

Region of Waterloo



# Rainbow Pages

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



The Rainbow Pages are an online and print reference guide to 2SLGBTQI+ places, spaces, and people in Waterloo Region published by SPECTRUM Waterloo Region's Rainbow Community Space.

This 2022 edition of the Rainbow Pages is made possible thanks to an extension of the LGBTQ2 Community Capacity Fund grant, and a Canada Summer Jobs grant that allowed us to hire Noor Dhaliwal (pictured right with MP Mike Morrice) as our Marketing Assistant. Special thanks to Noor for working on this project!

In this new issue of the printed directory, you will find listings for queer-owned businesses, organizations that serve and support the 2SLGBTQI+ community, and allied organizations.

Canada



Welcome!



Special thanks to the OK2BME 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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# A1W

ONLY 1 ANDY WRIGHT

Photography & Design

[team@only1andywright.com](mailto:team@only1andywright.com)  
[www.only1andywright.com](http://www.only1andywright.com)



## ARTISTS

### Ellie Anglin

Ellieanglin@gmail.com  
[www.ellieanglin.com/](http://www.ellieanglin.com/)

### Lolo (Logan Soeder)

177 Arnold St, Kitchener, ON N2H 6E4  
519.616.9277  
Logansoeder@gmail.com  
[www.logansoeder.com](http://www.logansoeder.com)

### Anna Winge-Breen

annawingeart.jpeg@gmail.com  
[www.annawingebreen.com](http://www.annawingebreen.com)

## 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  
<http://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/>

### Paint By Munzy

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/>



# ARTS & CULTURE (continued)

## **Stryve Digital Marketing**

137 Glasgow Street, Unit 440. Kitchener, ON  
N2G 4X8  
519.747.0044  
knockknock@stryvemarketing.com  
<http://www.stryvemarketing.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@tri-pride.ca  
<https://www.facebook.com/triPrideCommunityAssociation/>

# BOOKS & LIBRARIES

## **Guelph Public Library**

100 Norfolk Street 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, ON N2H 2H1  
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](mailto:david@wordsworthbooks.com)  
<http://wordsworthbooks.com/>





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Waterloo Region's LGBTQ+ Community Space



**SPECTRUM**  
Waterloo Region's  
Rainbow Community Space

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## 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](mailto: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://cmhaww.ca>

### **Collaborate Counselling**

Kitchener, ON - Virtual  
226.407.7173  
[collaboratecounselling@gmail.com](mailto: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](mailto:cultivatecounsellingkw@gmail.com)  
<http://cultivatecounselling.ca/>

### **Find Your Voice Music Therapy**

Online and Mobile Services in Katarokwi/  
Kingston, ON  
1.800.827.3120 x 101  
[info@findyourvoicemusictherapy.com](mailto: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](mailto:kellykirkham@gmail.com)  
<https://kellykirkham.net/>

### **New Moon Counselling**

69 Bridgeport Rd E Waterloo, ON N2J 2K1  
519.584.4240  
[ihammoud@newmooncounselling.com](mailto:ihammoud@newmooncounselling.com)  
<http://www.newmooncounselling.com/>

### **OK2BME & KW Counselling Services**

480 Charles Street East, Kitchener, ON  
N2G 4K5  
519.884.0000  
[ok2bme@kwcounselling.com](mailto:ok2bme@kwcounselling.com)  
<http://www.ok2bme.ca/>





# OK2BME *KW Counselling Services*

SPOTLIGHT

**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 2SLGBTQIA+ 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**

439 Park Street, Upper, Kitchener, ON  
N2G 1N4  
519.496.9555  
info@drkrispryke.com  
<http://drkrispryke.com/>

## **Qualia Counselling Services**

435 The Boardwalk, Suite 406, Waterloo N2T 0C1  
430 The Boardwalk, Suite 406, Waterloo N2T 0C1  
182 Pinebush Road, Unit 103, Cambridge N1R 8J8  
Waterloo - 519.742.0500  
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@uniquejourneycounselling.com  
<https://www.uniquejourneycounselling.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  
inershoesyw@gmail.com  
<https://inershoesyw.com/pages/training-program>

### **Lutherwood Employment**

35 Dickson St Cambridge, ON N1R 7A6  
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  
Kitchener - 519.743.1460 x 1  
<https://www.lutherwood.ca/mentalhealth/capp>

## FINANCE & INSURANCE

### **Daniel Felicetti | Co-operators Insurance Company**

Unit 3 - 450 Belmont Ave W Kitchener, ON  
N2M 1N3  
519.749.2667  
daniel\_felicetti\_associates@cooperators.ca  
<https://www.cooperators.ca/local/daniel-felicetti/>

