



Rainbow
Pages

Thank you to everyone who



made this edition a reality



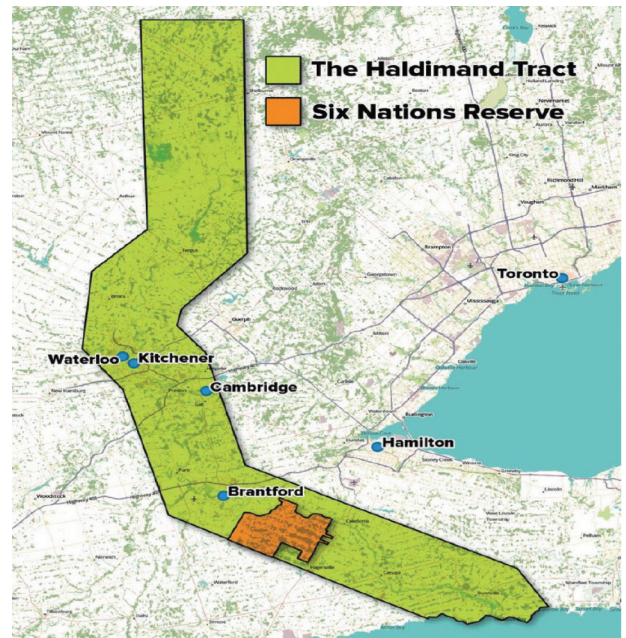
Mural art by Trisha Abe

Spectrum is dedicated to serving, affirming, and supporting the well-being of 2SLGBTQIA+ individuals in the Waterloo Region and beyond through peer support, community partnerships, education and training, resources, and events. Our vision is an inclusive community where all 2SLGBTQIA+ individuals are welcomed, celebrated, and supported in living as their authentic selves. We offer over 50 different groups and programs each month.

The Rainbow Pages, launched in 2014. This On-line and print guide features 2SLGBTQIA+ places, spaces, and people in Waterloo Region, with listings for queer-owned businesses, allied businesses, and organizations that support the 2SLGBTQIA+ community.

The 2024 edition of the Rainbow Pages was made possible by grants and funding from the community, allowing us to hire Celestine Unugboji as our Summer Marketing Assistant. We thank Celestine for his contributions to this project and the advertisers featured in these pages.

Photos in this edition were taken by Andy Wright who has been an amazing support to Spectrum.



Land Acknowledgment

Spectrum acknowledges that we are on the Haldimand Tract, land of the Haudenosaunee and Mississauga Anishinaabe nations, and the traditional territory of the Chinonton Peoples, who were eliminated by colonization. The land we meet, live, love, and work on was shared by Indigenous peoples with settlers. We recognize our presence has disrupted thousands of years of culture and belonging.

This land, once a great wetland, was used for hunting, overwintering, and near historic villages and ceremony grounds. This acknowledgment alone cannot achieve justice. We are committed to reconciliation and ensuring our programs and practices are culturally relevant and accessible to Indigenous peoples in our community.

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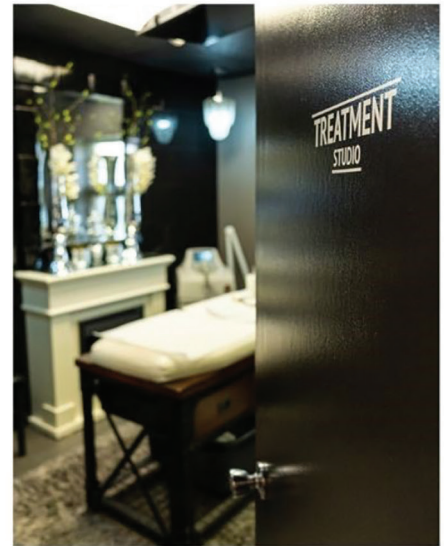
Navigating medical aesthetic treatments can be challenging, particularly for 2SLGBTQIA+ individuals who often encounter outdated industry norms. With over 20 years of experience, Jennifer Thibault personally understands these challenges deeply. Jennifer recognized early on that not all spa experiences are about pampering; rather, they can be crucial to holistic wellness and self-care.

