Rainbow Pages

A GUIDE TO 2SLGBTQI+ PLACES, SPACES, AND PEOPLE IN WATERLOO REGION
Welcome!

Special thanks to the OK28ME team at KW Counselling Services, Philip Mills and Maggie Moniz from Habitat for Humanity Waterloo Region, and Peter Greaves and Sydney Laurie 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 acknowledges the truth that we are situated on the Haldimand Tract, which is the traditional land of Haudenosaunee and Mississauga Anishinaabe nations. We also recognise the Chinonton Peoples of what has come to be known as the Neutral Nations, a people 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.
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team@only1andywright.com
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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 North, Conestoga Mall, Waterloo, ON N2L 5W6
519.885.8828
museum@waterloo.ca
https://www.waterloo.ca/en/museum/

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32 King Street North, 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/
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519.747.0044
knockknock@striyvemarketing.com
http://www.strivemarketing.com/

THEMUSEUM
10 King Street West Kitchener, ON, N2G 1A3
519.749.9387
info@THEMUSEUM.ca
https://themuseum.ca/

tri-Pride Community Association
250 King St West PO Box 26017 Kitchener, ON N2G 0A4
info@tripride.ca
https://www.facebook.com/triPrideCommunityAssociation/

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

Kitchener Public Library
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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 Street 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/

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Guelph Public Library
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https://www.guelphpl.ca
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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
1.844.264.2993
https://cmhawww.ca

Collaborate Counselling
Kitchener, ON - Virtual
226.407.7173
collaboratecounselling@gmail.com
https://www.psychologytoday.com/ca/therapists/gavynn-daueber-mckay-kitchener-on/1005803

Cultivate Counselling
Kitchener, ON - virtual
548.483.5512
cultivatecounsellingkw@gmail.com
http://cultivatecounselling.ca/

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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

Kelly Kirkham Psychotherapy
Telehealth Therapy
519.721.5974
kellykirkham@gmail.com
https://kellykirkham.net/

New Moon Counselling
69 Bridgeport Rd E Waterloo, ON N2J 2K1
519.584.4240
ihammoud@newmooncounselling.com
http://www.newmooncounselling.com/

OK2BME & KW Counselling Services
480 Charles Street East, Kitchener, ON
N2G 4K5
519.884.0000
ok2bme@kwccounselling.com
http://www.ok2bme.ca/
The world can be a dark and scary place with a lot of unknowns, and those involved with OK2BME want you to know that everyone who reaches out or needs that supportive space is able to access it easily, as much and as often as they feel they need to.

OK2BME is a program at KW Counselling Services that provides a set of supportive services for 2SLBTQIA+ kids, teens, adults, and their families in Waterloo Region.

WORDS BY NOOR DHALIWAL
PHOTOS BY ANDY WRIGHT

2SLGBTQia+ individuals often experience many different forms of harassment, discrimination and violence due to societal stigma and lack of education around various gender identities or sexual orientations. These often have negative effects on the mental health and general well-being of individuals in the rainbow community and counselling can be an effective and helpful tool.

KW Counselling Services wants to emphasize that being queer is not the source of mental health issues, rather, it is how society treats those within the 2SLGBTQIA+ community that is the problem. Being queer does not automatically mean that there will be struggles or challenges, but this organization is there for those who may need its services.
Affirming counselling is important, and it means having the attitude, knowledge, and skills necessary to best support 2SLGBTQIA+ individuals. KW Counselling Services doesn’t just accept, rather, they value gender and sexual diversity, along with other forms of diversity, within our community. Their affirming counsellors have knowledge about gender and sexuality, the issues faced by the rainbow community, and ways of coping with said challenges. They are able to reflect their own beliefs and behaviours while staying committed to ongoing learning to make their practice anti-oppressive and welcoming for all members of the 2SLGBTQIA+ community. With their deep-level of knowledge, empathy and commitment, these counsellors do not make any assumptions about the individuals they work with solely based on their identity, expression or relationships. Being queer is a part of who someone is, it is not all of who someone is.

OK2BME is a program at KW Counselling Services that provides a set of supportive services for 2SLBTQIA+ kids, teens, adults, and their families in Waterloo Region. After recognizing the need for dedicated and focused services, this program was born in 2005. It consists of three unique areas including confidential counselling services (whether in-person or online), OK2BME Youth Groups for individuals aged 12-18, as well as public education, consulting, training and advocacy around 2SLGBTQIA+ issues. Those involved directly in the team are either a part of the rainbow community or strong allies, and they produce some important events each year, including Pride Prom and the GSA (Gay-Straight Alliance/Gender and Sexuality Alliance) Conference.

