groups. Resources and speakers are available to schools and community groups to help develop safe spaces for discussion, education and awareness.

~ **The Waterloo Region Rainbow Student Award** ~
Each year, one or more students may be awarded \$500 - \$1000 in support of ongoing educational efforts, projects and personal goals.

For more information: www.ourspectrum.com/studentaward (226) 779-9695 or email finance@ourspectrum.com.



SPECTRUM Office Drop-In provides completely unstructured time that you can spend in our welcoming environment among friends. Sometimes folks play games, enjoy conversation, work on SPECTRUM projects or just spend time reading in a cozy chair. It's also a time where you can speak to a SPECTRUM volunteer about opportunities to volunteer and what's going on in the community. Hours are posted on the website
We look forward to meeting you.