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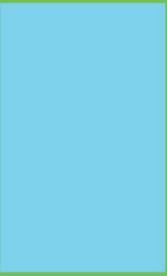
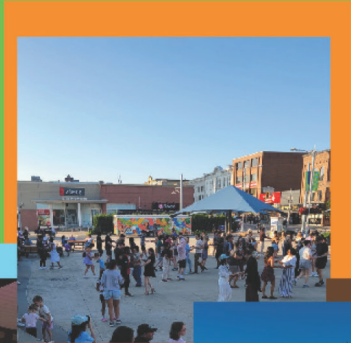
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Button Factory Arts

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

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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

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(519) 885-2950
<https://www.princesscinemas.com>

Rainbow Reels Queer & Trans Film Festival

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

Rainbow Chorus of Waterloo-Wellington

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

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(519) 747-0044
knockknock@stryvemarketing.com
<http://www.stryvemarketing.com/>

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info@THEMUSEUM.ca
<https://themuseum.ca/>

tri-Pride Community Association

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ON N2G 0A4
info@tri-pride.ca
[https://www.facebook.com/triPrideCommunityAs-
socation/](https://www.facebook.com/triPrideCommunityAssociation/)

Artists & Tattoos

Artists

A. Decker Creations

(519) 400-6304
admin@adeckercreations.com
<https://www.adeckercreations.com>

Anna Winge-Breen

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

Bangishimo

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

By Angie Cruz - Creative Chalkboards

(226) 898-4843
anyuz@hotmail.com
https://www.instagram.com/by_angiecruz

Ellie Anglin

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

Form Studios

(226) 332-6158
ryan@theformstudio.com
<https://theformstudio.ca/>

Lolo (Logan Soeder)

(519) 616-9277
logansoeder@gmail.com
<http://www.logansoeder.com/>

Tattoo Artists

Iron Horse Tattoo

950 King St W, Kitchener, ON N2G 1G4
(519) 897-7963
tristaneverett@gmail.com
<https://www.facebook.com/ironhorsetattoowaterloo>

Torchlight Tattoo

3-8 Regina St N, Waterloo, ON N2J 2Z8
(226) 647-7311
chris@torchlighttattoo.ca
<https://www.torchlighttattoo.com/>

Tora Tattoo & TD Laser Clinic

7 Young St E, Waterloo, ON N2J 2L2
(519) 888-6420
toratattooinc@gmail.com
<https://www.toratattoo.com/>



Photo by Andy Wright

Books & Education

Books

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 Street North, Kitchener, Ontario N2H 2H1
(519) 743-0271

Region of Waterloo Library

2017 Nafziger Rd, Baden, ON N3A 3H4
(519) 575-4590
<https://www.rwlibrary.ca/>

Space Fruit Press

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Ontario N2G 2V6

Waterloo Public Library

35 Albert St, Waterloo, ON N2L 5E2
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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/>

Education

Beer. Diversity.

Waterloo, On
(416) 830-6516
info@beer-diversity.com
<https://www.beer-diversity.com/>

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/>

SPECTRUM | Rainbow Diversity Training

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

Annette Martin: Perinatal Mental Health Counselling and Parenting Support

annette@annettemartinrsw.com
<https://www.annettemartinrsw.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
(844) 264-2993
<https://cmhaww.ca>

Catherine Mellinger EXAT & CC-PMH

44 Gaukel Street, Kitchener, Ontario N2G 4P3
hello@catherinemellinger.com
<https://www.catherinemellinger.com>

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/>

Dr. Kris Pryke Psychological Services

439 Park St, Upper, Kitchener, ON N2G 1N4
(519) 496-9555
info@drkrispryke.com
<http://drkrispryke.com/>

Everworth Counselling Services

42 Carden Street, Guelph, Ontario N1H 3A2
(548) 490-4617
info@everworthcounselling.ca
<https://www.everworthcounselling.ca>

Find Your Voice Music Therapy

(800) 827-3120 ext. 101
info@findyourvoicemusictherapy.com
<http://www.findyourvoicemusictherapy.com/>

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

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<https://here247.ca>

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kherrington.therapy@gmail.com
<https://www.psychologytoday.com/ca/therapists/kurtis-herrington-kanata-on/1072581>

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/>

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/>

Paper Birch Counselling - Kaitlyn Jantzi, MSW, RSW

paperbirchcounselling@gmail.com
<https://www.paperbirchcounselling.com>



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-  info@kaleidoscopecounsellingco.com



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Ontario N2T 0C2
(519) 742-0500