When a counsellor is part of the same community as their client it can open up space for trust and connection. There can be a shared understanding of struggles, joys, and barriers being experienced. OK2BME recognizes that this shared understanding is important in building comfort and a feeling of safety with individuals. Counsellors involved in this program are trained and experienced in providing affirming support to 2SLGBTQIA+ clients, meaning they have specialized knowledge and skills that help them better support this community. One of the benefits of going to a counsellor in a program like this is that there is already a base-level of understanding and connection. Clients don’t need to spend time and energy educating a counsellor on matters of identity related to being 2SLGBTQIA+.

Societal change is required to tackle the root causes of these challenges.

Steps towards resolution of queer-specific mental health issues can be taken, which is why OK2BME’s education and advocacy pieces are so important. Societal change is required to tackle the root causes of these challenges. These are: colonization, white supremacy, cisnormativity and heteronormativity, homo/bi/transphobia, and the historical/ongoing mistreatment of 2SLBTQIA+ individuals.

Every small piece counts. At KW Counselling Services, support for the rainbow community is clear from outside the building with signals such as flags and stickers, all the way to inclusive intake forms, procedures, and facilities. Their building has all-gender washrooms, including menstrual products in
each washroom because people of any gender can have periods. All staff – not just the OK2BME team – work to use non-gendered language, and avoid making assumptions about gender or sexuality, and all staff are provided with ongoing training in providing affirming support.

Overall, as a program, OK2BME’s goal is to continue to support the mental well-being of people in the rainbow community. The world can be a dark and scary place with a lot of unknowns, and those involved with OK2BME want you to know that everyone who reaches out or needs that supportive space is able to access it easily, as much and as often as they feel they need to.

KW Counselling Services’ recommendations to other organizations looking to be effective allies to the 2SLGBTQIA+ community include catching yourself in assumptions around sexuality, and gender, and continuing ongoing learning around 2SLGBTQIA+ related matters as information is ever-evolving and changing. Allyship is an ongoing process and commitment, something that is both relevant and important all year-round.
COUNSELLING & MENTAL HEALTH (continued)

Dr. Kris Pryke Psychological Services
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519.496.9555
info@drkrispryke.com
http://drkrispryke.com/

Qualia Counselling Services
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Cambridge - 226.887.6377
info@qualiacounselling.com
https://qualiacounselling.com/

Relationship Matters Therapy Centre
150 Water Street South 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 Street Unit 402, Kitchener, ON N2H 5Z6
844.276.2479
joscelyn@uniquejourneyscounselling.com
https://www.uniquejourneyscounselling.com/

Waterloo Region Suicide Prevention Council
285 Benjamin Road Waterloo, ON N2J 3Z4
519.884.0422
wrspc-admin@wrspc.ca
https://wrspc.ca

Suzanne Welstead, MTS (she/her)
24 Sinclair Street, 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)
SLC, University of Waterloo Campus
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/
EMPLOYMENT

In Her Shoes - YW
102 King St. W, Kitchener ON, N2G 1A6
519.504.7317
inhershoeysy@gmail.com
https://inhershoeysy.com/pages/training-program

Lutherwood Employment
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165 King Street East Kitchener, ON N2G 2K8
Cambridge - 519.623.9380
Kitchener - 519.743.2460
https://www.lutherwood.ca/employment/programs

FAMILY RESOURCES

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

Child and Parent Place
35 Dickson St Cambridge, ON N1R 7A6
165 King Street East Kitchener, ON N2G 2K8
Cambridge - 519.743.1460 x 2
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https://www.lutherwood.ca/mentalhealth/capp

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Waterloo, ON N2L 0C7
519.498.8326
william.mcbay@sunlife.com
https://advisor.sunlife.ca/william.mcbay/

Tara Waddell CFP, RRC - IG Wealth Management
649 Scottsdale Drive Suite 401 Guelph, ON N1G 4T7
519.830.4619
tara.waddell@ig.ca
https://advisor.investorsgroup.com/en/tara_waddell
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519.208.7746
info@cyclonespinstudio.ca
https://cyclonespinstudio.ca/

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

The Underdog Dance Corp.
71 King Street North, Unit C. Waterloo, ON N2J 2X2
info@underdogdance.com
http://www.underdogdance.com/

FOOD & DRINK

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519.954.7705
cafepyrus@gmail.com
cafepyrus.com

Descendants Beer & Beverage Co.
319 Victoria St N, Kitchener, ON N2H 5E1
226.241.3700
info@descendantsbeer.com
descendantsbeer.com

The Jane Bond
5 Princess St. W. Waterloo, ON. N2L 2X7
info@janebond.ca
http://janebond.ca/

Lady Glaze Doughnuts
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519.954.2424
info@ladyglazedoughnuts.com
http://www.ladyglazedoughnuts.com/

Little Mushroom Catering
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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
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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 Street 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
305 - 99 Northfield Dr E, 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/

Good Hair Co.
283 Lancaster St W, Kitchener, ON N2G 2V5
548.994.4120
https://goodhaircokw.com/
How do you express yourself? For Sydney and Peter, co-owners of Good Hair Co., helping you figure that out is the ultimate goal!

