

Rainbow Pages

A GUIDE TO
2SLGBTQIA+
PLACES, SPACES,
AND PEOPLE IN
WATERLOO REGION

The Rainbow Pages is an online and print reference guide to 2SLGBTQIA+ places, spaces, and people in Waterloo Region published by SPECTRUM Waterloo Region's Rainbow Community Space.

This 2023 edition of the Rainbow Pages is made possible thanks to a Canada Summer Jobs grant that allowed us to hire Anna Feng (pictured right with MP Mike Morrice) as our Summer Marketing Assistant, and the advertisers you will meet on the following pages. Special thanks to Anna for working on this project!

In this new issue of the printed directory, you will find listings for queer-owned businesses, allied businesses, and organizations that serve and support the 2SLGBTQIA+ community.

Canada



Welcome!

Special thanks to Jennifer Thibault from Indulgence Studio, Krystal Hilchey Muise and Monica van Schaik from Out of the Box Counselling & Collaborations, and Fabian Fletcher and the tri-Pride Community Association Board of Directors for taking the time to answer our questions for the special interest features in this edition.



The photography in this edition is by Andy Wright.

SPECTRUM is an organization that serves, affirms, and supports the well-being of 2SLGBTQIA+ individuals in Waterloo Region and the broader community through peer support, community partnerships, education and training, resources, and events. Our vision is of an inclusive community where all 2SLGBTQIA+ individuals are welcomed, celebrated, and supported as their authentic selves. We provide more than 30 different groups and programs each month! Visit www.ourspectrum.com for details and resources.



SPECTRUM acknowledges the truth that we are situated on the Haldimand Tract, which is the land of Haudenosaunee and Mississauga Anishinaabe nations, and the traditional territory of the Chinonton Peoples who were entirely eliminated by the colonisation of this land.

The land on which we meet, live, love, and work is land that was originally shared with open arms by the Indigenous peoples who have always called this place home with the settlers of this region. We recognise that our presence here has disrupted thousands of years of culture and belonging. The very land upon which the SPECTRUM space exists is at the edge of a great wetland that served as a hunting ground and overwintering space, and is no more than a short distance from villages, feast and ceremony grounds, and settlements.

This territorial acknowledgement alone cannot accomplish justice and we are committed to working towards reconciliation and ensuring that our programs, services, and practices are culturally relevant and accessible to Indigenous peoples in our community.

As the Member of Provincial Parliament for Waterloo, I'm very grateful to SPECTRUM for curating this important resource which connects Waterloo Region's 2SLGBTQI+ community with safe & affirming places, spaces & people.

I'm proud to be part of an Official Opposition team that is actively working towards better quality of life for 2SLGBTQI+ people.

Here are a few of the action items we're committed to:

- ➔ Launching a 2SLGBTQIA+ Inclusion Action Plan to ensure government services like health care, education and long-term care are inclusive and welcoming
- ➔ Make PrEP free
- ➔ Cover costs for necessary medications and transition drugs
- ➔ Fund shelter spaces and wraparound services for queer and trans youth and adults
- ➔ Support 2SLGBTQIA+ owned businesses through our diverse vendor strategy
- ➔ Introduce a grant program to support 2SLGBTQIA+ community organizations to expand programming and services

As always, my office is here to support Waterloo residents with everything provincial! Don't hesitate to connect with us.

CATHERINE FIFE
MPP Waterloo

📍 Suite 220, 100 Regina St. S, Waterloo
📞 519-725-3477 ✉️ CFife-CO@ndp.on.ca





Free delivery



Top rated pharmacy



PrEP and help with
drug coverage



Vaccines and injections



Text a pharmacist



**Scan me
to learn more**

439 Park St. Kitchener
Text or Call 519-954-1055

YOGA & MOVEMENT ROOTED IN COMMUNITY



THE
branches

Befriend your body & mind, and discover an engaged community of practice at The Branches. Our warm and experienced teachers take a light-hearted approach to Yoga, and are ready to welcome you to class. Join us in person or online - we have plenty of beginner-friendly options.

www.thebranchesyoga.com

Mike Morrice
Member of Parliament
Kitchener Centre



Thanks to all of the volunteers and staff at SPECTRUM for all you do to create a safer and more inclusive community each day!



mikemorricemp.ca

OUR GOVERNMENT HAS IMPLEMENTED THE WORLD'S FIRST 2SLGBTQI+ ENTREPRENEURSHIP PROGRAM!

Please contact your MP with any federal matters:



Valerie Bradford
MP for Kitchener
South-Hespeler
519-571-5509
valerie.bradford@parl.gc.ca



Bryan May
MP for Cambridge
519-624-7440
bryan.may@parl.gc.ca



Hon. Bardish Chagger
MP for Waterloo
519-746-1573
bardish.chagger@parl.gc.ca



Tim Louis
MP for Kitchener-
Conestoga
519-578-3777
tim.louis@parl.gc.ca

DermaEnvy™

SKINCARE

Laser hair removal sale on now!
Save up to 60%

Book online @
www.dermaenvy.com/bookonline

free
consultations!

99 NORTHFIELD DR EAST
SUITE 305 WATERLOO
WWW.DERMAENVY.COM
(519) 888-8149



FACIAL
TREATMENTS



LASER
HAIR REMOVAL



LASER TATOO
REMOVAL



BODY
CONTOURING



TEETH
WHITENING

Serving our community since 2019



A1W



Only1AndyWright Photography & Design

team@only1andywright.com
www.only1andywright.com

SPECTRUM
Waterloo Region's
Rainbow Community Space



RAINBOW DIVERSITY TRAINING FOR EMPLOYEES

Invest in workshops and e-learning modules to build an inclusive community in your workplace where all 2SLGBTQ+ individuals are welcomed, supported, and celebrated as their authentic selves.