Guelph:

649 Scottsdale Dr, Suite 400, Guelph, ON N1G 4T7
(519) 742-0500
info@qualiacounselling.com

<https://info@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>

Street Therapy - Counselling, Psychotherapy & Group Offerings

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Ontario N2H 5C5
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info@streettherapy.ca
<https://www.streettherapy.ca/>

Suzanne Welstead, Registered Psychotherapist (she/her)

24 Sinclair St, Guelph, ON N1L 1R6
(519) 994-3327
smwelstead25@gmail.com
<http://www.suzannewelstead.com/>

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>

Whole Family Psychotherapy - Specializing in Perinatal Mental Health and Child/Youth therapy

(519) 997-2426
hello@wholefamilypsychotherapy.com
<https://wholefamilypsychotherapy.com/>



Photo by Andy Wright

Queer folks and financial security

We may not align with societal expectations of gender or sexuality.

We may commit to more than one person at a time.

We may value our chosen families over the families we were born to.

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shannon@wrightwealth.ca
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Guelph ON N1E 6V1

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>

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

(416) 988-5115
mc@maggiecoultercoaching.com
www.maggiecoultercoaching.com (employment)

Starling Employment

Cambridge:

35 Dickson St, Cambridge, ON N1R 7A6
(519) 623-9380

Kitchener:

165 King St E, Kitchener, ON N2G 2K8
(519) 743-2460

Guelph:

89 Wyndham St. N, Guelph, ON N1H 4E9
(519) 822-4141

<https://starlingcs.ca/employment/>

Finance & Insurance

Daniel Felicetti | Co-operators Insurance Company

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daniel_felicetti_associates@cooperators.ca
<https://www.cooperators.ca/local/daniel-felicetti/>

Shannon Lerner, RIS | Wright Wealth

Cambridge ON
(519) 594-1631
shannon@wrightwealth.ca
<http://lernerfinancial.ca/>



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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/>



Family Resources

Family

PFLAG Canada

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

Starling Community Services - Front Door

(519) 749-2932
<https://www.frontdoormentalhealth.com/>

Starling Child and Parent Place

Cambridge:

35 Dickson St, Cambridge, ON N1R 7A6
(519) 623-9380

Kitchener:

165 King St E, Kitchener, ON N2G 2K8
(519) 743-2460

Guelph:

89 Wyndham St. N, Guelph, ON N1H 4E9
(519) 822-4141

<https://starlingcs.ca/mentalhealth/capp>



Photo by Andy Wright

Older Adults

Community Support Connections

61 Woolwich St N PO Box 29, Breslau, ON NOB 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>



Photo by Andy Wright

Fitness & Movement

BlackFyre Performance Training

60 Bathurst Drive Unit 12, Waterloo,
Ontario N2K 4C1
(226) 974-5665
info@murrucane.ca
<https://BlackFyrePT.com>

CrossFit 1827

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(519) 830-1733
greg@crossfit1827.com
<https://www.crossfit1827.com>

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info@cyclonespinstudio.ca
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hustl + flow

120 King Street South, Waterloo, Ontario N2J 5A3
(519) 885-4041
info@hustlandflow.com
<http://www.hustlandflow.com/>

Kazoku Martial Arts Centre Inc.

175-2 Beverly Street, Cambridge, Ontario N1R 7Y9
(519) 267-8882
info@kmacambridge.com
<https://www.kazokumartialartscentre.com/>

Kindred Spirits Pole

13 - 55 Shoemaker Street Kitchener N2E 3B4
(519) 778-7953
info@kspole.ca
www.kspole.ca

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50 Erb Street West, Waterloo, Ontario N2L 1T2
(226) 752-4469
remixswing@gmail.com
<https://remixswing.com>

The Underdog Dance Corp.

71 King Street North, Waterloo, Ontario N2J 2X3
info@underdogdance.com
<http://www.underdogdance.com/>



Photo by Andy Wright



SPOTLIGHT

What began as a casual conversation over wine has, since its founding in 2023, grown into a city-wide celebration drawing over 1,000 attendees. Grand River Pride is not just organizing events—they are actively becoming the representation they wish to see in the community.

Words by Celestine Unugboji

Images by Andy Wright and Em Rowsell

The inception of Pride in Cambridge emerged from a casual conversation between Bryan Causarano-Bolton, Eric Bolton, and friends over a glass of wine.

