

Rainbow Pages

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



Affirming, informed and innovative psychotherapy to meet your needs.

Helping individuals,
relationships and families in a
collaborative way.

holly@hopeforfamilies.net

www.hopeforfamilies.net

519-513-9216

Contact us today!



Welcome!



MASTHEAD

Published by

SPECTRUM Waterloo

SPECTRUM Staff

Kristy Skelton

Scott Williams

Ash Kreider

Shannon Henderson

Mimika Ahmed Hazra

Exclusive Interviews

Fran Pappert

Kelsi Seifert

Tony Van Giessen

Washington Silk

Photography

Cover - Dawne Gilders

Andy Wright

Vice Media

Layout & Design

Kristy Skelton

The Rainbow Pages are an online and print reference guide to 2SLGBTQ+ places, spaces, and people in Waterloo Region.

In this inaugural issue of the printed directory, you will find listings for queer-owned businesses, organizations that serve and support the 2SLGBTQ+ community, and interviews with community builders.

SPECTRUM's mission is to be an organization that serves, affirms, and supports the well-being of LGBTQ2+ individuals in Waterloo Region and the broader community through peer support, community partnerships, education and training, resources, and events.

To see more or to get listed (for free!), visit www.ourspectrum.com

Sincerely,

Kristy Skelton

Acting Executive Director

SPECTRUM gratefully acknowledges the support of United Way Waterloo Region Communities who provided resources for the Rainbow Pages print directory pilot project.



United Way
Waterloo Region
Communities



SPECTRUM
Waterloo Region's
Rainbow Community Space

SUPPORT &



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington-Dufferin

Here 24/7 - Addictions, Mental health, and Crisis Services Waterloo-Wellington.

The front door to the addictions, mental health, and crisis services provided by 11 agencies across Waterloo-Wellington. They maintain a 24-hour addictions/mental health crisis toll-free line.. They do intake, assessment, and referrals for most local government-funded addictions and mental health services.

www.here247.ca

Phone 1-844-437-3247 (toll-free)

519-821-3582 (local) | 1-877-688-5501 (TTY)



The Downtown Kitchener CHC has rostered clients that are members of the 2SLGBTQ+ community. A host site for the Gender Journeys group.

www.kdchc.org

mail@kdchc.org

Phone 519-745-4404



ACCKWA is dedicated to supporting people who are infected, affected, and at risk for HIV/AIDS in Waterloo Region, and strives to increase awareness about HIV in the community.

www.acckwa.com

m2m@acckwa.com

Phone 519-570-3687



Waterloo Region Community Legal Services (WRCLS) is one of 76 community legal clinics across the province funded by Legal Aid Ontario. We serve the entire Waterloo Region including the cities of Kitchener, Waterloo, and Cambridge, and the townships of Wilmot, Wellesley, Woolwich, and North Dumfries. WRCLS has been serving the region since 1980. We provide services in English, French, and Spanish. We can also arrange for an interpreter to attend an appointment for any other language as needed.

www.wrcls.ca

Phone 519-743-0254



Canadian Mental
Health Association
Mental health for all

The Canadian Mental Health Association Waterloo Wellington (CMHA WW) provides a full care system for those with addictions, mental health or developmental needs. We serve everyone from children to adults to seniors, all under one roof.

www.cmhaww.ca

Phone 519-744-7645



HEALTH AGENCIES



Region of Waterloo

Sexual Health and Harm Reduction Program, which provides confidential, non-judgemental testing, health teaching, and treatment for sexually transmitted infections (including HIV). Counselling services are also available for a variety of topic areas (including healthy relationships, sexual orientation, sexual assault referrals and harm reduction).

www.regionofwaterloo.ca

Phone 519-883-2267

Deaf and Hard of Hearing: 519-575-4608



SASC offers free, wrap-around services and support to people and their families who have experienced sexual violence.

www.sascwr.org

info@sascwr.org

Phone 519-741-8633 (24/7 support)

519-571-0121



SHORE Centre provides inclusive sexual and reproductive health services, education and resources.

shorecentre.ca

info@shorecentre.ca

Phone 519-743-9360



ARCH, or HIV/AIDS Resources and Community Health works from an anti-oppressive framework to provide services, treatment, and care to people living with and affected by HIV

www.archguelph.ca

Phone 519-763-2255



Sanguen provides medical and support services for people who use drugs, are homeless/precariously housed, or dealing with mental health issues

www.sanguen.com

info@sanguen.com

Phone 519-603-0223



The Canadian Mental Health Association needs. We serve everyone from children to adults to seniors, all under one roof.

