#### CHIROPRACTORS

MARELLE O'MEARA CHIROPRACTIC HEALTH CARE



510 SW 3rd, SUITE 213, PORTLAND, OR 97204, 227-4709



- Auto Accident On-The-Job Injuries Health Maintenance
- Insurance Accepted 2917 N.E. Everett



232-4099



CIRCLE CHIROPRACTIC JAN CORWIN D.C. KIP HARD D.C.

423 S.E. 15TH PORTLAND, OR 97214

230-0812

### COUNSELING

AT PHOENIX RISING Eight-week daytime LESBIAN THERAPY GROUP for women to work on any personal issues.

For lesbians only. Fee is sliding scale \$10-43 per MEN'S ACOA, facilitated by Bob Withrow,

MSW. Eight-week education and support group will explore ACOA issues in a supportive environment. Group starts when full, sliding scale \$10-43 per

ADULTS MOLESTED AS CHILDREN for gay men. An ongoing group focusing on gaining information about sexual abuse and the effects of such abuse on present-day functioning. Sliding scale \$10-43 per session. Dr. Lloyd Williams.

CAREER TRANSITION group for both men and women designed to help participants become aware of what they want and how to fulfill their creative needs regarding work. Begins March 15 for 10 weeks; 7:30-9:00 p.m. \$50 for the series.

Facilitated by Nancy Turner, M.A. and Gary Strobel, M.A., TUESDAY NIGHT LIVE is a support group for gay men and lesbians. Eightweek series beginning March 8, 7:00-9:30 p.m. Fee sliding scale \$40-120 for the series.

**BISEXUAL THERAPY GROUP.** This group is designed to help its members understand their own diverse questions and find their own answers. \$10-40 per session, the group will be held Wednesdays, as determined by participant response.

For women only, LESBIAN ACOA will explore ACOA issues and provide a supportive environment that encourages feeling, understanding and practical techniques for relaxation and self care. Group starts when full, sliding scale \$10-43 per session.

PHOENIX

Call 223-8299 for more information.

Art Wilcox, M.A. 236-4361

Individual and Couple Counseling

#### COUNSELING

THERAPY GROUP for women who grew up in dysfunctional families and ACOAs. Sliding fee. Christle Wickherst, M.A. 236-6433.

Patricia J. Chance, M.S.W.

Registered Clinical Social Worker Individual and Couple Counseling 220-0210



Mature Counseling for Women and

Friends of Women

Renee Augrain, M.ed.

> 235-2005 2610 SE Clinton, Suite F

Grow with Professional Therapy

## Gay Men's Counseling Services

sliding scale 235-3433 2036 S.E. Morrison

- Self-Esteem
- Assertiveness
- Relationship Counseling
- Therapy & Support Groups





Annie Lenz, M.S.W., R.C.S.W.

> 909 S.W. St. Clair 222-6678

Psychotherapy and counseling with individuals and couples. Insurance accepted.



- Women's Concerns Self-Esteem
- Lesbian/Gay Issues
- ACOA Recovery
- Abuse Survivors

#### FIGHTING ARTS



ONE WITH HEART PIGHTING ARTS

Traditional Indonesian Kung Fu CO-ED and Women only classes Since 1977

1515 SE 37th

231-1999

#### FIGHTING ARTS

# KARATE FOR WOMEN

233-7070

- the original all-women karate school
- Celebrating our 23rd year only \$25.00 per month
- offering new classes regularly welcoming all skill levels



NON-DISCRIMINATING REGARDING RACE, RELIGION OR AGE

# LANDSCAPING



Time for winter clean-up

Pruning • Mulching Yard clean-up

Full service landscaping and gardening

Susan Lantz

659-1156

#### W A

#### Cynthia Cumfer Attorney at Law

714 Mead Building 421 SW Fifth Avenue Telephone Portland, Oregon 97204 503/295-2456

LAW WORKSHOP. Facilitated by Cynthia Cumfer and Ben Merrill, Attorneys at Law, this group will explore a variety of legal issues. For both men and women, it will be held March 12, 10:30 a.m. to 4:00 p.m. at the YWCA at 1111 SW 10th Ave. Registration is \$25. This workshop is co-sponsored by Phoenix Rising and Lesbian Community Project.

#### M

#### VALENTINE'S SPECIAL

TREAT YOUR SWEETIE to a healing massage by Musawa - and treat yourself as well! Gift certificates good through February. \$30 for one, \$45 for two, full hour treatments. Quality body work in Swedish, Lomi-Lomi, Reflexology, Psychology and Wise Woman Tradition. At the Woodrose, 1405 NE Broadway, 282-1224, or at the Women's Healing Ground. Estacada, 630-7848.

# HEALING MASSAGE BY MUSAWA ma/lmt



Announcing new location: Woodrose Natural Health Clinic 1405 NE Broadway (above Crone Magic) Call 282-1224 or 630-7848

MASSAGE WORKSHOP. Barbara Cottrell. L.M.T. facilitates this five-week workshop for men and women. Pariticipants will learn how to give a full-body massage; how to deal with daily stress and tension. Fee: \$30. At Phoenix Rising. Call 223-8299.

#### WINTER HIBERNATION SPECIAL

SOFTEN, RELAX, REST. Therapeutic massage with sensitive, sensible licensed practitioner. During February and March. 20% off for Just Out readers. Annie Dudley, 238-9697.

#### G M A

# GHBORHOOD

#### Barbara Zane Torelle, L.M.T.

Trager Psychophysical Integration<sub>sm</sub> & Massage

Valerie Lyon, M.S., L.M.T.

Therapeutic Bodywork and Massage

423 SE 15th (at Stark) (503) 234-3962

# NATUROPATHS

FEEL BETTER NATURALLY. Westside lesbian naturopathic physician offering solutions to your health issues from the flu to chronic disease. Also, prenatal care and home birth. Evening and Saturday appointments. Sliding Scale. Call Sara Wu, N.D. 244-8476.

# Suzanne A. Scopes, N.D.



Naturopathic Physician Innovative Natural

Health Care especially for Lesbians and Gay Men

(503) 230-0812

423 S.E. 15th Portland, OR 97214

## ERVICE

#### **CAN'T WRITE LETTERS?**

**CONSULT THE WORDSMITH!** Business/ personal correspondence, documents, more. Strictly confidential. Inexpensive. Call 289-8489 for estimates.

#### **CLEAN AS A WHISTLE**

HOUSECLEANING, REGULAR, dependable service, weekly or biweekly. References on request. Call Tom or Jon at 284-6815. (3/88)

**HOUSECLEANING: THOROUGH and** 

dependable with regular maintenance on request. Also holiday cleaning. Excellent references. Call Susan, 234-7710.

ALTERNATIVE SOUND P.A. with engineer for hire. Quality sound for your events. Janna McAuslan, 233-1206.



Touching every layer of your being . . .

Kim Windstar, B.S., M.Ed. Kate Windstar, B.S., L.M.T.

- Professional Rebirthing
  Emotional Release Work
  - Deep Bodywork cellular release
  - Systemic Nutrition Consultations · Psychokinesiology · Channeling

· Group Work

For free brochure or to make an appointment, call 227-2264

Playful **OPEN HANDS SALON** 236-1607