Find out more at
ourspectrum.com/services/RDT



The best way to immerse yourself in a city is to get out & walk. A well curated stroll can make you happier, healthier and smarter! Book your private group event with colleagues, family or friends.

STROLL

WALKING TOURS

Public & Private Walking Tours
www.strollwalkingtours.com | 519-242-WALK (9255)



ARTISTS



Ellie Anglin

ellieanglin@gmail.com
<http://www.ellieanglin.com/>

Bangishimo

bangishimo@outlook.com
<https://www.bangishimo.ca>

Lolo (Logan Soeder)

519.616.9277
logansoeder@gmail.com
<http://www.logansoeder.com/>

Anna Winge-Breen

annawingear.jpeg@gmail.com
<http://annawingebreen.com/>

ARTS & CULTURE

Apollo Cinema

141 Ontario St N, Kitchener, ON N2H 4Y5
519.954.5634
info@apollocinema.ca
<http://apollocinema.ca/>

Button Factory Arts

25 Regina St S, Waterloo, ON N2J 1R8
519.886.4577
<https://www.buttonfactoryarts.ca/>

Canadian Clay and Glass Gallery

25 Caroline St N, Waterloo, ON N2L 2Y5
519.746.1882
info@theclayandglass.ca
<https://www.theclayandglass.ca/>

City of Waterloo Museum

550 King St N, Conestoga Mall, Waterloo, ON
N2L 5W6
519.885.8828
museum@waterloo.ca
<https://www.waterloo.ca/en/museum/>

Paint By Munzy

32 King St N, Waterloo N2J 1V4
226.606.2233
paintbymunzy@gmail.com
<http://paintbymunzy.com/>

Princess Cinemas

6 Princess St W, Waterloo, ON N2L 2X8
519.885.2950
<https://www.princesscinemas.com>

Rainbow Chorus of Waterloo-Wellington

info.rcww@gmail.com
<https://rainbowchorus.ca/>

Rainbow Reels Queer & Trans Film Festival

rainbowreelsfilm@gmail.com
<http://www.rainbowreels.ca/>

ARTS & CULTURE (continued)

Stroll - Hyperlocal Walking Tours

519.242.9255
letswalk@strollwalkingtours.com
www.strollwalkingtours.com

Stryve Digital Marketing

137 Glasgow S, Unit 440, Kitchener, ON N2G 4X8
519.747.0044
knockknock@stryvemarketing.com
<http://www.stryvemarketing.com/>

THEMUSEUM

10 King St W, Kitchener, ON N2G 1A3
519.749.9387
info@THEMUSEUM.ca
<https://themuseum.ca/>

tri-Pride Community Association

250 King St W PO Box 26017, Kitchener, ON N2G 0A4
info@tri-pride.ca
<https://www.facebook.com/triPrideCommunityAssociation/>

BOOKS & LIBRARIES

Guelph Public Library

100 Norfolk St, Guelph, ON N1H 4J6
519.824.6220
askus@guelphpl.ca
<https://www.guelphpl.ca>

Idea Exchange

1 N Square, Cambridge, ON N1S 2K6
519.621.0460
<https://ideaexchange.org/>

Kitchener Public Library

85 Queen St N, Kitchener, ON N2H 2H1
519.743.0271
askkpl@kpl.org
<https://www.kpl.org/>

Region of Waterloo Library

2017 Nafziger Rd, Baden, ON N3A 3H4
519.575.4590
<https://www.rwlibrary.ca/>

Waterloo Public Library

35 Albert St, Waterloo, ON N2L 5E2
519.886.1310
askus@wpl.ca
<https://www.wpl.ca/>

Words Worth Books

96 King St S, Waterloo, Ontario N2J 1P5
519.884.2665
david@wordsworthbooks.com
<http://wordsworthbooks.com/>



COUNSELLING & MENTAL HEALTH

Alongside Trauma

jessi@alongsidetrauma.ca
<http://www.alongsidetrauma.ca/>

Anchoridge Counselling Services

295 Weber St N #6A, Waterloo, ON N2J 3H8
519.745.4141
info@anchoridgecounselling.com
<https://www.anchoridgecounselling.com/>

Canadian Mental Health Association Waterloo-Wellington

1 and 3-9 Wellington St, Cambridge, ON
N1R 3Y4
67 King St E, Kitchener, ON N2G 2K4
1.844.264.2993
<https://cmhaww.ca>

Collaborate Counselling

Kitchener, ON (Virtual)
226.407.7173
collaboratecounselling@gmail.com
<https://www.psychologytoday.com/ca/therapists/gavynn-daeuber-mckay-kitchener-on/1005803>

Cultivate Counselling

Kitchener, ON (Virtual)
548.483.5512
cultivatecounsellingkw@gmail.com
<http://cultivatecounselling.ca/>

Find Your Voice Music Therapy

Online and Mobile Services in
Katarokwi/Kingston, ON
1.800.827.3120 x 101
info@findyourvoicemusictherapy.com
<http://www.findyourvoicemusictherapy.com/>

Here 24/7 | Addictions, Mental Health, and Crisis Services Waterloo-Wellington

1.844.437.3247
<https://here247.ca>

Kristie Brassard & Associates

1.844.612.6505
hello@kristiebrassard.com
www.kristiebrassard.com

Maggie Coulter Coaching (Trauma-informed Career & Leadership Coaching)

416.988.5115
mc@maggiecoultercoaching.com
www.maggiecoultercoaching.com

New Moon Counselling

69 Bridgeport Rd E, Waterloo, ON N2J 2K1
519.584.4240
hello@newmooncounselling.com
<http://www.newmooncounselling.com/>

OK2BME (Camino Wellbeing + Mental Health)

480 Charles St E, Kitchener, ON N2G 4K5
519.884.0000
ok2bme@caminowellbeing.ca
<http://www.ok2bme.ca/>



Jennifer Thibault of Indulgence Studio

SPOTLIGHT

Since 2006, Indulgence Studio Ltd., founded by certified medical aesthetician Jennifer Thibault, has been providing exceptional gender-affirming care and personalized medical aesthetic treatments.