www.wrspc.ca

wrspc-admin@wrspc.ca

Phone 519-884-0422

ARTISTS

Daniel Anstett/The Dead Ant

Website www.thedeadant.com

Lolo Soeder

Email logansoeder@gmail.com

Anna Winge-Breen

Email annawingeart.jpeg@gmail.com

Ellie Anglin

Email ellieanglin@gmail.com

ARTS & CULTURE

Rainbow Chorus Waterloo-Wellington

Website www.rainbowchorus.ca

Email info@rainbowchorus.ca

Kitchener-Waterloo Poetry Slam

Website www.rainbowchorus.ca

Email kwpoetryslam@gmail.com

By Hand and Fire Polish pottery

Website www.byhandandfire.com

Email info@byhandandfire.com

Gallery Double-T

Website www.waterlooartgallery.ca

Email gallerydoublet@gmail.com

L'Abbe Pottery

Email jasonlabbe@sympatico.ca

Doors Open Ontario

Website www.doorsopenontario.on.ca

Email doorsopenontario@heritagetrust.on.ca

Stryve Digital Marketing

Website www.stryvemarketing.com

Email knockknock@stryvemarketing.com

Drew Ripley Entertainment

Website www.drewripley.com

Email info@drewripley.com

Outfest

Website www.pg1-theatre.com

Email info@pg1-theatre.com

Guelph Pride

Website www.rainbowreelsfilms.wordpress.com

Email chair@guelphpride.com

tri-Pride Community Association

Website www.tri-pride.ca

Email info@tri-pride.ca

Rainbow Reels Queer and Trans Film Festival

Website www.rainbowreelsfilms.wordpress.com

THEMUSEUM

Website themuseum.ca

Email pierre.lemieux@themuseum.ca

Paint by Munzy

Website www.paintbymunzy.com

Email paintbymunzy@gmail.com

Paula White Diamond Art Gallery and Design Studio

Email sales@paulawhitediamond.com

Canadian Clay and Glass Gallery

Website www.theclayandglass.ca/

Email info@theclayandglass.ca

Cliterature

Website www.secretevents.com

Uptown Gallery

Website

Email info@uptowngallerywaterloo.ca

ARTS & CULTURE

Rising Moon Gallery

Website www.rising-moon-gallery.com

Email risingmoongallery@hotmail.com

State of the Art Supplies

Website www.stateoftheartsupplies.com

Email info@stateoftheartsupplies.com

Apollo Cinema

Website www.apollocinema.ca

Email info@apollocinema.ca

Princess Cinemas

Website www.princesscinemas.com

Button Factory Arts

Website www.buttonfactoryarts.ca

Email programs@buttonfactoryarts.ca

KW Little Theatre

Website www.kwlt.org

Email info@kwlt.org

The Jazz Room/Grand River Jazz Society

Website www.kwjazzroom.com

Email info@kwjazzroom.com

Russel music school

Website www.russell-music-school.com

Email info@russell-music-school.com

Page1 Theatre

Email info@pg1-theatre

BOOKS & LIBRARIES

Waterloo Public Library

Website www.wpl.ca

Email askus@wpl.ca

Kitchener Public Library

Website www.kpl.org

Email askkpl@kpl.org

The Bookshelf

Website www.bookshelf.ca

Email queries@bookshelf.ca

Old Goat Books

Website www.oldgoatbooks.com

Words Worth Books

Website www.wordsworthbooks.com

Email orders@wordsworthbooks.com

COUNSELLING

Anchoridge Counselling Services

Website www.anchoridgecounselling.com

Email info@anchoridgecounselling.com

Unique Journeys Counselling

Website www.uniquejourneycounselling.com

Email joguindon@gmail.com

Walnut Counselling

Website www.walnutcounselling.com

Email walnutcounselling@gmail.com

New Moon Counseling

Website www.newmooncounselling.com

Email ihammoud@newmooncounselling.com

Cultivate Counselling

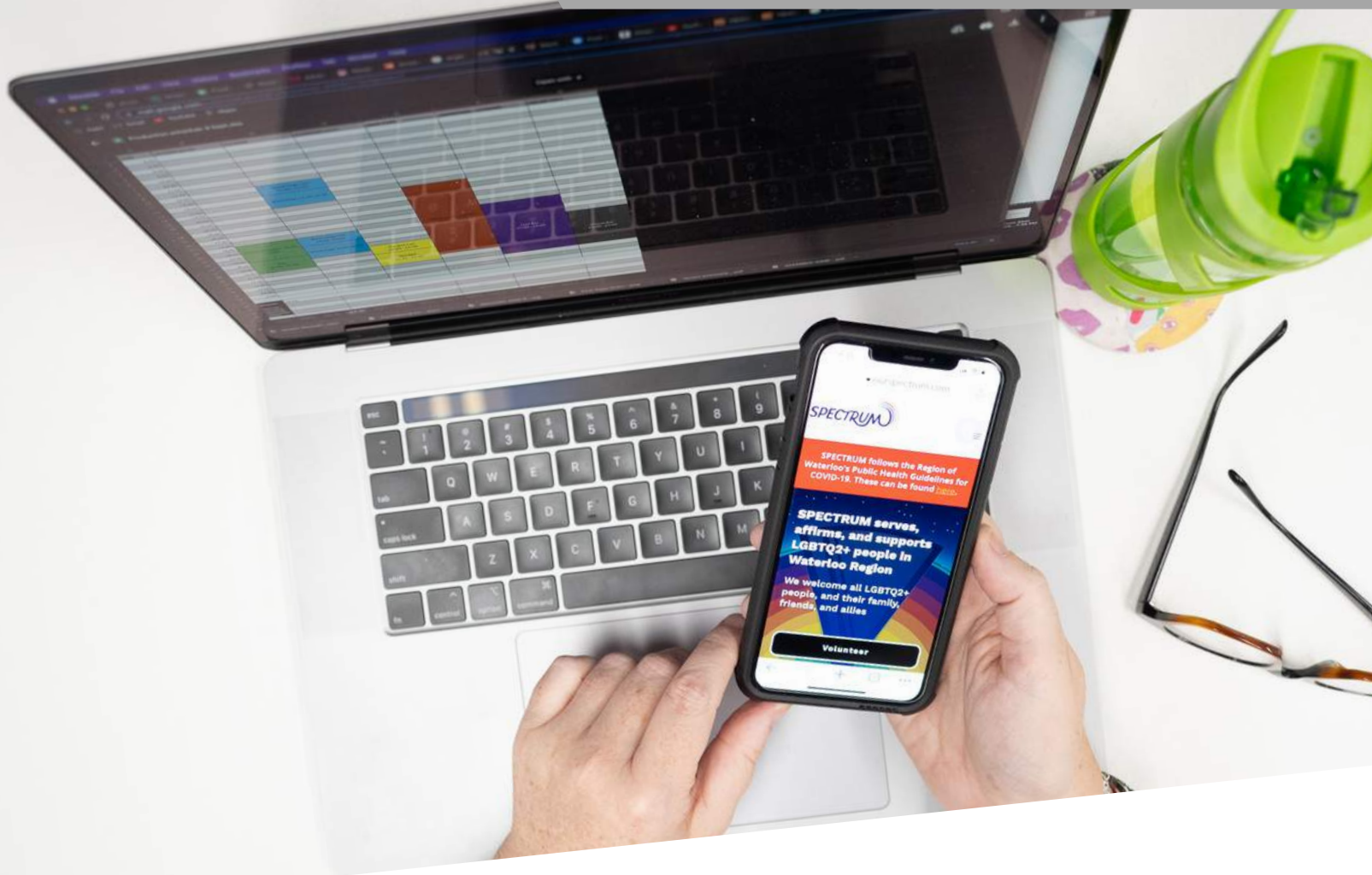
Website www.cultivatecounselling.ca

Email deborahvanberkelccs@gmail.com

TransNAV GPS

Wayfinding for Waterloo Region's Transgender Community

www.ourspectrum.com/transnav



An online tool to help trans people
find service providers
within and outside of Waterloo Region