The discussion centered around the lack of local queer events in their town, leading to a spontaneous decision to create something themselves. With a background in event planning, the group organized a Drag/Comedy/Music night, followed by an event to observe the Transgender Day of Remembrance. The success of these events caught the City's attention, and soon, they found themselves planning Pride. The overwhelming response revealed a deep-seated need for 2SLGBTQIA+ individuals to connect and come together. Many expressed relief, saying, "Finally." This sentiment underscored the importance of creating opportunities for the community to gather, fostering a sense of unity and belonging. These gatherings allowed people to meet others in the "gaybourhood" and paved the way for collective efforts to build safer spaces.



Pride, for the organizers, is more than just an event, it's a profound expression of self-acceptance. It represents the confidence to live authentically, to let one's true self shine, and to feel at home in one's own skin. When a community embraces Pride, it becomes a place where individuals can see themselves reflected in others, where diverse lives are celebrated together. Pride is about creating spaces where everyone can learn from one another, fostering an environment rich with understanding and mutual respect.

The goal of Grand River Pride is to leave attendees with a sense of belonging, safety, and worth. The most rewarding feedback they've received is that their events feel distinctly communal—a true celebration of diversity where everyone is welcomed. This inclusive atmosphere sets their events apart, making them more than just gatherings but a testament to the community's strength and unity.



Expanding to Ayr in 2024 was a significant milestone, as it aligned with the organization's vision of bringing Pride events to communities that typically wouldn't have access to them. The event in Ayr was a learning experience, guided by the needs and desires of the local community. It felt like a community picnic, where people spent the day catching up with friends and exploring a market of queer makers and local support organizations. This success has inspired the organization to replicate the experience in other small communities, bringing the spirit of Pride to those who might otherwise miss out.

The heart of Grand River Pride lies in its volunteers. While much of the administrative work is handled by Eric and Bryan throughout the year, the team expands significantly during Pride Week, with 25 additional volunteers assisting in organizing, setting up, and guiding participants. Volunteers are the lifeblood of the organization, transforming ideas into tangible outcomes. They are the pioneers who lead the community towards exciting new possibilities, driven by a shared vision of change. The organization's mission is clear: to foster community growth, an attainable goal with widespread support.

For Bryan, allies play a crucial role in supporting the 2SLGBTQIA+ community, especially in smaller, more isolated queer communities. - (continued)

(continued) Their presence at events not only amplifies the sense of inclusion but also helps the queer community see themselves as an integral part of the broader society. Allies are encouraged to be present, to visibly support the community by displaying symbols of acceptance, and to provide platforms for queer voices to be heard. This support is vital in creating spaces where queer individuals can thrive, express themselves, and drive change.

Getting involved with the organization is straightforward. People can visit their website, fill out a form, donate, or purchase Grand River Pride merchandise to help with funding. However, making a difference isn't limited to volunteering or financial contributions. Advocating for political allies, holding them accountable, and standing against injustice are potent ways to support the cause. Reporting hate crimes, even minor acts like vandalism, is essential in combating the negativity that can plague the community. The community can work together to create a more accepting and safer environment by pointing out and demanding change.



“ Pride means being comfortable in my own skin. It means letting who I am on the inside shine on the outside. It means having the confidence to be this person wherever I am. If my community is full of Pride, I see myself in my community.”

Grand River Pride is in a transitional phase, updating its vision and mission statements as it prepares to incorporate. Initially, the focus was on providing a service to the community that needed to be more robust. Now, the emphasis is shifting toward fostering a sense of belonging, connection, and collaboration. The organization aims to work with others rather than for others, reflecting a beautiful evolution in its purpose and approach.

Grand River Pride is at an exciting juncture, ready to establish itself as a formal organization and evolve into its next phase. - (continued)

(continued) The future holds more partnerships with organizations dedicated to showcasing queer arts and culture and providing support services. The goal is to build a stronger sense of community for queer individuals and to help them recognize their place in their neighbourhoods. By increasing funding and expanding events, Grand River Pride hopes to reach more communities and extend the reach of support services through strategic partnerships.

As a grassroots organization, Grand River Pride is doing a lot with limited resources. The success of their initiatives depends on collaboration and collective effort. The more people who know about and support Grand River Pride, the more diverse and compelling the organization can become. Sharing their message, attending events, and contributing in any way possible are all crucial steps in helping GRP make a lasting difference in the community.



