

# My <sup>[ student / child / friend ]</sup> just came out to me as 2SLGBTQ+

## How can SPECTRUM help them?



## SPECTRUM GROUPS

[ourspectrum.com/groups/](https://ourspectrum.com/groups/)

### SOCIAL GROUPS:


We run social groups to help local 2SLGBTQ+ people build community and find a place where they belong.


### SUPPORT GROUPS:

We also have a number of peer support groups, including a number of transgender groups.

## SOCIAL MEDIA

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

 [facebook.com/SpectrumCommunitySpace](https://facebook.com/SpectrumCommunitySpace)

 [twitter.com/our\\_SPECTRUM](https://twitter.com/our_SPECTRUM)

 [instagram.com/spectrumwaterlooregion](https://instagram.com/spectrumwaterlooregion)

## RESOURCES

### EDUCATIONAL:

[ourspectrum.com/resources/](https://ourspectrum.com/resources/)

### TRANNAV GPS DIRECTORY:

[ourspectrum.com/transnav/](https://ourspectrum.com/transnav/)

### GENDER-NEUTRAL WASHROOM MAP:

[ourspectrum.com/resources/directories/](https://ourspectrum.com/resources/directories/)

## OTHER SERVICES

[ourspectrum.com/additional-services/](https://ourspectrum.com/additional-services/)

SPECTRUM collaborates with community partners to provide mental health services and legal aid

**SPECTRUM welcomes anyone who is or thinks they may be 2SLGBTQ+, regardless of gender expression, orientation, or relationship status.**

SPECTRUM respects the right of people to self-identify using **whatever language feels most comfortable to them.**

Program participants will never be asked to prove that they belong in SPECTRUM events and spaces.