*Uptown, downtown
and all around town,
We can move you!*



Charlotte Zawada
Sales Representative



901 Victoria St. N., Kitchener ON N2B 3C3

519-579-4110 (office)
519-502-5682 (cell)
charlotte.z@rogers.com
www.buyahomesellahouse.com



The Kitchener Downtown Community Health Centre provides primary care programs and services for those who experience barriers accessing primary care and social supports.

We support diversity, equity and inclusion.

For more information visit www.kdchc.org or contact us at:

Phone 📞 (519)745-4404
Fax 📠 (519)745-3709
Email ✉️ mail@kdchc.org



INFORMED *Fitness*

SPOTLIGHT



Kelsi Siefert (they/she, NASM, CPT/CNC) provides trauma-informed, 2SLGBTQ+ friendly, body-positive, empathetic services as a personal trainer and nutrition coach through Informed Fitness Coaching.

As a non-binary and pansexual individual, Kelsi's relationship with the 2SLGBTQ+ community has always felt strongly positive. Growing up in Waterloo Region, they felt safe and loved going to queer clubs as a young adult. They still feel a need to be involved in social justice movements supporting queer and trans rights.

Kelsi found her love for physical fitness five years ago with weight-lifting. Now a CPA and CNC, they share that love through Informed Fitness Coaching. Through Informed Fitness Coaching, Kelsi supports 2SLGBTQ+ clients by ensuring the use of body inclusive and informed language so clients never feel shamed, ridiculed, or judged for the choices they make or the situation they are in, and taking the time to understand their circumstances to help them achieve their fitness goals.

Kelsi Siefert (they/she, NASM, CPT/CNC) provides trauma-informed, 2SLGBTQ+ friendly, body-positive, empathetic services as a personal trainer and nutrition coach through Informed Fitness Coaching.

WRITTEN BY MIMIKA AHMED HAZRA
EDITING BY KRISTY SKELTON
PHOTO BY ANDY WRIGHT

With programs completely customized towards the unique individual, people of all shapes, sizes, ages, abilities, athletic abilities, and presentations can achieve their goals with an empathetic, compassionate and non-judgemental coaching method. They believe results are achievable at home. Having instruction done entirely online allows their clients to be in a one-on-one space where they feel most comfortable and accommodate busy lifestyles. Kelsi believes in slow and steady lifestyle change to achieve fitness goals, ridding the space of unhealthy fad diets, restrictive dieting, or considering food as good or bad.

“I feel that a lot of gym spaces right now perpetuate a lot of the toxic ideals that I personally want to move away from - I would love to see more representation and queer safe spaces open.”

Informed Fitness is a trauma-informed space, which Kelsi feels is very lacking within the fitness industry currently. Being trauma-informed means that clients can disclose as much or as little information about any trauma they may have in a safe and confidential environment.

This takes into account vulnerable physical positions that clients might not do well in, obtaining consent before conducting interviews, and giving opportunities for breaks or to end the interview are allowed if needed. In addition to coaching, the Informed Fitness Coaching website includes resources to outreach and referral programs including, counseling, crisis intervention, and services, eating disorder counseling, addiction services, STI information, and domestic violence resources.

Representation within the community is huge, Kelsi said, as it allows those who have not felt safe enough to come out within their world the opportunity to see that success and achievement are possible as a queer person".

Queer-owned and affirming businesses and services let folks know there are places to feel accepted and loved.

Kelsi would like to see more businesses advertising themselves as 2SLGBTQ+ safe and friendly in KW, as it can be hard to tell otherwise if space is safe. A sticker on a front door means a lot. Taking classes, courses, or even just reading up on the queer community are great places to start to stay informed on what the rainbow community folks deal with daily.

Getting involved in the community, not just by donating, but doing the actual footwork on the ground to include the community in your space - such as implementing an advertising non-judgemental hiring processes are also necessary, she said.

Recognizing that many 2SLGBTQ+ folks cope with mental health and addiction issues, Kelsi donates 5% of all program fees to the Centre for Addiction and Mental Health (CAMH). They are also working towards a George Brown diploma in Assaulted Women and Children's Advocacy/Counsellor program - to better act as a peer counselor to clients during mental health check-ins and be an agent of change within the community.

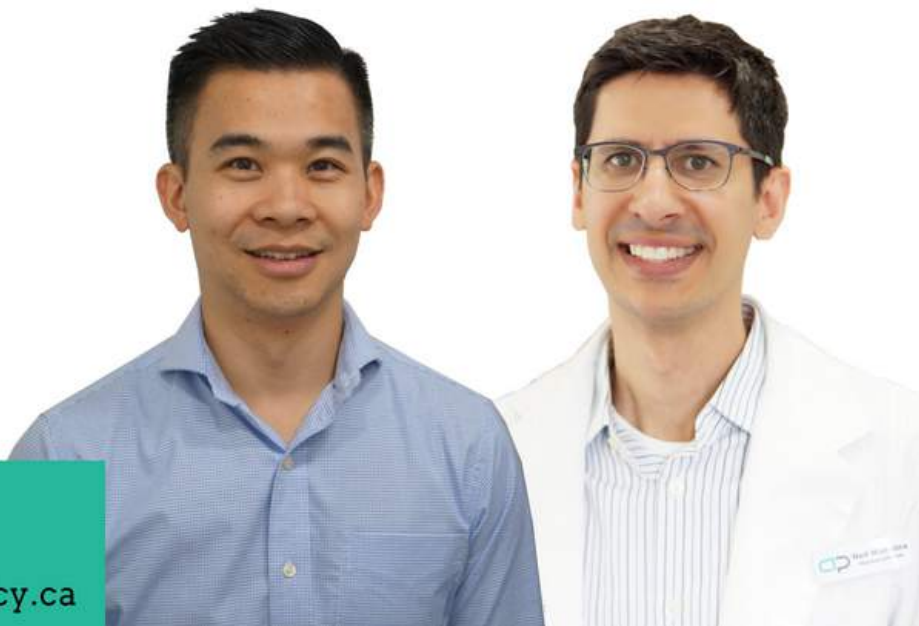
Kelsi feels privileged to have their clients' trust and wants to do what she can to empower wellness in their minds and bodies.