WORDS BY ANNA FENG
PHOTOS BY ANDY WRIGHT

Seeking medical aesthetic treatments can be both challenging and intimidating for members of 2SLGBTQIA+ communities. With the beauty and wellness industry often upholding binaries or stereotypes, queer individuals may find it difficult to receive gender-affirming care. This is especially true for services that may be sensitive in nature or evoke emotional responses in clients.

As a certified medical aesthetician with over 20 years of experience, Jennifer from Indulgence Studio has witnessed these challenges in individuals seeking treatments over the years. This has played a crucial role in Jennifer's dedication to provide personalized services in a welcoming and inclusive space.

Prior to founding Indulgence Studio, pain is what first brought Jennifer into the medical aesthetics industry. Growing up, Jennifer described her father as having many talents, but helping her navigate issues like excess hair growth and acne was not one of them. These personal experiences motivated Jennifer to explore treatments on her own, and this eventually led to her pursuing a career in medical aesthetics. Near the beginning of her career, Jennifer recognized that the beauty and spa industries were not solely about pampering. With a passion for helping others find more wholistic wellness practices, the vision for Indulgence Studio came into focus.



Throughout the past 20 years that Indulgence Studio has been serving the Waterloo Region community, Jennifer's intention has always been to create a supportive environment where individuals can access the resources they need to support their wellness journey. Jennifer feels a strong connection to the 2SLGBTQIA+ community as an ally. Almost 70% of the guests at Indulgence studios are queer and trans, and Jennifer feels honoured that these individuals trust Indulgence Studio as a safe place to be their authentic selves.

Every new client of Indulgence Studio starts with a free consultation that allows Jennifer to understand their needs fully. Clients may come into Indulgence Studio unsure about which treatments are right for them, and consultations are a great time for Jennifer to talk through different options. This is followed by collaboratively creating a personalized treatment plan that caters to each guest's unique goals and any concerns they may have. Certain treatments can be long and tedious. This provides Jennifer and her clients with opportunities to listen to audiobooks and podcasts together, and bond over their shared interests.

Much of the comfort established between Jennifer and folks accessing services is accomplished through her exceptional



bedside manner, including active listening, asking questions, and providing services that the 2SLGBTQIA+ community have requested. As part of this safe space, Jennifer aims to create an environment where folks can try out new pronouns, chosen names, clothing, eyebrow styles, and other gender-affirming expressions.

In addition to providing medical aesthetic treatments, Jennifer also uses Indulgence Studio as a place to hold educational classes and community events led by community leaders. These have included voice intensives, makeup lessons for beginners, clothing drives, pre-surgery information sessions, craft nights, live music jams, and more.

Jennifer's desire for the future is to see more 2SLGBTQIA+ representation in the medical aesthetics industry. Having more medical aestheticians who are queer affirming and a part of the 2SLGBTQIA+ community is essential for addressing the specific needs of clients with diverse gender identities and expressions. Jennifer shared, "As someone who has personally experienced the importance of receiving needed services in a welcoming and caring environment, it means the world to me. It validates our commitment to creating a safe and inclusive space where individuals can feel comfortable, understood, and supported.

It inspires us to continue pushing boundaries, advocating for the community, and striving to exceed expectations." By ensuring more medical aestheticians are educated, compassionate, and able to relate to the lived experiences of their clients, Jennifer hopes for an industry that is collectively safer and more inclusive of the individuals being served.

*It validates our commitment
to creating a safe and
inclusive space where
individuals can feel
comfortable, understood, and
supported.*



COUNSELLING & MENTAL HEALTH (continued)

Out of the Box Counselling & Collaborations

61 Highland Rd W, Kitchener, ON N2M 3B7
Krystal: 226.698.5646
Monica: 514.746.3959
admin@outoftheboxcounselling.ca
<https://outoftheboxcounselling.ca/>

Dr. Kris Pryke Psychological Services

439 Park St, Upper, Kitchener, ON
N2G 1N4
519.496.9555
info@drkrispryke.com
<http://drkrispryke.com/>

Qualia Counselling Services

435 The Boardwalk, Suite 406, Waterloo, ON N2T 0C1
430 The Boardwalk, Suite 406, Waterloo, ON N2T 0C1
182 Pinebush Road, Suite 103, Cambridge, ON N1R 8J8
649 Scottsdale Drive, Suite 400, Guelph, ON N1G 4T7
Waterloo: 519.742.0500
Cambridge: 226.887.6377
Guelph: 226.780.7771
info@qualiacounselling.com
<https://qualiacounselling.com/>

Relationship Matters Therapy Centre

150 Water St S, Suite 204, Cambridge, ON
N1R 3E2
226.894.4112
admin@relationshipmatterstherapy.com
<http://www.relationshipmatterstherapy.com/>

Sexual Assault Support Centre of Waterloo Region

300-151 Frederick St, Kitchener, ON N2H 2M2
519.571.0121
info@sascwr.org
<https://www.sascwr.org>

Unique Journeys Counselling

900 Guelph St, Unit 402, Kitchener, ON N2H 5Z6
844.276.2479
joscelyn@uniquejourneycounselling.com
<https://www.uniquejourneycounselling.com/>