Good Hair Co. was opened in efforts to break down the gendered norms of the beauty industry.

WORDS BY NOOR DHALIWAL
PHOTOS BY ANDY WRIGHT

A welcoming and affirming hair salon like Good Hair Co. isn’t common. It can be intimidating for 2SLGBTQ+ people to step into places like this, but Sydney and Peter work to ensure that their organization is safe and welcoming. A lot of their staff, clients and friends are a part of the 2SLGBTQ+ community, and the realization that people they love want somewhere safe to go helped motivate the creation of their company.

They decided to open up a shop together as they knew that the beauty industry tends to be very gendered. It just made sense to them to
break down those barriers at Good Hair Co., although that’s not the norm. In fact, any staff member that joins their team goes through language and competency training around pronouns and gender identity. Their team tries not to make assumptions based on the way a client is presenting and they make sure to ask which pronouns they should use for each client. This helps their clients feel affirmed in their identities. Good Hair Co. has no gendered services, all services are listed by hair length and time.

Team member Lilly actually came into the industry as she wanted a more “masculine” haircut, but she wasn’t able to find someone who would cut her hair. At Good Hair Co., this isn’t an issue. The staff gives the client what they ask for rather than clinging to binary gender biases.

Is there a “queer style”? “Style” is very individualized, which is why staff at Good Hair Co. listen to their clients rather than making assumptions about what queer style might mean to someone. Oftentimes, clients may not know exactly what they want, rather they’re aiming to deliver a particular vibe that the staff help interpret. The Good Hair team can create haircuts that aren’t inherently masculine or feminine but have aspects of both. An element of their allyship is their willingness to listen to what a client wants.

Gender binary biases are learned from the beginning in the hair business. Speaking on their experience in hair school, the co-owners shared that they were taught to tell people what style suits them. This is something that they’ve broken away from. In fact, they teach their clients how to style and maintain their hair after they’re received the services they asked for. Their queer clients have shared that they feel comfortable at Good Hair Co.. They are listened to, get the haircut they ask for, and are not overcharged.

Peter has taken the Male Allies course from the Sexual Assault Support Centre of Waterloo Region and it was very eye-opening to him. As a straight, white, cisgender male, he recognizes that he holds a lot of privilege and that it’s important to hold space for other people. With Good Hair Co., alongside Sydney, he creates this space, allows his diverse staff to work, and helps his clients to be seen. It means a lot to members of the 2SLGBTQ+ community to have allies like Peter and Sydney. It’s rare for people to go out of their way to seek education and build safe spaces. Sydney and Peter believe it’s just the right thing to do. Peter welcomes the opportunity to help other straight, cis men learn. The couple lives the motto “it’s cool to be kind” and through their compassionate treatment, they help bridge gaps to create a safe and positive space.

**It’s cool to be kind!**

Sydney told us of one of her experiences with a younger client whose mother shared that their hair cutting experiences had been really difficult. When the mother and child left Good Hair Co. Sydney witnessed them give each other a bear hug and recognized that even a seemingly small gesture like giving a child the haircut they ask for can mean a lot. The experience of gender euphoria, finally seeing oneself in the way that someone imagines, is amazing to witness. The staff of Good Hair Co. create truly special relationships with their clients.

Sydney and Peter recommend that other businesses take the time to look at the
inherent biases that create barriers for people. They believe that there’s really no need for filtering through the gender binary as happens so often in the world. Being aware of one’s language and educating oneself is the right thing to do. No one is born with information, we are constantly learning and evolving. It’s important for business owners to take the time to learn and unlearn. They recommend being genuine and constant to build allyship.

If you have a business that’s trying to do good in the community, hire a diverse staff and create space and stable employment for people of all identities, year-round. Allyship is about being there not just during Pride month.