apothecare PHARMACY

- Free delivery
- PrEP
- Easily transfer your prescriptions
- Support a locally owned business!



439 Park St. Kitchener

Text or Call 519-954-1055

pharmacist@apothecarepharmacy.ca

BUTTON FACTORY ARTS:

Fall Programs

Online and in-person classes and workshops

- drawing
- painting
- printmaking
- ceramics
- mixed media

To register visit:
www.buttonfactoryarts.ca

Queer
Craft
Circle



GENDER EQUALITY PROGRAMS

Online Postpartum Art Group
with Catherine Mellinger

We use the term Parent with intention. This group is open to all parents including gender queer, trans, intersex, non-binary, partners to birthing parents, adoptive and foster parents.

Info Session: Sept. 29, 5-6pm
Weekly group for parent & child:
Oct. 13-Dec. 15, 10-11am

Button Factory Arts & SPECTRUM partner to offer *Queer Craft Circle* with facilitator, Cary Leyburne & guest artists! Explore a variety of artistic media in this fun and casual online group. Last Friday of every month, 5:30-7:30pm. Registration is limited to 2SLGBTQ+-identified people in Waterloo Region.



COUNSELLING

Relationship Matters Therapy Centre

Website www.Relationshipmatterstherapy.com

Email admin@relationshipmatterstherapy.com

Hope for Families Counselling Centre

Website www.hopeforfamilies.net

Email holly@hopeforfamilies.net

Sanctuary Counselling and Training

Website www.sanctuarycounsellingandtraining.ca

Email

connect@sanctuarycounsellingandtraining.ca

KW Counselling Services & OK2BME

Website www.kwcounselling.com

Email ok2bme@kwcounselling.com

Kris Pryke Psychological Services

Website www.drkrispryke.com

Email dr.kris.pryke@gmail.com

Kelly Kirkham Psychotherapy

Website www.kellykirkham.net

Email kellykirkham@gmail.com

Heidi Argyle, Psychotherapy and Art Therapy

Website www.alignedhealth.ca/team

Email heidi@alignedhealth.ca

Paduka Wellness

Website www.padukawellness.com

Email padukawellness@gmail.com

Qualia Counselling

Website www.qualiacounselling.com

Email info@qualiacounselling.com

New Moon Counselling

Website www.newmooncounselling.com

Carizon Family & Community Services

Website www.carizon.ca

Email info@carizon.ca

Chris Heap Therapy

Website www.chrisheaptherapy.com

Email christopher.heap@sympatico.ca

Find your voice music therapy

Email info@findyourvoicemusictherapy.com

Alongside Trauma KW

Website www.alongsidetrauma.ca

Email jessica@thesageclinic.com

Suzanne Welstead - Registered Psychotherapist

Email smwelstead25@gmail.com

EDUCATION

UWaterloo Women's Centre

Email women@wusa.ca

UW EngiQueers

Email engiqueers@engsoc.uwaterloo.ca

UW MATES

Email mates@wusa.ca

OUTline Online

www.uoguelph.ca/studentexperience/outline

Email khamil16@uoguelph.ca

Glow Centre for Sexual and Gender Diversity

Email glow@wusa.ca

EMPLOYMENT

Elevate Equity

Website www.elevateequity.ca

Email jam@elevateequity.ca

In Her Shoes YW

Website inhershoesyw.com

Email inhershoesyw@gmail.com

FAMILY RESOURCES

Waterloo Wellington Queer Parenting Network
www.facebook.com/groups/318927394811937/

PFLAG www.pflagcanada.ca

FINANCE

Tara Waddell Financial Planner
Email Tara.Waddell@investorsgroup.com

Renna Financial Team/IPC
Website www.yourdreamourcommitment.com
Email crenna@ipcc.org

FITNESS & MOVEMENT

The underdog dance corp
Website www.underdogdance.com
Email emily@underdogdance.com

Cyclone Spin Studio
Website www.cyclonespinstudio.ca
Email info@cyclonespinstudio.ca

Hustl + Flow
Website www.hustlandflow.com
Email info@hustlandflow.com

Informed Fitness
Website www.informedfitnesscoaching.com
Email info@informedfitnesscoaching.com

FOOD & DRINK

Cafe Pyrus
Website www.cafepyrus.com
Email cafepyrusorders@gmail.com

FOOD & DRINK

Darlise Cafe
Website www.darlisecafe.com
Email darlisecafe@outlook.com

Ethel's Lounge
Website www.ethelslounge.com

Lady Glaze
Website www.ladyglazedoughnuts.com
Email info@ladyglazedoughnuts.com

The Yeti Cafe
Website www.theyeticafe.com
Email yeti@theyeticafe.com

Queen St. Commons Cafe
Website www.theworkingcentre.org/queen-street-commons-cafe
Email genmail@theworkingcentre.org

Descendants Beer and Beverage Co
Website www.descendantsbeer.com
Email info@descendantsbeer.com

The Rich Uncle Tavern
Website www.richuncletavern.ca
Email hello@richuncletavern.ca

The Round Table
Website www.roundtablekingdom.ca
Email promoter@lynnvander.com

Seven Shores
Website www.sevenshores.ca
Email sevenshorescafe@gmail.com

Jane Bond
Website www.janebond.ca
Email info@janebond.ca

Grand Trunk Saloon
Website www.grandtrunksaloon.com
Email info@grandtrunksaloon.com

KW Unity Mosque

SPOTLIGHT



“We want to get the word out, especially throughout the 2SLGBTQ+ community, we exist, we’re open for them. We’re an open door, and you don’t have to be a Muslim to walk through that door.”