### **William McBay | T.E.A.M. Financial Solutions**

180 Northfield Drive West, Unit 6  
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](https://advisor.investorsgroup.com/en/tara_waddell)



# FITNESS & MOVEMENT

## **Cyclone Spin Studio**

305 King St W Unit 103, Kitchener, ON  
N2G 1B9  
519.208.7746  
[info@cyclonespinstudio.ca](mailto:info@cyclonespinstudio.ca)  
<https://cyclonespinstudio.ca/>

## **hustl + flow**

120 King St S., Waterloo, ON N2J 1P5  
519.885.4041  
[info@hustlandflow.com](mailto:info@hustlandflow.com)  
<http://www.hustlandflow.com/>

## **The Underdog Dance Corp.**

71 King Street North, Unit C. Waterloo, ON  
N2J 2X2  
[info@underdogdance.com](mailto:info@underdogdance.com)  
<http://www.underdogdance.com/>

# FOOD & DRINK

## **Cafe Pyrus**

305 King St W #101, Kitchener, ON N2G 1B7  
519.954.7705  
[cafepyrus@gmail.com](mailto:cafepyrus@gmail.com)  
[cafepyrus.com](http://cafepyrus.com)

## **Descendants Beer & Beverage Co.**

319 Victoria St N, Kitchener, ON N2H 5E1  
226.241.3700  
[info@descendantsbeer.com](mailto:info@descendantsbeer.com)  
[descendantsbeer.com](http://descendantsbeer.com)

## **The Jane Bond**

5 Princess St. W. Waterloo, ON. N2L 2X7  
[info@janebond.ca](mailto:info@janebond.ca)  
<http://janebond.ca/>

## **Lady Glaze Doughnuts**

701 Belmont Ave W, Kitchener, ON N2M 1P1  
519.954.2424  
[info@ladyglazedoughnuts.com](mailto:info@ladyglazedoughnuts.com)  
<http://www.ladyglazedoughnuts.com/>

## **Little Mushroom Catering**

131 Sheldon Drive, Unit #16, Cambridge, ON  
N1R 6S2  
226.791.4537  
[info@littlemushroomcatering.com](mailto: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](mailto:hello@richuncletavern.ca)  
[richuncletavern.ca](http://richuncletavern.ca)

## **Stockyards Brewing**

137 Glasgow St suite 385, Kitchener, ON N2G  
4X8  
519.514.1820  
[hello@stockyardsbrewing.co](mailto:hello@stockyardsbrewing.co)  
<https://www.stockyardsbeverage.co/>





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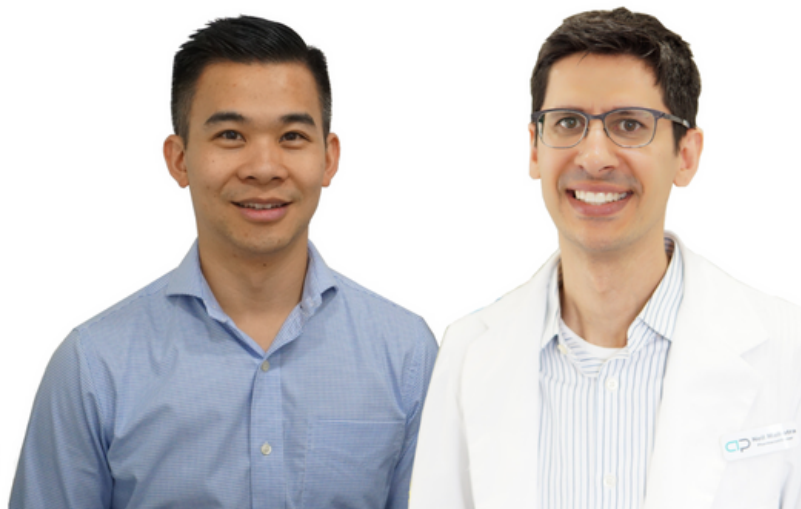
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439 Park St. Kitchener  
**Text or Call 519-954-1055**  
pharmacist@apothecarepharmacy.ca



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## FOOD & DRINK (continued)

### Stone Crock Restaurant

1396 King St N, St. Jacobs, ON N0B 2N0  
519.664.2286  
info@fatsparrowgroup.com  
<https://fatsparrowgroup.com/pages/stone-crock>

### Waterloo Brewing

400 Bingemans Centre Dr, Kitchener, ON  
N2B 3X9  
519.742.2732  
[waterloobrewing.com](http://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/>







# GOOD HAIR CO.

## *Express Yourself*

**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've 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



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.