Waterloo Region Suicide Prevention Council

165 King St E, Kitchener, ON N2G 2K8
519.884.0422
wrspc-admin@wrspc.ca
<https://wrspc.ca>

Suzanne Welstead, Registered Psychotherapist (she/her)

24 Sinclair St, Guelph, ON N1L 1R6
519.994.3327
smwelstead25@gmail.com
<http://www.suzannewelstead.com/>

EDUCATION

Glow Centre for Sexual and Gender Diversity

Student Life Centre, 200 University Ave W,
Waterloo, ON, N2L 3G1 - Room 3103
glow@wusa.ca
<https://wusa.ca/services/student-run-services/glow/>

MATES (WUSA)

Student Life Centre, 200 University Ave W,
Waterloo, ON N2L 3G1, SLC 3102
mates@wusa.ca
<https://wusa.ca/services/student-run-services/mates/>

EDUCATION (continued)

SPECTRUM | Rainbow Diversity Training

283 Duke St W #210, Kitchener, ON N2H 3X7
info@ourspectrum.com
<https://www.ourspectrum.com/>

EMPLOYMENT

IIHS Career Services YW-KW

102 King St. W, Kitchener ON, N2G 1A6
519.504.7317
inhershoesyw@gmail.com
<https://inhershoesyw.com/pages/training-program>

Lutherwood Employment

35 Dickson St, Cambridge, ON N1R 7A6
165 King St E, Kitchener, ON N2G 2K8
89 Wyndham St. N, Guelph, ON N1H 4E9
Cambridge: 519.623.9380
Kitchener: 519.743.2460
Guelph 519-822-4141
<https://www.lutherwood.ca/employment/programs>

FAMILY RESOURCES

PFLAG Canada

Waterloo/Wellington/Perth, ON
waterloo@pflagcanada.ca
<https://www.facebook.com/PFLAG.WWP>

Greenway-Chaplin Community Centre

116 Rouse Avenue Cambridge, ON N1R 4M8
519.623.4220
info@greenwaychaplin.com
<https://greenwaychaplin.com/>

Child and Parent Place

35 Dickson St, Cambridge, ON N1R 7A6
165 King St E, Kitchener, ON N2G 2K8
89 Wyndham St N, Guelph, ON N1H 4E9
Cambridge: 519.743.1460 x 2
Kitchener: 519.743.1460 x 1
Guelph: 519-743-1460 x 3
<https://www.lutherwood.ca/mentalhealth/capp>

FINANCE & INSURANCE

Daniel Felicetti | Co-operators Insurance Company

450 Belmont Ave W, Unit 3, Kitchener, ON N2M 1N3
519.749.2667
daniel_felicetti_associates@cooperators.ca
<https://www.cooperators.ca/local/daniel-felicetti/>

Shannon Lerner, Insurance Advisor and Investment Representative

519.594.1631
shannon.lerner@canadalife.com
<https://advisor.canadalife.com/web/Shannon-Lerner/>

Tara Waddell CFP, RRC - IG Wealth Management

649 Scottsdale Dr, Suite 401, Guelph, ON N1G 4T7
519.830.4619
tara.waddell@ig.ca
https://advisor.investorgroup.com/en/tara_waddell

William McBay CFP, CLU, CHS, CEA, CFDS | T.E.A.M. Financial Solutions

180 Northfield Dr W, Unit 6, Waterloo, ON N2L 0C7
519.498.8326
william.mcbay@sunlife.com
<https://advisor.sunlife.ca/william.mcbay/>



FITNESS & MOVEMENT

Cyclone Spin Studio

305 King St W, Unit 103, Kitchener, ON
N2G 1B9
519.208.7746
info@cyclonespinstudio.ca
<https://cyclonespinstudio.ca/>

hustl + flow

120 King St S, Waterloo, ON N2J 1P5
519.885.4041
info@hustlandflow.com
<http://www.hustlandflow.com/>

Kindred Spirits Pole

13 - 55 Shoemaker Street Kitchener N2E 3B4
519.778.7953
info@kspole.ca
www.kspole.ca

The Underdog Dance Corp.

71 King St N, Unit C, Waterloo, ON N2J 2X2
info@underdogdance.com
<http://www.underdogdance.com/>

FOOD & DRINK

Aura-La Pastries + Provisions

324 Frederick St, Kitchener, ON N2H 2N8
519.635.800
info@aura-la.ca
<https://aura-la.ca/>

Cafe Pyrus

305 King St W, Unit 101, Kitchener, ON
N2G 1B7
519.954.7705
cafepyrus@gmail.com
cafepyrus.com

The Jane Bond

5 Princess St W, Waterloo, ON N2L 2X7
info@janebond.ca
<http://janebond.ca/>

Lady Glaze Doughnuts

701 Belmont Ave W, Kitchener, ON N2M 1P1
519.954.2424
info@ladyglazedoughnuts.com
<http://www.ladyglazedoughnuts.com/>

Little Mushroom Catering

131 Sheldon Dr, Unit 16, Cambridge, ON
N1R 6S2
226.791.4537
info@littlemushroomcatering.com
<http://www.littlemushroomcatering.ca/>

The Rich Uncle Tavern

45 King St W, Kitchener, ON N2G 1A1
519.208.8555
hello@richuncletavern.ca
richuncletavern.ca

Stockyards Brewing

137 Glasgow St, Suite 385, Kitchener, ON
N2G 4X8
519.514.1820
hello@stockyardsbrewing.co
<https://www.stockyardsbeverage.co/>

FOOD & DRINK (continued)

Stone Crock Restaurant

1396 King St N, St. Jacobs, ON N0B 2N0
519.664.2286
info@fatsparrowgroup.com
<https://fatsparrowgroup.com/pages/stone-crock>

