

# **RAINBOW COFFEE CLUB: NOW VIRTUAL**

**Drop-in: 10:00-11:30 a.m.**

**First Wednesday of each month**

**For zoom link and more information**

**contact The Good Companions at:**

**613-236-0428 ext. 2353 or**

**[akristalovich@thegoodcompanions.ca](mailto:akristalovich@thegoodcompanions.ca)**

For lesbian, gay, bisexual, transgender,  
and 2 spirit (LGBT2S+) seniors 55+ &  
adults with physical disabilities



**This is an opportunity for older LGBT2S+ people to get together to socialize and make connections in a respectful, inclusive environment.**

**It is a space to share the challenges and joys of being older and LGBT2S+ and increase awareness about available community and health resources.**

**Brought to you in partnership by:**