Food & Drink

AOK Craft Beer + Arcade

165 King Street West Unit# B03, Kitchener, Ontario
N2G 1A9
hello@aokdtk.ca
<https://aokdtk.ca>

Aura-La Pastries + Provisions

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info@aura-la.ca
<https://aura-la.ca/>

Cafe Pyrus

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(519) 954-7705
cafepyrus@gmail.com
cafepyrus.com

Coven Marketplace

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covenkitchener@gmail.com
<https://www.covenmarket.com/>

Lady Glaze Doughnuts

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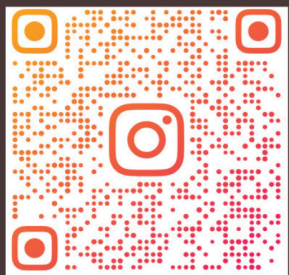
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Photo by Andy Wright



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Cowboys & Angels



SPOTLIGHT

You create the representation you want to see in the world, and that's exactly what Cowboys and Angels did in Uptown Waterloo. Here's how one hairdresser's dream transformed into over two decades of community and safe spaces for the 2SLGBTQ+ community.

Words by Celestine Unugboji

Images by Andy Wright

Cindy Calhoun has spent 36 years in the hairdressing industry, carving out a unique space where beauty and acceptance intertwine. Her love for cutting hair is matched only by her passion for connecting with her clients. Cindy's drive comes from a deep desire to make people feel beautiful and seen, creating a place where everyone is welcome to be their true selves and feel accepted.

For 25 of those years, Cindy has owned her own salon, a business born out of a vision that was ahead of its time. She wanted to create something different—a salon with a laid back atmosphere that was LGBTQ+ proud from day one. There were no other salons like it when she started, and she knew she needed the flexibility and power that only ownership could provide to bring her vision to life.

Her salon, now a fixture in the community, is known for its incredible talent and inclusive environment. It's Waterloo Region's alternative salon, a place where creativity flourishes, and client satisfaction is paramount. The team works tirelessly to make every client happy, and they give back to the community whenever possible. Cindy's salon has become a safe haven for a diverse clientele, ranging from six months to 86 years old. The salon's client base includes many 2SLGBTQ+ individuals, professionals, celebrities, and countless families, all of whom find a welcoming space within its walls.

Celebrating 25 years in Uptown Waterloo is a milestone that Cindy holds with pride. However, the journey hasn't been without its challenges. Running a queer-friendly business has brought its share of obstacles, including instances of homophobia from other salons and even hairdressing schools. Cindy recalls people saying, "You can't work there unless you're gay," an absurd notion that only fueled her determination to succeed. Despite these challenges, the salon has thrived, thanks to the unwavering support of the community. Cindy is deeply grateful for the loyal and new clients who keep their chairs full and their spirits high.

" My advice for the youth would be to come out to yourself first, love yourself and find your people. Stay hydrated and indulge in self care. "
- Cindy Calhoun

Overcoming these challenges has been about more than just resilience; it's been about creating a safe space for both staff and clients to be themselves. Cindy's commitment to making everyone feel seen, heard, and loved is reflected in the phenomenal work that comes out of her salon every day. She finds immense reward in seeing the transformation of a client who struggles with their identity but leaves with a genderless haircut that makes them feel incredible.



The difference in their demeanor, from when they walk in to when they walk out, is what makes her work so fulfilling.

For Cindy, her salon is more than just a business; it's a place where she can honour and celebrate the identities of her clients. As a lesbian, she wishes there had been more spaces like this when she was younger. Her work is about embracing who you are with confidence and joy, loving who you love, and fighting for the same rights as everyone else.



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My professional journey began in 2003 when, at the age of 17, I started working in aviation, checking in passengers for flights in Vancouver. By 19, I had become a flight attendant. For the next 13 years, I traveled the world, gaining invaluable experience in culture, language, customer service, and professionalism. Four of those years were spent working for the United Nations, living across various parts of Africa. In 2007, I met my partner in London, UK, and a year later, we moved to Kitchener and bought our first house. Becoming a homeowner at 22 was an exhilarating milestone that I still cherish today.

After 15 years in aviation, I sought a career change. Living in downtown Toronto at the time, I was offered the chance to operate the GO and UP Express trains. I embraced this unique challenge, captivated by the opportunity to work with real trains.

