

out about town

● PUBLIC INTEREST

MCC Roseburg and **GALA** have opened a **community center** that will house newsletters,

flyers and announcements as well as AIDS information. It is also being used as a meeting place. If you would like to keep informed of the work of GALA, subscribe to the monthly newsletter, **Gay Ol' Times**. **GALA, PO Box 813, Roseburg, OR 97470.**

Women's Meditation Group meets every Sunday evening at 7 p.m. at Crone Magic, 1405 NE Broadway. Call to confirm meeting place and for more information, J. Pearl, 233-2468.

Portland Power And Trust, an informal support group for lesbian women-born-women interested in safe consensual S/M meets monthly. For more information, write PO Box 3781, Portland, OR 97208.

Help Prevent Child Abuse Parents Anonymous, a child abuse prevention program of Waverly Childrens Home, is accepting applications for volunteer parent specialists.

If you would like to take this opportunity to share the skills and experience you have with other families, either on the Helpline or with the children call Sue Kaasted or Debi McFeron at 238-8819 or Sherry, 288-9510 for details.

WOMENSTRENGTH

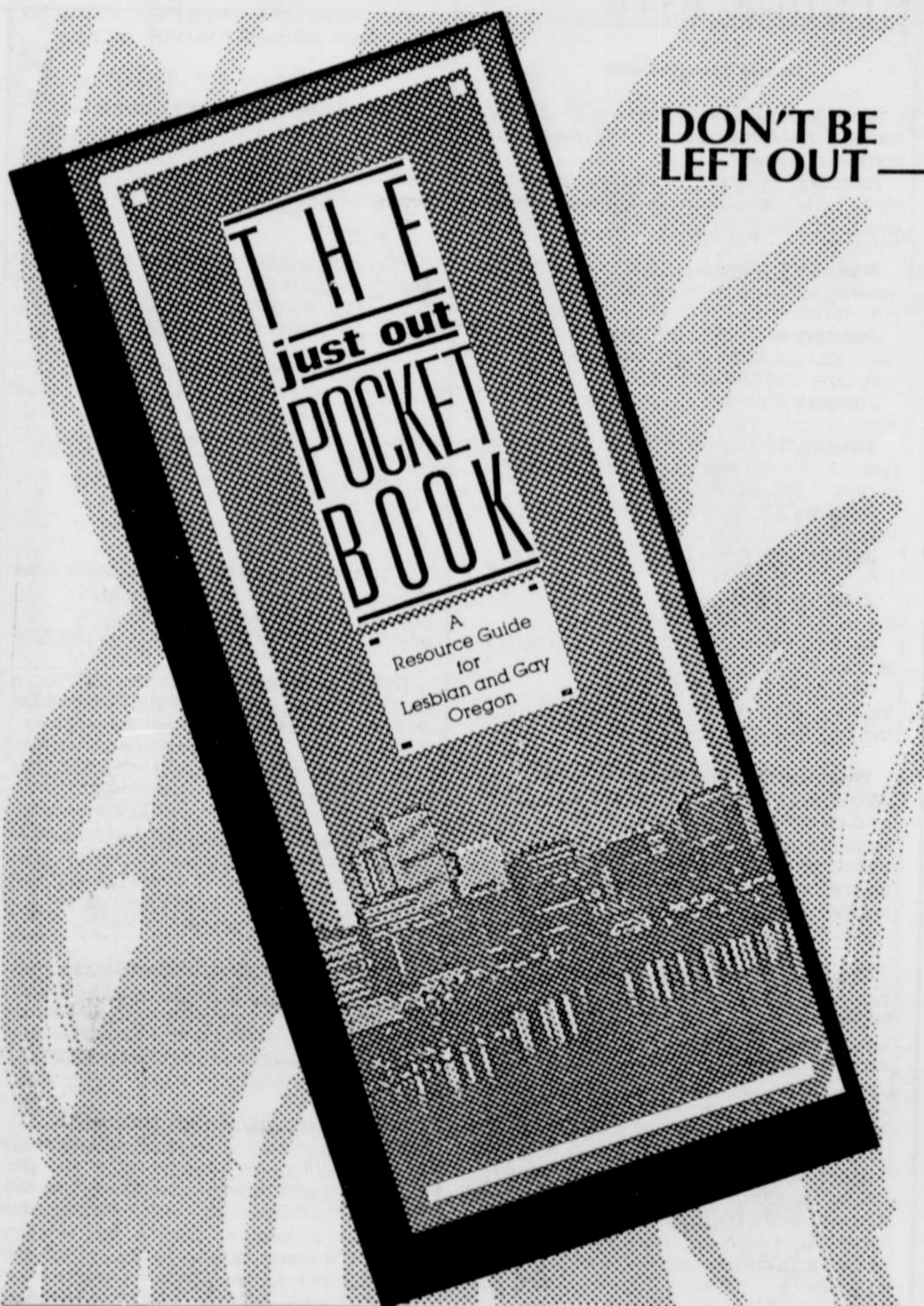
WomenStrength, a self-defense program designed to help equip teenage and adult women with survival level fighting skills. The program believes that fighting can be an effective response to the threat of sexual assault. Although fighting has been effective for

many people, it is not always the safest response. Many people have effectively used other options such as negotiating, submitting, running and yelling. WomenStrength emphasizes that each threat must be assessed quickly, and that both the circumstances and individuals involved must be considered when choosing a response. To increase the likelihood of escape, women are encouraged to develop personal skills which will help them to overcome fear and respond confidently in emergency situations.

WomenStrength is free and held every month in different locations around the city. Registration for the next month's classes always begins on the third Tuesday of the previous month. Call 796-3139 to register.

just out

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