# 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](http://www.acckwa.com)

## **Apothecare Pharmacy**

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](mailto: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](mailto: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](mailto:selfhelpgroup@cmhaww.ca)  
<https://cmhawwselfhelp.ca/>

## **SHORE Centre**

235 King St E #130, Kitchener, ON N2G 4N5  
519.743.9360  
<https://www.shorecentre.ca/>

# HOUSING & REAL ESTATE

## **Habitat for Humanity Waterloo Region**

120 Northfield Dr E, Waterloo, ON N2J 4G8  
519.747.0664  
<https://www.habitatwr.ca/>

## **House of Friendship**

51 Charles St. East, Kitchener, ON N2G 2P3  
519.742.8327  
[admin@houseoffriendship.org](mailto:admin@houseoffriendship.org)  
<http://www.houseoffriendship.org/>

## **Lutherwood Housing**

35 Dickson St Cambridge, ON N1R 7A6  
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

901 Victoria St. N. Kitchener, ON, N2B 3C3  
519.579.4110 - office  
519.502.5682 - cell  
[charlotte.z@rogers.com](mailto: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](mailto:history@ourspectrum.com)  
<http://www.grandriver-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](mailto:mike.morrice.C1@parl.gc.ca)  
<http://mikemorrice.ca/>

### Rainbow List

[rainbow-owner@listserv.thinkers.org](mailto:rainbow-owner@listserv.thinkers.org)  
[https://listserv.thinkers.org/mailman/listinfo/rainbow\\_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](mailto:compass@compassrefugee.ca)  
<https://compassrefugee.ca/>

## KW Multicultural Centre

715 Fischer-Hallman Rd #401, Kitchener, ON  
N2E 4E9  
519.745.2531  
[home@kwmulticultural.ca](mailto:home@kwmulticultural.ca)  
<https://kwmulticultural.ca/>

# OLDER ADULTS

## Community Support Connections

61 Woolwich St. North PO Box 29  
519.772.8787  
[info@cscmow.org](mailto:info@cscmow.org)  
<https://communitysupportconnections.org/>

# PHOTOGRAPHY

## KW Headshots

57 Albert Street W., Waterloo, Ontario  
226.606.1645  
[hannah@kwheadshots.ca](mailto:hannah@kwheadshots.ca)  
<http://www.kwheadshots.ca/>

## Ben Lariviere Photography

[photos@benlariviere.com](mailto:photos@benlariviere.com)  
[BenLariviere.com](http://BenLariviere.com)

## Only1AndyWright Photography & Design

[team@only1andywright.com](mailto:team@only1andywright.com)  
<http://www.only1andywright.com/>

# SHOPPING

## 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](mailto:contact@goldleafbotanicals.ca)  
<https://goldleafbotanicals.ca/>

## Le Prix Fashion & Consulting

181 Park Street, Waterloo, Ontario, N2L 1Y7  
226.791.0219  
[info@leprixclothing.com](mailto:info@leprixclothing.com)  
<https://www.leprixclothing.com/>

## Talula Fields General Store

20 Queen St S, Kitchener, ON N2G 1V6  
[talulafields@gmail.com](mailto:talulafields@gmail.com)

## YW Thrift Boutique

102 King St. W, Kitchener ON, N2G 1A6  
226.751.6898  
[thrift@ywkwa.ca](mailto:thrift@ywkwa.ca)  
<http://inhershoesyw.com/>



# HABITAT *For Humanity*

SPOTLIGHT





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.

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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 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.

WORDS BY NOOR DHALIWAL

PHOTOS FROM HABITAT FOR HUMANITY

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.