Waterloo Brewing

400 Bingemans Centre Dr, Kitchener, ON
N2B 3X9
519.742.2732
waterloobrewing.com

The Yeti

14 Eby St N, Kitchener, ON N2H 2V6
519.744.4643
yeti@theyeticafe.com
<http://www.theyeticafe.com/>



HAIR & SKIN

Cowboys and Angels Salon

16 Princess St E, Waterloo, ON N2J 2H5
519.579.9880
<https://www.cowboysandangelssalon.ca/>

DermaEnvy Skincare

99 Northfield Dr E, Suite 305, Waterloo ON,
N2K 3P9
519.888.8149
kw@dermaenvy.com
<http://www.dermaenvy.com/>

Gina's Spa And Medi Spa

6 Regina St N, Waterloo, ON N2J 2Z8
519.886.2090
<https://www.ginaspa.com/>

Indulgence Studio

279 Weber Street North #1, Waterloo, ON N2J 3H8
519.404.8941
<https://indulgencestudio.ca/>

Marlowe Grooming Tattoo & General

74 King St W, Kitchener, ON N2G 1A6
548.994.4120
hello@marlowegeneral.com
<https://goodhaircokw.com/>

A photograph of two individuals sitting on an orange leather couch. The person on the left is wearing a denim vest over a grey t-shirt and glasses, and is drawing on a piece of paper on a white round table. The person on the right is wearing a light blue button-down shirt and dark pants, and is also drawing. There are several colored pencils and a box of crayons on the table. The background is a colorful, abstract mural with geometric shapes and patterns. The text 'Out of the Box Counselling' is overlaid on the left side of the image in a large, white, sans-serif font.

Out of the Box Counselling

SPOTLIGHT

Out of the Box Counselling & Collaborations was started by Krystal Hilchey Muise (they/them) and Monica van Schaik (they/them). These neurodivergent and queer community builders couldn't find a counselling service that spoke to their values and philosophy, so they created one.

Out of the Box supports members of the 2SLGBTQAI+ and neurodivergent communities with priority given to Two-Spirit/Indigiqueer, Black, Indigenous, and racialized people.

WORDS BY SCOTT WILLIAMS
PHOTOS BY ANDY WRIGHT

Out of the Box supports members of 2SLGBTQIA+ and neurodivergent communities with priority given to Two-Spirit, Indigiqueer, Black, Indigenous, and racialized people. They offer trauma informed counselling for individuals and caregivers, Spelling to Communicate services, and workshops for local organizations looking to learn more about supporting neurodivergent and queer people in our communities. Their approach is guided by evidence-based frameworks rooted in liberation, social justice, trans rights, anti-racism, critical disability and queer theory. Krystal says, "we're guided by what we're learning and hearing from people with that lived

experience of Indigeneity, racialization, or disability in all of its forms and many other forms of marginalization.” This is critical in the face of a rise in hate and violence towards 2SLGBTQIA+ people that has caused an increase in legitimate fear felt by trans and gender-diverse clients that harm is going to come to them or folks they care about.

Krystal notes that they both have professional experience working in non-profits and other organizations where they found it difficult to build the kinds of services they wanted to offer because of lack of resources, traditional policies and procedures, and bureaucracy. "It was really important to be able to create a space where we could both practice in a way that aligns with how we experience the world."

Out of the Box is perfectly named. It's a private practice where Krystal and Monica have created a safe environment for both their clients, and themselves. Monica shares that "so many working environments are challenging for neurodivergent people... we've been learning how to create accessibility for ourselves." This is critical self-care.

If you have felt that your brain works a little differently or have struggled to feel like you fit in, you are welcome here.

Krystal identifies as an autistic, agender, queer person with French and Mi'kmaq ancestry and puts a lot of effort into building "transformative community where people can actually be seen and heard and show up in whatever way they can." For clients, the focus is on using their strengths to build reciprocal relationships. To Monica and Krystal, this means building trust that clients can be their full and complete selves in the counselling space. "From there we work together to heal trauma, depression, low self-confidence, anxiety, etc. from a neurodivergent and queer affirming perspective." For Out of the Box, this is seen as a form of resistance. It can be revolutionary to appreciate the "the unique and dynamic ways that people exist in the world."

Monica identifies as a dyslexic non-binary, polyamorous, pansexual with Flemish and Dutch ancestry. Monica has found a lot of healing in the queer community and for them, there is an intention in the queer community to create space for everyone and to "get out of the box quite literally, where we have a growing number of identities and ways of living within the queer community and that is so exciting!"





Out of the Box sees gaps and parallels in movements working to change the reality for neurodivergent and queer folks. Krystal and Monica believe conversations around neurodiversity and queerness are fighting back against traditional rules that can be oppressive and harmful to us. They also recognize that these conversations can overlook racialized and disabled people's huge contributions towards creating inclusive spaces, and can lack a focus on culture, reclamation, decolonization and anti-racism. In response, the practices at Out of the Box start in a place of nurturing care, trust and interdependence. "What feels good, what feels right in our bodies, in our minds. Working towards centering everything that resonates for a client rather than isolated parts of them is an act of resistance," says Monica.

Krystal adds, "I think especially for neurodivergent and queer folks there are these multiple systems that are telling us that we can't be ourselves. We try to create a baseline where you can come to counselling and we're not going to question how you identify yourself or how you understand yourself. We're going to try to understand that and we're going to create space for that."

This philosophy comes from personal experience in trying to find a counsellor that was a good fit. Monica shares, "I know that for myself accessing counsellors, there was always a fear of okay, well is my being polyamorous going to be viewed as the root of my issues or are you going to try to understand my experience?"