Fran Pappert-Shannon (she/her) is the Co-Creator and Coordinator of The Kitchener-Waterloo Unity Mosque, which has been in existence for five years.

WRITTEN BY MIMIKA AHMED HAZRA
EDITING BY KRISTY SKELTON & FRAN PAPPERT-SHANNON
PHOTO BY VICE MEDIA

As the only gender-equal and 2SLGBTIQ+ affirmative and inclusive mosque in Waterloo Region, The Kitchener-Waterloo Unity Mosque is a safe space that warmly welcomes Muslims and non-Muslims who want to learn about and practice an inclusive, progressive, and compassionate form of Islam.

Members believe in and practice gender equality, allowing all to participate in spiritual duties and tasks in the service. The mosque is strongly 2SLGBTIQ+ affirmative, offering a brave space where diversity and inclusivity are celebrated, and the inherent dignity of every human being, regardless of gender identity, sexual orientation, race, ability, religion, or sect, is recognized as God-given.

The mosque was established in November 2016, after Fran attended the Unity Mosque in Toronto. Her soul “found its home” in that spiritual space, she explained. The Toronto group was strongly 2SLGBTIQ+ affirming and gender-equal, and Fran was inspired. In the early days of The Kitchener-Waterloo Unity Mosque, only two or three people would attend gatherings, but now there are 73 members from all walks of life. Their gatherings are a refuge and a place of healing for those who have experienced spiritual trauma.

Being proudly 2SLGBTIQ+ affirmative isn't always easy and can result in anger and alienation from the mainstream Muslim community. However, being inclusive and affirmative is firmly centered in the mosque's principles and practices. As Fran states: “Nobody should feel alienated or uncomfortable in their spiritual space, and nobody should have to leave their true identity at the door when entering their religious home”.

Because of COVID, gatherings are currently held online and always begin with a prayer, an Indigenous Land Acknowledgement, and self-introductions where members are encouraged to share pronouns. Then the mosque's mandate is read aloud, which profoundly affirms the 2SLGBTIQ+ members and their vital belonging in the space. Attendees are encouraged to share their stories of faith and becoming regarding their queer identities. All prayers use gender-neutral language, as the congregation sees God as a Divine and Merciful Creator, neither he nor she.

Members uphold the belief that each human being is a multi-faceted divine creation, with spirituality at its very core, and there are more than a million ways to express spirituality.

One should stand before their Creator in a completely authentic way, with every aspect of their being, including their spirituality, gender identity, expression, and sexual orientation.

Many Muslims have heard the erroneous statement that “you cannot be queer and Muslim”. The Kitchener-Waterloo Unity Mosque offers a brave space for individuals to proclaim that they CAN be queer, Muslim and celebrate the reality that an individual's queer and spiritual identities can be gloriously intertwined.

In Fran's opinion, spiritual groups and organizations should recognize that individuals of the 2SLGBTIQ+ community exist in their membership and should be welcomed wholeheartedly. Fran recommends that spiritual groups reach out to organizations like SPECTRUM and the Rainbow Community Council to find out how they can become aware, respectful, and actively involved allies.

Fran would like to see more connectedness in the 2SLGBTIQ+ community in Waterloo Region so that various groups know of each other's existence, and coordinate events and activities together. With the assistance of organizations like SPECTRUM, they could come together with other queer affirming spiritual groups in Waterloo Region to hold a joint public event to celebrate affirmation and allyship and answer commonly asked questions about being a 2SLGBTIQ+ faith group. “Personally”, Fran added, “I would also like to see more 2SLGBTIQ+ individuals in positions of power and influence in the mainstream community. Peace and salaams, everyone!”

FOOD & DRINK

Little Mushroom Catering

Website www.littlemushroomcatering.ca

Email info@littlemushroomcatering.com

Aroma Cafe

Website www.aromacafewaterloo.ca

Email aromacaferoaster@gmail.com

HAIR & SKIN

Control Hair

Website www.controlhair.ca

Email katejandl@hotmail.com

Good Hair Co.

Website www.goodhaircokw.com

Email goodhaircokw@gmail.com or
wolfiesdenlilly@gmail.com

Excell Salon

Email excellsalon@gmail.com

Mama B's Potions & Notions

Website www.facebook.com/mamabpotions

Email beth.murch@gmail.com

Cowboys and Angels

Website www.cowboysandangelssalon.ca

HEALTH & WELLNESS

Home and Community Care Support Services Waterloo Wellington

Website www.healthcareathome.ca

Email waterloowellington@lhins.on.ca

Sexual Health Ontario Information Line

Website www.sexualhealthontario.ca

Affirming Voice

Website www.affirmingvoice.ca

Email jacklin@affirmingvoice.ca

Knead It! Massage Studio

Website www.kneaditmassage.ca

Email colleen@kneaditmassage.ca

Self Help & Peer Support, CMHA Waterloo Wellington

Website www.cmhawwselfhelp.ca

Email selfhelpgroup@cmhaww.ca

Apothecare Pharmacy

Website www.apothecarepharmacy.ca

Email mike@apothecarepharmacy.ca

Plan B Co-op KW

Email info@planbcoopkw.com

Langs Community Health Centre

Website www.langs.org

Email juliew@langs.org

Revive Groups and Services for Survivors of Sexual Abuse

Website www.cjiwr.com

Email info@cjiwr.com

Rainbow Health Ontario (RHO)