It’s important to the co-owners of Good Hair Co. that people view their business as a safe space and that they’ve established trust with their clients. As Sydney says, “you get back what you’re putting out into the world.” Anyone is welcome at Good Hair Co!
HEALTH & WELLNESS

ACCKWA | The AIDS Committee of Cambridge, Kitchener, Waterloo & Area
1770 King St E unit 5, Kitchener, ON N2G 2P1
519.5703687
m2m@acckwa.com
www.acckwa.com

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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 Street East Waterloo, Ontario N2J 2L4
176 Wyndham Street North Guelph, Ontario N1H 8N9
Toll-free: 1.877.351.9857
info@sanguen.com
https://sanguen.com

Self Help & Peer Support, CMHA Waterloo Wellington
67 King Street East, Kitchener, ON N2G 2K4
519.570.4595
selfhelpgroup@cmhaww.ca
https://cmhawwselfhelp.ca/

SHORE Centre
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519.743.9360
https://www.shorecentre.ca/

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Habitat for Humanity Waterloo Region
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https://www.habitatwr.ca/

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519.742.8327
admin@houseoffriendship.org
http://www.houseoffriendship.org/

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41 Weber Street West Kitchener, ON N2H 3Z1
Cambridge - 519.623.9380
Kitchener - 519.749.2450
https://www.lutherwood.ca/housing
Housing & Real Estate

Social Development Centre Waterloo Region - Eviction Prevention

23 Water St. N. Kitchener, ON, N2H 5A4
Cambridge - 519.579.3800 x 8
Kitchener - 226.507.8965
Cambridge: michelle.knight@waterlooregion.org
Kitchener: hollee.george@waterlooregion.org
http://www.waterlooregion.org/eviction-prevention-waterloo-region

Charlotte Zawada (she/her)
REALTOR

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519.579.4110 - office
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charlotte.z@rogers.com
http://www.buyahomesellahouse.com/

Information Services

Grand River Rainbow Historical Project

283 Duke Street West, Unit 210, Kitchener ON, N2H 3X7
history@ourspectrum.com
http://www.granderiver-rainbowhistory.ca

Member of Parliament Mike Morrice, Kitchener Centre

303-305 King Street West Kitchener, Ontario
N2G 1B9
519.741.2001
mike.morrice.C1@parl.gc.ca
http://mikemorricemp.ca/

Rainbow List

rainbow-owner@listserv.thinkers.org
https://listserv.thinkers.org/mailman/listinfo/rainbow_listserv.thinkers.org

Justice & Legal Services

Waterloo Region Community Legal Services

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

Community Justice Initiatives

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

COMPASS Refugee Centre
675 Queen Street South 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. North PO Box 29
519.772.8787
info@cscmow.org
https://communitysupportconnections.org/

PHOTOGRAPHY

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Ben Lariviere Photography
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Gifted Waterloo
740 Belmont Ave W, Kitchener, ON N2M 1P2
519.208.4438
https://www.giftedwaterloo.com/

Gold Leaf Botanicals
189 Park Street, Waterloo, ON N2L 1Y7
contact@goldleafbotanicals.ca
https://goldleafbotanicals.ca/

Le Prix Fashion & Consulting
181 Park Street, Waterloo, Ontario, N2L 1Y7
226.791.0219
info@leprixclothing.com
https://www.leprixclothing.com/

Talula Fields General Store
20 Queen St S, Kitchener, ON N2G 1V6
talulafields@gmail.com

YW Thrift Boutique
102 King St. W, Kitchener ON, N2G 1A6
226.751.6898
thrift@ywkw.ca
http://inhershoesyw.com/
Affordable housing is an issue for many, but organizations such as Habitat for Humanity Waterloo Region have been helping to bridge the gap between all people and a place to live.

Habitat for Humanity envisions a world where everyone has a safe and decent place to live regardless of race, creed, faith, religion, sexual orientation, gender identity, or gender expression. The organization works towards its vision through building strength, stability, and self-reliance in partnership with families in need of decent and affordable housing. Future homeowners actually help build their own homes alongside volunteers and community support. These homeowners are selected using specific criteria, including working 500 volunteer hours per family, which then leads to them paying an affordable interest-free mortgage geared to their income. These mortgage payments are then invested into a revolving fund which is used by the local Habitat to build more homes for families in their community.

This opportunity gives homeowners a new foundation for a stronger future filled with possibilities and progress. The benefits of a Habitat home reach far beyond the four walls. These homes allow families to foster the confidence and skills they need to invest in their communities and, in turn, themselves. Overall, they enjoy better health, education and employment prospects.

On June 16th, 2022, Habitat for Humanity Waterloo Region introduced their first annual Pride Build! This initiative offers a great way to celebrate diversity and inclusivity while helping to build our communities. The organization shows allyship and contributes to the growth of Waterloo Region’s 2SLGBTQ+ community through inviting those who identify within the space, and their allies, to swing a hammer and build with them through their Pride Build. Their first run of the event was a massive success! Habitat was fortunate to have extensive media coverage of the event, and they look forward to growing the program in the coming years.