Though counselling can often be very inwardly focused, Out of the Box also encourages clients to acknowledge the systems of oppression that might make it difficult for neurodivergent people or people with different cultural ways of knowing to succeed in the world. It's important to acknowledge injustice in counselling sessions so that system problems aren't interpreted as problems within individual people. That can be transformative by itself. Monica and Krystal believe activism and community organizing is essential for the health and wellbeing of neurodivergent and queer people in our Region. They see themselves as community organizers working to dismantle colonization, racism, ableism and queerphobia. They view this work as an essential part of their practice.

In the future, Out of the Box hopes to create more workshops and events that celebrate and educate about neurodiversity and queerness. They would love to see Two-Spirit, Indigiqueer, Trans and Black leaders re-centered in the wider queer community. "Although effort is being made, we have a far way to go to fully integrate these perspectives."

HEALTH & WELLNESS

ACCKWA | The AIDS Committee of Cambridge, Kitchener, Waterloo & Area

1770 King St E, Unit 5, Kitchener, ON N2G 2P1
519.570.3687
m2m@acckwa.com
www.acckwa.com

Apothecare Pharmacy

439 Park St, Kitchener, ON N2G 1N4
519.954.1055
pharmacist@apothecarepharmacy.ca
<http://www.apothecarepharmacy.ca/>

ARCH - HIV/AIDS Resources and Community Health

77 Westmount Rd, Unit 110, Guelph, ON N1H 5J1
519.763.2255
<https://archguelph.ca>

Kitchener Downtown Community Health Centre

44 Francis St S, Kitchener, ON N2G 2A2
519.745.4404
mail@kdchc.org
<https://kdchc.org/>

Sanguen Health Centre

29 Young St E, Waterloo, ON N2J 2L4
176 Wyndham St N, Guelph, ON N1H 8N9
Waterloo: 519-603-0223 and 1.877.351.9857
Guelph: 877-351-9857
info@sanguen.com
<https://sanguen.com>

Self Help & Peer Support, CMHA Waterloo Wellington

67 King St E, Kitchener, ON N2G 2K4
1 and 3-9 Wellington St, Cambridge ON, N1R 3Y4
519.623.6024
selfhelpgroup@cmhaww.ca
<https://cmhawwselfhelp.ca/>

SHORE Centre (Sexual Health Options, Resources & Education)

235 King St E #130, Kitchener, ON N2G 4N5
176 Wyndham St N, Guelph, Ontario N1H 8N9
10 Parkside Dr PO Box 370, St. Jacobs, ON N0B 2N0
519.743.9360
info@shorecentre.ca
<https://www.shorecentre.ca/>
<https://shore.inputhealth.com/ebooking>

HOUSING & REAL ESTATE

Habitat for Humanity Waterloo Region

120 Northfield Dr E, Waterloo, ON N2J 4G8
519.747.0664
<https://www.habitatwr.ca/>

House of Friendship

51 Charles St E, Kitchener, ON N2G 2P3
519.742.8327
admin@houseoffriendship.org
<http://www.houseoffriendship.org/>

Lutherwood Housing

35 Dickson St, Cambridge, ON N1R 7A6
41 Weber St W, Kitchener, ON N2H 3Z1
Cambridge: 519.623.9380
Kitchener: 519.749.2450
<https://www.lutherwood.ca/housing>

HOUSING & REAL ESTATE (continued)

Charlotte Zawada (she/her) REALTOR

901 Victoria St N, Kitchener, ON N2B 3C3
Office: 519.579.4110
Cell: 519.502.5682
charlotte.z@rogers.com
<http://www.buyahomesellahouse.com/>

Simon Royer - Realtor Davenport Realty, Brokerage

380 Jamieson Parkway, Unit 12 Cambridge, ON
N3C 4N4
226.218.6875
simon@myhomesold.ca
www.simonssellshomes.ca

Social Development Centre Waterloo Region - Eviction Prevention

23 Water St N, Kitchener, ON N2H 5A4
Cambridge: 519.579.3800 x 8
Kitchener: 519.579.3800 x 9
[http://www.waterlooregion.org/eviction-
prevention-waterloo-region](http://www.waterlooregion.org/eviction-prevention-waterloo-region)

INFORMATION SERVICES

Grand River Rainbow Historical Project

283 Duke St W, Unit 210, Kitchener, ON N2H 3X7
226.779.9695
history@ourspectrum.com
<http://www.grandriver-rainbowhistory.ca>

Rainbow List

rainbow-owner@listserv.thinkers.org
[https://listserv.thinkers.org/mailman/listinfo/rain
bow_listserv.thinkers.org](https://listserv.thinkers.org/mailman/listinfo/rainbow_listserv.thinkers.org)

Member of Provincial Parliament Catherine Fife, Waterloo

100 Regina St S Suite 220, Waterloo, ON N2J 4P9
519.725.3477
cfife-co@ndp.on.ca
<https://www.catherinefife.com>

Member of Parliament Bardish Chagger, Waterloo

100 Regina St S #360, Waterloo, ON N2J 4P9
519.746.1573
bardish.chagger@parl.gc.ca
<http://bardishchaggermp.ca>

Member of Parliament Bryan May, Cambridge

534 Hespeler Rd, Cambridge, ON N1R 6J7
519.624.7440
bryan.may@parl.gc.ca
<http://bryanmay.libparl.ca>

Member of Parliament Mike Morrice, Kitchener Centre

303-305 King St W, Kitchener, ON N2G 1B9
519.741.2001
mike.morrice.C1@parl.gc.ca
<http://mikemorricemp.ca>