Real estate has always been a significant part of my life. I've owned various types of properties, including townhouses, condos, a cottage, and now my dream country house. In 2021, I enrolled in the Humber College program to help others achieve their real estate dreams and goals. Along with my passion for transforming spaces, I pay great attention to detail which allows me to bring these elements of skill and knowledge to each client I work with. After relocating back to the Waterloo Region, I joined Royal LePage Wolle Realty, a brokerage that aligns with my values of community and family.



Since returning to the region, I have become actively involved in the community. I play soccer, volunteer with Track3 to teach kids and youth with disabilities how to snowboard or ski, and recently performed in the KWMP production of The 25th Annual Putnam County Spelling Bee. I will also be in their upcoming production of Cabaret this November.

I believe everyone deserves a home, and my diverse experiences have equipped me with the skills to adapt to any situation. I focus on the needs of my clients by listening, understanding, maintaining clear communication and transparency throughout the process. Whether you are a first-time home buyer or looking to upgrade or downsize, I am here to guide you through your journey. Let me be your "sold-mate."

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Photo by Andy Wright

As the Member of Provincial Parliament for Waterloo, I'm very grateful to SPECTRUM for curating this important resource which connects Waterloo Region's 2SLGBTQIA+ 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 2SLGBTQIA+ 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

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As your Members of Parliament, we applaud SPECTRUM for their service and support of the 2SLGBTQIA+ community.



We are here to assist you with any federal matters.

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



Mike Morrice

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Woolwich Pride



SPOTLIGHT

Pride began as a protest for visibility and acceptance and has evolved into a vibrant celebration of unity and progress. Woolwich Pride emerged from a pivotal moment in local history, transforming a small town into a beacon of inclusivity. Determined to create a safe and welcoming space for all, here's the Journey of Woolwich pride.

Words by Celestine Unugboji

Images by Andy Wright & Jasmine Thuroo

Woolwich Pride was born out of a pivotal moment in August 2022, when a heated council meeting in Elmira sparked a discussion about installing a rainbow cross-walk.

The debate, initiated by a letter from the Canadian Mental Health Association, highlighted the pressing need for visibility and leadership within the local Pride community. For the founders, who are also parents, this event underscored the importance of creating a community where all children, whether they identify as part of the 2SLGBTQIA+ community or as strong allies, can feel safe and accepted. It became clear that action was needed to move inclusivity and acceptance from ideas to realities.

For founders Shari DeCaire and Angie Melchin, Pride is personal. It represents having the space and support to show up authentically without fear or shame. One of the founders, who grew up in a small-town east of Toronto, recalls a lack of positive representation for 2SLGBTQIA+ youth



The only mentions of the 2SLGBTQIA+ community were often negative, contributing to a narrative that being gay was something to be hidden. Woolwich Pride aims to rewrite that narrative by offering visibility and affirmation to young people in the community. The message is clear: **everyone is welcome here, and their contributions are not only valued but celebrated.**

Woolwich Pride is driven by the dedication of a 12-member committee, with the support of an additional 20 to 25 volunteers who assist with pre-event preparations and logistics on the event day. Volunteerism is not just the backbone of Woolwich Pride; it is also a testament to the strength and spirit of the Woolwich community. The founders firmly believe that community engagement is a crucial indicator of a thriving society. When people come together to support one another and advance important initiatives, they lay the foundation for a vibrant public space where everyone feels valued and included.

This spirit of civic contribution is something they hope to pass on to their children, ensuring that future generations continue to nurture and strengthen the communities they call home.

For allies, the best way to support the 2SLGBTQIA+ community is through role modeling—both in words and actions—within their homes and beyond. Attending and supporting events like Woolwich Pride is crucial in advancing inclusivity initiatives. Allies are also encouraged to speak up for the Pride community and to participate in educational opportunities, such as the 101 Rainbow Diversity Trainings offered by Spectrum. These actions help to create a more inclusive environment for everyone.

Shari and Angie hope that attendees leave Woolwich Pride events with a sense of joy and a deeper understanding that we are more alike than different. They aim to challenge the perception that small towns are inherently conservative or closed-minded, proving that Woolwich is working towards becoming a progressive, open, and inclusive community. While the township, like many others, still has work to do regarding inclusivity and diversity, Woolwich Pride is proud to have taken small but significant steps forward in that journey.