Website www.rainbowhealthontario.ca

Email info@rainbowhealthontario.ca

Kura Naturopathic

Website www.drcordes.com

Email cscordes@kuranaturopathic.ca

Beth Murch Perinatal Services

Website www.bethmurch.webs.com

Email beth.murch@gmail.com

HOUSING

House of Friendship

Website www.houseoffriendship.org

Email amyw@houseoffriendship.org

Social Development Centre Waterloo Region - Eviction Prevention Kitchener-Waterloo

Website www.waterlooregion.org

Email hollie.george@waterlooregion.org

Eviction Prevention Cambridge

Website www.waterlooregion.org

Email michelle.knight@waterlooregion.org

Home and Community Care Support Services Waterloo Wellington

Website www.healthcareathome.ca

Email waterloowellington@lhins.on.ca

Homes for Queers KW

www.facebook.com/groups/homesforqueerskw

INFORMATION SERVICES

Grand River Rainbow Historical Project

Website www.grandriver-rainbowhistory.ca

Email history@ourspectrum.com

Rainbow List

Email rainbow-owner@listserv.thinkers.org

JUSTICE & LEGAL SERVICES

Tania Harper Family Law

Website www.taniaharper.com

Email law@taniaharper.com

Community Justice Initiatives of Waterloo Region

Website www.cjiwr.com

Email julief@cjiwr.com

NEW CANADIANS

COMPASS Refugee Centre

Website www.compassrefugee.ca

Email tony@compassrefugee.ca

FAQ: LGBT Issues in Canada's Immigration and Refugee System

Website www.egale.ca/faq-immigration

LEGIT Canadian Immigration for Same-Sex Partners

Website www.legit.ca

Email legitoronto@gmail.com

OLDER ADULTS

Community Support Connections

Website communitysupportconnections.org

Email rosalindh@cscmow.org

Public Pensions

Website www.canada.ca/en/services/benefits/publicpensions.html

Community Support Connections

Website

www.communitysupportconnections.org

Email lauren@cscmow.org

PHOTOGRAPHY

Only1Andy Photography & Design

Website www.only1andywright.com

Email team@only1andywright.com

Honey House Photography

Website

honeyhousephotography.mypixieset.com

PHOTOGRAPHY

KW Headshots

Website kwheadshots.ca

Email hannah@kwheadshots.ca

SHOPPING

Sundried Peach

Email sundriedpeach.info@gmail.com

Gold Leaf Botanicals

Website www.goldleafbotanicals.ca

Email contact@goldleafbotanicals.ca

Zero Waste Bulk

Website www.zerowastebulk.com

Email hello@zerowastebulk.com

Le Prix

Website www.leprixclothing.com

Email info@leprixclothing.com

Queer Plant Parenthood

Email adrianquijano98@gmail.com

JP House

Email jpmeansjumpei@gmail.com

Pin-Ace

Website www.pin-ace.com

Email darcy@pin-ace.com

The Witty & Co

Website www.thewittyandco.com

Taste of Creativity Co

Website www.tasteofcreativityco.com

Westmount Signs

Website www.westmountsigns.com

Email sales@westmountsigns.com

SOCIAL & GROUPS

UW QTPOC

Email qtpoc.kw@gmail.com

UW Drag Club

Email uwdrag@clubs.wusa.ca

Out on the Shelf

Website outontheshelf.com

Email info@outontheshelf.com

Volunteer Action Centre WR

Website www.volunteerwr.ca

Email dianne@volunteerwr.ca

The W Centre (YWCA Cambridge)

Email thew@ywcacambridge.ca

Dyke Bar Takeover KW

Website www.facebook.com/DBTKW

Email

dykebartakeoverkw+instagram@gmail.com

Friends of Dorothy Bowling League

www.facebook.com/kwfod/

Guelph Queer Equality

Website

www.gryphlife.uoguelph.ca/organization/gqe

Waterloo Region Rainbow Coalition (WRRC)

Email yourwrrc@gmail.com



Social Development Centre

147 Catherine St. W. Waterloo, ON N2L 2Y1

EVICTIION PREVENTION

Who Are We:

**Eviction Prevention Outreach Workers
are people helping people**

What we do:

**Amplify tenant experiences, provide peer support,
information & referrals, assist with Landlord/Tenant Board
hearings or other conflict management processes, map
displacement & track non compliant landlords
(including but not limited to)**

Where we serve:

Kitchener-Waterloo and Cambridge

Who we serve:

**2SLGBTQ+, BIPOC, immigrants, refugees & low income
households that are experiencing unaffordable housing, poor
living conditions, legal or illegal evictions, rent increases,
landlord tenant conflict**

519-579-3800

Hollee - Kitchener Waterloo Ext. 7

Michelle - Cambridge - Ext 8

BE SEEN! BE HEARD! KNOW YOUR RIGHTS & FIGHT FOR THEM!



SPOTLIGHT

WALNUT *Counselling*

Washington Silk (they/them, MSW, RSW) is the owner of Walnut Counselling, a small private practice in Kitchener-Waterloo, providing individual and family counselling through phone, video, and Walk and Talk therapy.

After moving from Alberta to Kitchener-Waterloo in 2011 to continue their education, Wash met their wife and settled in. Volunteering and working in the queer community consistently since 2004, they have been giving time, energy, and heart to the community.

Feeling drawn to their energy, Wash has always loved working with young people. They've supported youth through GSA conferences, the University of Waterloo, OK2BME, and various youth groups. They firmly believe youth work should be done by young people, as perspective can change as you get older. It's valuable to have other young people to share space with, and older folks need to take a step back and let that happen. It's important to have community elders and mentors, just as it's important to center youth voices and experiences and fuel the process of bringing their ideas to life.

Washington Silk (they/them, MSW, RSW) is the owner of Walnut Counselling, a small private practice in Kitchener- Waterloo.