Habitat works to have its personnel be representative of the people they serve in the community. Specifically, they believe that it’s important to be queer-servicing as many members of the 2SLGBTQ+ community tend to have difficulty finding a space where they feel accepted and included. Events like the Pride Build are held in a safe and non-judgmental space that allows community members to be their authentic selves. The organization recognizes that the lack of affordable housing affects everyone, so there are currently national initiatives for funding of Black and Indigenous home-builds across the country, including Waterloo Region.

Habitat for Humanity Waterloo Region continuously works to improve how the organization supports all members of its community, they are constantly learning.
In 2020, they initiated a Diversity, Equity, and Inclusion Committee to help lead them in the right direction. The committee crafted a DEI statement that includes organizational goals, a commitment to educating their staff and volunteers through regular DEI training sessions, and building a growing library of DEI resources in their administrative offices for their staff and volunteers to access.

Involvement at Habitat for Humanity Waterloo Region can take many forms! You can sponsor a build, volunteer on a build site or in the ReStore, hosting a third party event, donating to ReStore, or becoming a monthly donor. Through all of these actions, you’re helping hard-working low-income families in Waterloo Region fulfill their dreams of homeownership.

The organization’s advice to other businesses looking to be great 2SLGBTQ+ community allies? Commit to furthering diversity, equity and inclusion, train your staff on said topics, stand against discriminatory speech and behaviour, and create a safe workspace for your employees and the people you serve. Finally, believe that all people, regardless of gender identity and orientation, should be treated with dignity and respect.

Habitat for Humanity Waterloo Region aims to see more general public acceptance and greater allyship, while also hoping to see a deepening understanding of 2SLGBTQ+ community related issues and equal rights for all. They are proud to serve all families, and together, work to ensure that everyone has access to an inclusive community with safe and affordable places to call home.
SOCIAL & GROUPS

Chaplin Family YMCA Cambridge | LGBTQ2S+ Youth Program
250 Hespeler Rd, Cambridge, ON N1R 3H3
519.623.9622
info@ytr.ymca.ca

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.uwaterloo.ca
http://instagram.com/uwdragclub

UW EngiQueers
engiqueers@engsoc.uwaterloo.ca
https://www.engsoc.uwaterloo.ca/about-us/affiliates/

Volunteer Waterloo Region
1454 King Street East, Kitchener, ON
519.742.8610
info@volunteerwr.ca
Volunteerwr.ca

The W Centre (YWCA Cambridge)
20 Dickson St, Unit 101 Cambridge ON
519.622.9960
thew@ymcacambridge.ca
http://ymcacambridge.ca/

SPIRITUAL

Grand River Unitarian Congregation
299 Sydney Street S, Kitchener, Ontario
N2G 3V8
519.742.0432
info@grandriverunitarian.ca
http://grandriverunitarian.ca/

KW Unity Mosque
519.742.3302
franpappertshannon@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 Avenue N, Kitchener
519.745.4769
office@stirlingmennonite.ca
https://www.stirlingmennonite.ca/

The Unitarian Congregation of Guelph
122 Harris Street, Guelph, ON N1E 5T1
519.836.3443
admin@guelph-unitarians.com
http://www.guelph-unitarians.com/
SPIRITUAL
(continued)

Waterloo North Mennonite Church
100 Benjamin Road Waterloo N2V 2J0
519.888.6113
office@waterloonorthmc.org
http://www.waterloonorthmc.org/

TATTOO

Iron Horse Tattoo
950 King St W, Kitchener, ON N2G 1G4
519.897.7963
tristaneverett@gmail.com
https://www.facebook.com/ironhorsetattoo
waterloo

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
us at info@ourspectrum.com

The online version of this directory can be found at
https://www.ourspectrum.com/resources/directories/
The Rainbow Community Calendar is your clearinghouse of 2SLGBTQ+ events in Waterloo Region. It also includes details for all of SPECTRUM's ongoing programming.

Visit https://www.ourspectrum.com/events/

Visit SPECTRUM's online store to find Pride flags, stickers, buttons, and more!

We have a limited number of t-shirts and tote bags featuring our wonderful mural by Trisha Abe.

Visit https://spectrumanwaterloo.square.site/
TransNAV GPS
Wayfinding for Waterloo Region's Transgender Community

www.ourspectrum.com/transnav

©2022 SPECTRUM Waterloo Region's Rainbow Community Space
210-283 Duke Street Kitchener, Ontario N2H 3X7
www.ourspectrum.com