“I am extremely proud of what we have been able to bring to our community in the form of our event. Further to that, I am proud of our community for being such strong supporters of Woolwich Pride and our event.”

The success of Woolwich Pride has become a source of immense pride for its organizers. They are proud of what they have brought to their community and equally proud of the strong support they have received from the people of Woolwich. The event has become a symbol of progress, signaling that Woolwich is committed to inclusivity and creating safe spaces for all children. This was not an option for previous generations, as many who grew up in the area have shared. Woolwich Pride is changing that narrative, ensuring the community moves towards a future where everyone can feel proud to be themselves.

Those interested in getting involved with Woolwich Pride can connect through social media or reach out directly via email at woolwichpride@gmail.com. Woolwich Pride welcomes all forms of support, whether volunteering, attending events, or simply spreading the word. Together, the Woolwich community can continue to build a future where everyone feels safe, valued, and proud to be themselves.



Spiritual Groups

Grand River Unitarian Congregation

299 Sydney Street South, Kitchener,
Ontario H4A 1Y5
(519) 742-0432
info@grandriverunitarian.ca
<http://grandriverunitarian.ca/>

KW Unity Mosque

(519) 742-3302
franpappertshannon@gmail.com
<https://www.facebook.com/kwunitymosque/>

Nexus Church

36 King Street West, Kitchener, Ontario N2G 1A3
sarah.holmes@nexuschurchkw.com
<https://nexuschurch.ca/>

Religious Society Of Friends (Quakers) of Kitchener Area

298 Frederick Street, Kitchener, Ontario N2H 1V2
(519) 884-2056
info@kamm.ca
<http://kamm.ca>

Stirling Avenue Mennonite Church

57 Stirling Avenue North, Kitchener,
Ontario N2G 2M4
(519) 745-4769
office@stirlingmennonite.ca
<https://www.stirlingmennonite.ca/>

Sugarbush Christian Church

Po Box 31118 Willow West, Guelph, Ontario N1H 8K1
sugarbushcc@gmail.com
<https://www.sugarbushchurch.ca/>

Temple Shalom Reform Synagogue

543 Beechwood Drive, Waterloo, Ontario N2T 0B7
info@templeshalom.ca
<https://templeshalom.ca/>

The Unitarian Congregation of Guelph

122 Harris Street, Guelph, Ontario N1E 5N4
(519) 836-3443
admin@guelph-unitarians.com
<http://www.guelph-unitarians.com/>

Unity Kitchener

(519) 894-0810
office@unitykitchener.org
<https://www.unitykitchener.org/>

Waterloo North Mennonite Church

100 Benjamin Road, Woolwich, Ontario N2V 0C6
(519) 888-6113
office@waterlooonorthmc.org
<http://www.waterlooonorthmc.org/>

Westminster United Church

543 Beechwood Drive, Waterloo, ON N2T 2S8
(519) 746-6080
office@westminsterunited.ca
<https://www.westminsterunited.ca/>

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Wedding & Music

Weddings

BCausLove

(519) 573-2287
Hello@bcauslove.com
<http://www.bcauslove.com/>

Cambridge Butterfly Conservatory Weddings

2500 Kossuth Road, Cambridge ON N3H 4R7
(519) 653-1234 Ext. 112
weddings@cambridgebutterfly.com
cambridgebutterfly.com

Mark Hartburg - All Seasons Weddings

(888) 949-3607
<https://allseasonsweddings.com/en/wedding-officiants/profile/mark-hartburg>

Wedding Venue - Kitchener Public Library

85 Queen Street North, Kitchener, Ontario N2H 2H1
(519) 743-0271 ext. 293
venues@kpl.org
<https://www.kpl.org/weddings>



Photo by Andy Wright

Musicians and Bands

DJ Diva (Disco / House DJ & Event Producer)

onebiggaydisco@gmail.com
<https://linktr.ee/noahvella>

E-Bolt Music

59 Main Street, Cambridge, Ontario N1R 1v6
info@eboltmusic.com
<https://eboltmusic>

Eric Bolton - Musician

info@ericbolton.ca
<https://ericbolton.ca>

The Axxidentals

<https://www.instagram.com/hydeslicenrucks/?igshid=MWZjMTM2ODFkZg%3D%3D>



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