WRITTEN BY MIMIKA AHMED HAZRA
EDITING BY KRISTY SKELTON
PHOTO BY ANDY WRIGHT

Wash is a transmasculine individual and a queer social worker who works from a trauma-informed, affirming narrative therapy approach. They have specialized their education and work on 2SLGBTQ+ youth and counselling from a gender-affirming and sex-positive framework that particularly supports transgender and non-binary people in their gender journey.

They work from an inclusive, anti-racist perspective, incorporating feminist and narrative therapy. Feminist and narrative therapy look at where the stories we have about ourselves come from and how they influence our sense of self. Wash helps people look at their stories and to feel empowered in their lives and relationships. To support 2SLGBTQ+ folks through Walnut Counselling, Wash focuses on educating themselves, making sure they are up to date on queer and anti-racist education, with peer supervision that includes these frameworks. They also ensure inclusivity on intake forms, in the language they use, and creating a safe place, whether that be virtual, through eco-therapy, or going on walks.

Wash emphasized the need for mental health counseling for those in the 2SLGBTQ+ community. Queer folks deal with minority stress that affects their mental health, wellbeing, and desire to connect with other people.

Affirming counselling can be a safe place where people are encouraged to be their authentic selves. Affirming gender and sexuality means helping them explore and understand what their identity means to them and how they want to live their life.

Gender-affirming therapy challenges historically homophobic and transphobic frameworks and acknowledges those power dynamics in society. Gender-affirming therapy also supports those that require access to gender-affirming healthcare, which can look like writing letters of support, navigating resources, and completing assessments as needed.

When people seek counselling, they want a safe space and to be understood. Having someone with lived experience to support you is a big reason acknowledging queer-owned businesses is important. It's also important to model and live that truth to help people reflect.

In providing advice for other businesses and services to work towards allyship, Wash reminds folks, you don't know what you don't know - people need to educate themselves.

Committing time and resources to support 2SLGBTQ+ communities, ensuring benefits of businesses are inclusive, investing in consistent education for staff and gender-inclusive bathrooms, and giving money back to the local community are all ways to help it thrive. Address any homophobia or transphobia when witnessed, do not tolerate it within your business.

As for the future of the 2SLGBTQ+ community, Wash hopes to see us listen to ourselves, support young people, work in allyship with other communities, and focus on self-care. Create spaces where all voices are heard and create opportunities by holding each other up. For the present, Wash reflected on how easy it is to shut down and forget there is a community out here when we're hurting. They hope people know there's support when they need it and hope we can all work towards creating a healthy community together.



KITCHENER WATERLOO'S FIRST OUTDOOR

COMMUNITY FRIDGE

Take what you need,
leave what you can.



communityfridgekw@gmail.com
[@communityfridgekw](https://www.instagram.com/communityfridgekw)

SPIRITUAL

The Kitchener-Waterloo Unity Mosque

Email franpappertshannon@gmail.com

A Medium Named Bri

Website www.amediumnamedbri.com

Kitchener Area Religious Society of Friends (Quakers)

Email cespringer@kw.igs.net

Trillium Lutheran Church

Email info@trilliumwaterloo.ca

Stirling Avenue Mennonite Church

Email office@stirlingmennonite.ca

Waterloo North Mennonite Church

Email office@waterloonorthmc.org

Trinity Evangelical Lutheran Church

Email mail@telc.ca

Grand River Unitarian Congregation

Email info@grandriverunitarian.ca

Westminster United Church

Email office@westminsterunited.ca

Nexus Church

Email

melissa.bowman@nexuschurchkw.com

Unitarian Congregation of Guelph

Email admin@guelph-unitarians.com

TATTOO

Torch Light Tattoo

Website www.torchlighttattoo.com

Email chris@torchlighttattoo.ca

Iron Horse Tattoo

Email tristaneverett@gmail.com

Tora Tattoo and TD Laser Clinic

Website www.toratattoo.com

Email toratattooinc@gmail.com

Mom's Tattoo

Email Mom@momstattoo.shop

WEDDING

Dreamstyle Weddings

Website www.steelmyheartweddings.com

Email danielle@dreamstyleweddings.com

DTK Chapel

Website www.dtkchapel.com

Email hello@dtkchapel.com

Red Bicycle Paper Co.

Website Www.redbicyclepaperco.com

Email heather@redbicyclepaperco.com

BCausLove

Website Www.redbicyclepaperco.com

Email bcauslove@gmail.com

All Seasons Weddings

Email revmark.hartburg@gmail.com

MAKE A DIFFERENCE: VOLUNTEER!

People who volunteer are happier, healthier and more connected. They also provide *essential* services around Waterloo Region.



Don't know where to start?
Visit volunteerwr.ca

volunteerWR.ca

519-742-8610

Caring
For Our
Community
At Home.



Our mission is to empower older adults and adults with different abilities to live at home with independence and dignity. Through our services, we've helped thousands in our community do just that — enjoy life in the comfort of home. Like a friendly neighbour, you can rely on us to lend you a hand.



519-772-8787
communitysupportconnections.org



Nutrition



Physical Health



Social Wellbeing



Help at Home

COMPASS

Refugee Centre

"We want people to know we are here, and we are happy to help if there is anything we can do."

Tony Van Giessen (he/him) is the Operations and Program Manager at the COMPASS Refugee Centre.

WRITTEN BY MIMIKA AHMED HAZRA
EDITING BY KRISTY SKELTON
PHOTO BY VICE MEDIA

For thirty years, COMPASS has worked with those making refugee claims based on sexual orientation, gender identity, or expression (SOGIE), those that are part of the 2SLGBTQ+ community. COMPASS works to ensure their space does not create difficulty for anyone in the refugee claimant community and encourages people to share whatever information they like without pressure.

This is what newcomer organizations should strive for, Tony said, serving everyone in their target population and making them comfortable.

COMPASS works with refugee claimants and protected persons in Waterloo Region, assisting refugee claimants with application processes.

They accompany individuals as they settle in providing referral services and advocating for client needs with different organizations and the municipal, provincial, and federal levels of government. Individuals can receive assistance with the claims process, work permits, permanent residence applications, employment, and referrals to local services, including lawyers, housing resources, and community organizations like SPECTRUM. COMPASS also has a house for temporary residence.

