

My ^[student /child/ friend] just came out to me as 2SLGBTQ+ How can SPECTRUM help ME?



2SLGBTQ+ TERMS

[ourspectrum.com/resources/
101-terminology-guide/](https://ourspectrum.com/resources/101-terminology-guide/)

Our "LGBTQ2+ Terminology Reference and Media Style Guide" covers a range of 2SLGBTQ+ topics – from 101 terms to use and terms to avoid to 301 discussions of more complex topics.

RESOURCES

EDUCATIONAL:

ourspectrum.com/resources/

SPECTRUM has a comprehensive directory of resources, including:

- Crisis support and wellness
- Educational resources
- Parenting resources
- Guides on being a better ally
- Resources for educators
- 2SLGBTQ+ stories

PFLAG

facebook.com/PFLAG.WWP

SPECTRUM provides administrative support for the local PFLAG Chapter's Parents, Family & Friends Support Group, which focuses on topics of interest to parents, family and friends of 2SLGBTQ+ individuals.

RAINBOW DIVERSITY TRAINING


ourspectrum.com/services/rdt/

SPECTRUM offers a variety of workshops in 2SLGBTQ+ cultural competency that help organizations along the path towards becoming more welcoming and inclusive to 2SLGBTQ+ employees, clients, and other partners or stakeholders.

SOCIAL MEDIA

Follow us online to get updates about SPECTRUM news as well as local 2SLGBTQ+ news and events:

 facebook.com/SpectrumCommunitySpace

 twitter.com/our_SPECTRUM

 instagram.com/spectrumwaterlooregion