LGBTQ+ Quick Resource Guide

This guide is intended to provide a listing of local resources that are likely to be of interest to lesbian, gay, bisexual, transgender, queer and other faculty, staff and students with diverse sexual orientation and gender identities at the University of Waterloo – as well as their allies. This guide is not intended to be comprehensive, but rather, a quick reference for initial points of contact. Unless otherwise noted, resources listed here are community based or volunteer run organizations and are not run by trained professionals. These organizations may provide peer support services and/or referrals to professional services providers in the region. Volunteering for one of more of these organizations is also a great way to meet LGBTQ+ individuals.

Campus Student Oriented Resources

GLOW Centre for Sexual & Gender Diversity
Website | www.feds.ca/glow/
Facebook | www.facebook.com/glowuw
Location | Student Life Centre (SLC) 2102, University of Waterloo, Waterloo, Ontario
   • Who should be referred to this resource? Undergraduate students, though other members of the campus community may access resources and receive referrals.

WLU Rainbow Centre
Website | waterloo.mylaurier.ca/ra
Facebook | www.facebook.com/WLURainbowCentre
Email | rainbow@wlu.ca
Location | 75 University Avenue West, Waterloo, Ontario
   • Who should be referred to this resource? Students who may be taking courses at Wilfrid Laurier University.

Conestoga Gay-Straight Alliance
Facebook | www.facebook.com/groups/4692132699/
Location | Conestoga College, Kitchener
   • Who should be referred to this resource? Students Mathematics/English Language for Academic Studies program.

Community Social Resources

Wednesday Night Discussion Group
Website | wndg.ca
Facebook | www.facebook.com/WNDG_CA
Location | Changes weekly.
   • Who should be referred to this resource? Anyone looking for informal conversation, general peer support, and meeting people in the local community. Open to all ages and backgrounds.

Queer Night Out Waterloo Region
Website | www.meetup.com/QNOWaterloo/
Facebook | www.facebook.com/QNightOut/
Location | Various
   • Who should be referred to this resource? Anyone looking to meet other people in the community. Organizers social events that attract participants from a broad range of ages and backgrounds.

Rainbow Chorus Waterloo-Wellington
Website | www.rainbowchorus.ca
Facebook | www.facebook.com/groups/2372223201/
   • Who should be referred to this resource? Anyone with musical interest and who would like to meet others.

Annual Events

Rainbow Reels Queer Film Festival
Facebook | www.facebook.com/rainbowreels
   • Annual film festival traditionally held near the end of the Winter Term.

tri-Pride Community Association
Website | www.tri-pride.ca/
Facebook | www.facebook.com/groups/5561710562
   • Annual Pride celebration traditionally held the first week of June.

Community Organizations

Waterloo Region Rainbow Coalition
Website | www.yourwrrc.ca
Facebook | www.facebook.com/WRRC.Info
Email | yourwrrc@gmail.com
   • Who should be referred to this resource? Anyone interested in community-based development and advocacy, connections with local resources, and social events.

Spectrum
Website | ourspectrum.com
Facebook | facebook.com/SpectrumCommunitySpace
Email | info@ourspectrum.com
Location | 283 Duke Street West, Unit 210, Kitchener
   • Who should be referred to this resource? Anyone interested in seeking referrals, social activities and accessing reference materials (e.g., books and DVDs).

For current information refer to:
https://uwaterloo.ca/equity/resources/lgbtq

Transgender Resources

Campus Student Oriented Resources and Community Organizations will also have transgender resources available.

Waterloo Wellington Gender-Variant Working Group
Website | www.facebook.com/WWGenderVariance
   • Who should be referred to this resource? Anyone looking for information related to gender identity.
### Health Resources

**University of Waterloo Health Services**  
Website | uwaterloo.ca/health-services/  
Telephone | 519-888-4096  
- Who should be referred to this resource? Undergraduate and graduate students.  
- Note: Staffed by medical professionals.

**Region of Waterloo Public Health**  
Website | chd.region.waterloo.on.ca  
Facebook | www.facebook.com/rowpublichealth  
Telephone | 519-575-4400  
Location | 99 Regina Street South, Waterloo, Ontario N2J 4V3  
- Who should be referred to this resource? Faculty, staff and alumni looking for STI testing.  
- Note: Staffed by medical professionals.

**AIDS Committee of Cambridge, Kitchener, Waterloo & Area**  
Website | www.acckwa.com  
Facebook | www.facebook.com/ACCKWA/  
Telephone | 519-570-3687  
Location | #5 - 1770 King St East, Kitchener, ON N2G 2P7  
- Who should be referred to this resource? Men who have sex with men and have questions regarding sexual health, HIV/STIs.

**Rainbow Health Ontario**  
Website | www.rainbowhealthontario.ca  
Telephone | 416-324-4100  
Location | Sherbourne Health Centre, 333 Sherbourne Street, Toronto ON M5A 2S5  
- Who should be referred to this resource? Anyone looking for information related to the provision of health and wellness services to the LGBTQ+ community as well as individuals looking for transgender information.

### Family Resources

**OK2BMe**  
Website | www.ok2bme.ca  
Facebook | www.facebook.com/OK2BMEca/  
Telephone | 519-884-0000  
Location | K-W Counselling Services, 480 Charles St. East, Kitchener, ON N2G 4K5  
- Who should be referred to this resource? Faculty, staff, students and alumni with children who may identify as LGBTQ+.

**PFLAG - Waterloo-Wellington-Perth Chapter**  
Website | www.pflagcanada.ca  
Facebook | www.facebook.com/PFLAG.WWP/  
- Who should be referred to this resource? Allies of LGBTQ+ individuals as well as Faculty, staff, students and alumni with children who may identify as LGBTQ+.

### Counselling Resources

**University of Waterloo Counselling and Psychological Services**  
Website | uwaterloo.ca/counselling-services/  
Telephone | 519-888-4567 x 32655  
- Who should be referred to this resource? Undergraduate and graduate students.  
- Note: Staffed by professional counsellors.

**Canadian Mental Health Association – Waterloo Wellington Dufferin Crisis Line**  
Telephone | 519-745-1166  
- Who should be referred to this resource? Anyone in mental distress.

**KW Counselling Services**  
Website | www.kwcounselling.com  
Telephone | 519-884-0000  
Location | 480 Charles Street East Kitchener, Ontario, N2G 4K5  
- Who should be referred to this resource? Faculty, staff and alumni.  
- Note: Staffed by professional counsellors.

### University of Waterloo

**Working Group on Sexual & Gender Diversity**  
Website | uwaterloo.ca/equity/pace/working-group-sexual-and-genderdiversity-lgbttqipa  
This is a Working Group of Provost’s Advisory Committee on Equity (PACE). The Working Group brings together community members and campus partners to provide advice on and make recommendations for a comprehensive plan that will address:  
- Campus climate for members of LGBTQ+ communities.  
- Promoting equitable environments for members of LGBTQ+ communities at UW.