Work is highly dependent on each individual need when cases are made based on SOGIE. They ensure referrals are appropriate, positive, and welcoming to 2SLGBTQ+ folks. In providing service referrals, caseworkers always offer unprompted information about queer-servicing organizations so that individuals are not outed if they need those services.

There are many categories of refugees, Tony explained. COMPASS specializes in assisting refugee claimants and protected people. The former refers to those who claim refugee status once they come to Canada. The decision of the claimant accepted or denied is made by a judge at a court hearing. Accepted claimants become protected people, which allows application for permanent residence. If they are denied, they remain refugee claimants, often waiting on pending appeals with the possibility of deportation.

In cases based on SOGIE, special attention must be given to referrals that prove gender identity and sexual orientation. Making a claim requires proof that the claimants are part of the community. The Immigration and Refugee Board of Canada (IRB) holds hearings about proving such identity.

At these hearings, the judge will ask individuals for evidence of anything that may have occurred in their home country. This may include letters from their country of origin speaking on relationships, partners, or evidence of criminal charges. Some of which can be very difficult to obtain if it is unsafe to maintain contact. The judge may also look at their activities or inquire about partners and involvement in current community groups. Some come to Canada and begin transitioning, and in that case, obtaining medical evidence may be a bit easier.

Unfortunately, it is part of the process that people have to go through. It is very, very performative, but there have definitely been some improvements, Tony informed us. Over the past five years, there has been the development of a SOGIE guide for adjudicators that addresses common issues and what can and cannot be asked of claimants, what factors should be considered, and what is appropriate to be used as proof. Although adjudicators have judicial independence, if they break these rules, it is easy to make appeals. COMPASS refers individuals to community groups who can attest to claimants attending 2SLGBTQ+ spaces as well as legal counsel and refugee law specialists. They also participate in the Canadian Council for Refugees (CCR) and provincial organizations attempting to establish similar guides.

It is important to mind the varying levels of difficulty folks have had in the past or how easy it is to re-traumatize or add additional stress for someone when catering to newcomers. COMPASS tries to maintain the tricky balance of presenting the organization in a way that eases safety concerns.

If people are in danger from their own community they do not want to go to a place or participate in an activity that makes them uneasy. COMPASS ensures their services are open and available to all, so folks are not identified and put in danger just by being present in the space.

On the local level, Tony expressed that it would be great to see more growth and strength in the 2SLGBTQ+ newcomer space and expand services supporting this community. Both newcomers and members of the 2SLGBTQ+ community face harassment from many different directions. Some people feel unsafe in their cultural communities and unsafe in 2SLGBTQ+ spaces as well. This major issue results in some queer and trans clients seeking safe spaces in larger city centers, like Toronto.

"I think creating an open environment where discrimination and racial tensions are very explicitly not permitted in queer spaces, where everyone can feel safe - though that's very difficult to do, that's the kind of ideal I see"

Tony envisions a systems change among organizations to bridge the gaps between newcomers and 2SLGBTQ+ organizations. The Solidarity Alliance is an initiative that began five years ago, with participating organizations such as Reception House, KW Multicultural Centre, ACCKWA, and COMPASS coming to the table.

The Alliance aims to figure out what is missing at the intersections of these communities and do appropriate training to bring together the silos. Attracting individual community members is challenging as the Alliance is community-driven but often consists mainly of organizational representatives.

The COMPASS Refugee Centre is always looking for assistance. They would like community organizations to make referrals, community members to volunteer, and everyone who can donate. If you are a refugee claimant or a protected person, you can contact us, and we will be as kind and open and welcoming as we can to help you.



newmoon COUNSELLING

Offering individual, couples, child/teen and family therapy

We are here to support you through

- anxiety
- depression
- trauma
- life changes
- relationship challenges

Contact us to book
FREE virtual consultation!

Seeing clients in office and online.

16 John Street W
Waterloo, ON
N2L 1A7

519-584-4240

www.newmooncounselling.com

[f](#) [ig](#) @newmooncounsellingkw

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

KWLT

Kitchener-Waterloo Little Theatre

Fall 2021 online events

The Devil's Disciple (audio drama)

Written by G.B. Shaw

Adapted for audio & directed by Joe Gull

Streaming starts November 11th

Telephone Madness showcase

An AV adventure in conceptual drift

Live-streaming on December 4th

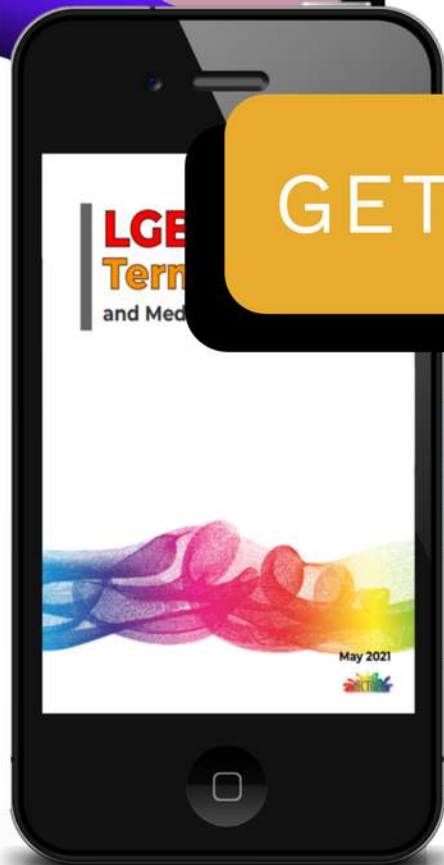
Tickets & Information:

<https://kwlt.org>

FREE LGBTQ2+ TERMINOLOGY GUIDE

Terms,
references, and
guides for
anyone to use.

GET THE GUIDE!



SPECTRUM
Waterloo Region's
Rainbow Community Space