Member of Parliament Tim Louis, Kitchener- Conestoga

1187 Fischer-Hallman Rd Unit #624, Kitchener,
ON N2E 4H9
519.578.3777
Tim.Louis@parl.gc.ca
<http://timlouis.libparl.ca>

Member of Parliament Valerie Bradford, Kitchener South-Hespeler

100 Conestoga College Blvd #1114, Kitchener, ON
N2P 2N6
519.571.5509
valerie.bradford@parl.gc.ca
<http://valeriebradford.libparl.ca>

JUSTICE & LEGAL SERVICES

Community Justice Initiatives

20 Ottawa St N, Kitchener, ON N2H 0A4
519.744.6549
<https://cjiwr.com/>

Waterloo Region Community Legal Services

450 Frederick St #101, Kitchener, ON N2H 2P5
519.743.0254
<https://www.wrcls.ca/>

NEW CANADIANS

COMPASS Refugee Centre

675 Queen St S, Unit 230 Kitchener, ON
N2M 1A1
519.571.1912
compass@compassrefugee.ca
<https://compassrefugee.ca/>

KW Multicultural Centre

715 Fischer-Hallman Rd #401, Kitchener, ON
N2E 4E9
519.745.2531
home@kwmulticultural.ca
<https://kwmulticultural.ca/>

OLDER ADULTS

Community Support Connections

61 Woolwich St N PO Box 29, Breslau, ON
N0B 1M0
519.772.8787
info@cscmow.org
<https://communitysupportconnections.org/>

The Village of Winston Park

695 Block Line Rd, Kitchener, ON N2E 3K1
519-576-2430
winston.admin@schlegelvillages.com
<https://schlegelvillages.com/about>

PHOTOGRAPHY

Bangishimo

bangishimo@outlook.com
<https://www.bangishimo.ca>

Ben Lariviere Photography

photos@benlariviere.com
BenLariviere.com

KW Headshots

57 Albert St W, Waterloo, ON N2L 3S1
226.606.1645
info@kwheadshots.ca
<http://www.kwheadshots.ca/>

Only1AndyWright Photography & Design

227- 44 Gaukel St, Kitchener, ON N2G 4P3
team@only1andywright.com
<http://www.only1andywright.com/>

SHOPPING

Gifted Waterloo

740 Belmont Ave W, Kitchener, ON N2M 1P2
519.208.4438
<https://www.giftedwaterloo.com/>

Gold Leaf Botanicals

189 Park St, Waterloo, ON N2L 1Y7
contact@goldleafbotanicals.ca
<https://goldleafbotanicals.ca/>

Kidunified

Campus RPO, 35 Harvard Rd Suite 21004,
Guelph, ON N1G 3A0
ashley.kizis@kidunified.ca
<https://www.kidunified.ca>

Le Prix Fashion & Consulting

181 Park St, Waterloo, Ontario, N2L 1Y7
226.791.0219
info@leprixclothing.com
<https://www.leprixclothing.com/>

Pixelwood Creative

hello@thepixelwood.com
www.thepixelwood.com

Talula Fields General Store

20 Queen St S, Kitchener, ON N2G 1V6
talulafields@gmail.com

The Witty & Co

20 Ainslie St N, Unit 2, Cambridge, ON N1R 3J4
519.639.3596
thrift@ywkww.ca
<https://www.thewittyandco.com/>

Wix'd Space Candle Company

wixdspacecandleco@gmail.com
<https://www.thewittyandco.com/>

YW Thrift Boutique

102 King St W, Kitchener ON, N2G 1A6
226.751.6898
thrift@ywkww.ca
<http://inhershoesyw.com/>





tri-Pride Community Association

The tri-Pride Board, back row, left to right: Tanya Nancarrow, Karen Nancarrow, Sam Spizzirri, Brie Treviranus, Manuel Murillo; front row, left to right: Kamil Ahmed, Fabian Fletcher, Stephanie Sutherland, Midas Beglari.

The tri-Pride Community Association has been active in our community since 1995. As the premier Pride organization in Waterloo Region, they host a variety of events for the 2SLGBTQIA+ community and allies, including PRIDEtoberfest, Winter Pride, and the annual Summer Festival.

The current tri-Pride Board of Directors is comprised of 10 people who reflect the community well. This includes trans and non-binary folks, people who have chronic illnesses and those with exceptionalities, people without permanent residency/citizenship, and folks from different racial and cultural backgrounds. Like many organizations, tri-Pride's leadership hasn't always been reflective of the entire rainbow community, but they are committed to ensuring that there is space for folks from all social locations and backgrounds on their board.

For tri-Pride, Pride is both a "Protest AND a party. Pride as a celebration builds our community, gives us space to celebrate all that makes us unique and diverse, but we cannot ignore the world around us," says President, Fabian Fletcher.

“Our trans and nonbinary folks have been targeted, our BIPOC rainbow community faces racism and discrimination within the community, and our exceptionally abled rainbow folks still don’t have access to marriage equality without losing their ODSP benefits. These are battles that we still need to fight, and there are systems that we still need to tear down and build back up. Pride is a protest first, and a party second to that.”

This is why Pride is so important to the rainbow community. It is a reminder of how far we have come in terms of representation, rights and freedom, and advocacy. It also serves as an important reminder that although progress has been made, there is much more that needs to be done. We still have a long way to go, and the fight has never been more crucial. Fabian notes, “Pride serves as a reminder, and a way to honour those who came before us, and fought, and to invigorate the next generation to pick up where they left off.”

tri-Pride, and other similar Pride associations, fill a crucial gap in communities. They create spaces for people to gather and celebrate their identities. They highlight local businesses, local talent and performers, and facilitate joy and connection with their events. They build community and support systems.