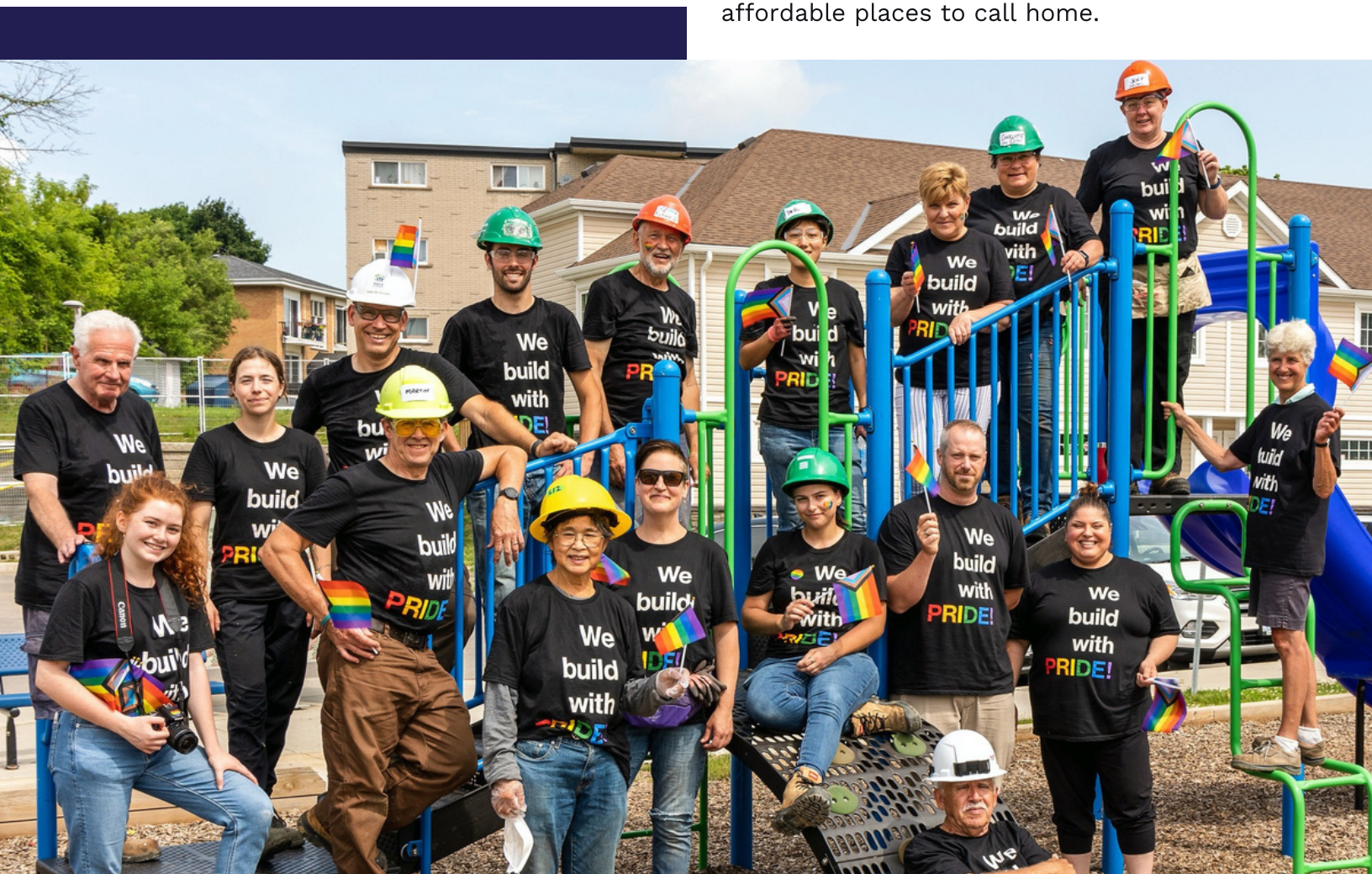


In 2020, they initiated a Diversity, Equity, and Inclusion Committee to help lead them in the right direction. The committee crafted a DEI statement that includes organizational goals, a commitment to educating their staff and volunteers through regular DEI training sessions, and building a growing library 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  
<https://www.ymcacambridgekw.ca/en/health-fitness-aquatics/chaplin/Teens.asp>

### **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.wusa.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](http://Volunteerwr.ca)

### **The W Centre (YWCA Cambridge)**

20 Dickson St, Unit 101 Cambridge ON  
519.622.9960  
thew@ywcacambridge.ca  
<http://ywcacambridge.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@waterloonthmc.org  
<http://www.waterloonthmc.org/>

# TATTOO

## Iron Horse Tattoo

950 King St W, Kitchener, ON N2G 1G4  
519.897.7963  
tristaneverett@gmail.com  
<https://www.facebook.com/ironhorsetattoowaterloo>

## 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](mailto:info@ourspectrum.com)**

The online version of this directory can be found at  
<https://www.ourspectrum.com/resources/directories/>



# Rainbow Community Calendar



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://spectrumwaterloo.square.site/>





# TransNAV GPS

Wayfinding for Waterloo Region's Transgender Community



[www.ourspectrum.com/transnav](http://www.ourspectrum.com/transnav)

@2022 SPECTRUM Waterloo Region's Rainbow Community Space  
210-283 Duke Street Kitchener, Ontario N2H 3X7  
[www.ourspectrum.com](http://www.ourspectrum.com)