Pride is even more important in the face of rising hate-motivated incidents and crimes in our community and around the world. Fabian shares, “One thing about the rainbow community that I have always loved is how quickly folks come together to support one another and watch out for each other. While members of government and leaders continue to offer ‘thoughts and prayers’ our communities have come together to organize, and to grow through pain and adversity.”



tri-Pride
Cambridge • Kitchener • Waterloo

Pride events are also for allies to the rainbow community. People who want to be allies or to support 2SLGBTQIA+ folks can show up for tri-Pride events, learn more about the experiences of people in the rainbow community, and use their privilege and platforms to amplify our voices – especially the voices of those who are heard least frequently.

tri-Pride was happy this year to see more townships and cities building Pride organizations. They look forward to supporting and partnering with grassroots groups like Grand River Pride and Woolwich Pride.

Going forward, tri-Pride hopes to see more spaces, events, and celebrations for the rainbow community to gather in. Fabian shares, “I want our community to thrive and get to a point where we can build those networks in many different spaces. I also want our local politicians and decision makers to invest in our communities, and not reinvent the wheel. There are so many wonderful organizations and movements that deserve funding and support from our region.”

If you appreciate the work that tri-Pride does and would like to support them, you can start by following them on Facebook, Twitter (X), Instagram, Threads, and LinkedIn where they post about their upcoming events and projects.

Spectrum would like to offer our deep appreciation to all the tri-Pride board members and volunteers, past and present, for the important work they have done in our community for nearly 30 years.



SOCIAL & GROUPS

Chaplin Family YMCA Cambridge | LGBTQ2S+ Youth Program

250 Hespeler Rd, Cambridge, ON N1R 3H3
519.623.9622
info@ytr.ymca.ca
<https://www.ymcacambridgekw.ca/en/health-fitness-aquatics/chaplin/Teens.asp>

Dyke Bar Takeover Kitchener Waterloo

dykebartakeoverkw@gmail.com
<http://www.dykebartakeoverkw.com/>

University of Waterloo Drag Club

Student Life Centre, 200 University Ave W,
Waterloo, ON, N2L 3G1
uwdrag@clubs.wusa.ca
<http://instagram.com/uwdragclub>

UW EngiQueers

engiqueers@engsoc.uwaterloo.ca
<https://www.engsoc.uwaterloo.ca/about-us/affiliates/>

Volunteer Waterloo Region

11454 King St E, Kitchener, ON N2G 2N7
519.742.8610
Info@volunteerwr.ca
Volunteerwr.ca

The W Centre (YWCA Cambridge)

20 Dickson St, Unit 101, Cambridge, ON N1R 1T4
519.622.9960
thew@ywcacambridge.ca
<http://ywcacambridge.ca/>

SPIRITUAL

Emmanuel United Church

22 Bridgeport Rd W, Waterloo, ON N2L 2Y3
519.886.1471
<https://emmanueluc.ca/>

Grand River Unitarian Congregation

299 Sydney St S, Kitchener, ON N2G 3V8
519.742.0432
info@grandriverunitarian.ca
<http://grandriverunitarian.ca/>

KW Unity Mosque

519.742.3302
franpappertshannon@gmail.com
unitymosquekw@gmail.com

Nexus Church

Conrad Centre for the Performing Arts,
36 King St W, Kitchener, ON N2G 1A3
sarah.holmes@nexuschurchkw.com
<https://nexuschurch.ca/>

Stirling Avenue Mennonite Church

57 Stirling Ave N, Kitchener, ON N2H 3G4
519.745.4769
office@stirlingmennonite.ca
kim@stirlingmennonite.ca
<https://www.stirlingmennonite.ca/>

SPIRITUAL (continued)

The Unitarian Congregation of Guelph

122 Harris St, Guelph, ON N1E 5T1
519.836.3443
admin@guelph-unitarians.com
<http://www.guelph-unitarians.com/>

Waterloo North Mennonite Church

100 Benjamin Rd, Waterloo, ON N2V 2J0
519.888.6113
office@waterlooonorthmc.org
<http://www.waterlooonorthmc.org/>

TATTOO

Iron Horse Tattoo

950 King St W, Kitchener, ON N2G 1G4
519.897.7963
tristaneverett@gmail.com
<https://www.facebook.com/ironhorsetattoowaterloo>

Tora Tattoo & TD Laser Clinic

7 Young St E, Waterloo, ON N2J 2L2
519.888.6420
toratattooinc@gmail.com
<https://www.toratattoo.com/>

Torchlight Tattoo

3-8 Regina St N, Waterloo, ON N2J 2Z8
226.647.7311
chris@torchlighttattoo.ca
<https://www.torchlighttattoo.com/>

WEDDING

BCausLove

519.573.2287
hello@bcauslove.com
<http://www.bcauslove.com/>

Mark Hartburg - All Seasons Weddings

1.888.949.3607
<https://allseasonsweddings.com/en/wedding-officiants/profile/mark-hartburg>



If you'd like to be included in the next edition of the Rainbow Pages, please email info@ourspectrum.com

The online version of this directory can be found at <https://www.ourspectrum.com/resources/directories/>

Confidence isn't a prerequisite for our classes – it's the result.



New
students
start for
only \$39



If you think you have "two left feet" – we want you!

The Underdog Dance Corp. is Waterloo's first beginner-focused adult dance studio for those who "never thought they would"! We are here to meet you where you're at and help you discover a love for dance and movement. We are often described as Waterloo's most inclusive, encouraging, and friendly space, as well as a "second home" for many of our students. Our studio values are **safety, inclusivity, and respect.**

Build confidence on and off the dance floor.

New students start with us for only \$39 in our beginner-focused intro classes designed to boost confidence.

Choose from: salsa, bachata, hip hop, heels, chair dance, ballet, contemporary, K Pop, jazz, and more!

Try an intro
class!

