

as well as grief and loss support groups. If you would like to join an existing support group, or would like to assist in developing new support groups, contact CAP. (Call Project Client Services 223-5907.) (5/19)

Clackamas County AIDS Relief Effort is a community-based AIDS service organization in Clackamas County. Programs include HIV prevention education, support groups for people affected by HIV/AIDS, and a Personal Active Listener program for people with AIDS. (Call 653-8738 or write: CCARE, 4790 SE Logus Rd., Milwaukie, OR 97222.) (3/4)

Club BBS is a computer bulletin board with AIDS/HIV information, CDC daily summaries, AIDS newsletters from around the world, and support for AIDS/HIV affected individuals. Huge file base, and online text file information. Support for clinicians and lay people. This is a free bulletin board system. (24 hours a day, seven days a week, The Club BBS, PO Box 25954, Eugene, OR, 503-345-7988.) (3/3)

Friends of People with AIDS Foundation is a nonprofit organization offering assistance to people with AIDS. (245-7428.) (5/19)

HIV Day Center offers hospitality, information and a variety of services to all persons with HIV/AIDS to help them cope intellectually, emotionally, spiritually and socially with the virus. Dinner is offered on Monday; lunches Monday through Friday (12:30 pm). Specialized services include: **Daily Bread Express** for the housebound; Monday evening support group/relaxation techniques; **Lazarus Community**, with the Rev. Gary McInnis, soul care for those with HIV and AIDS (6 pm Mondays); Tuesday morning spiritual issues discussion/support group; Wednesday afternoon AA meeting; Thursday morning stress management/support group. Additionally, the Day Center offers "Friday Flicks," Tuesday YMCA health/fitness classes, and seasonal parties and field trips. Nursing is available. The Day Center is interfaith sponsored. (9 am-5 pm Monday-Friday, 3835 SW Kelly St., 223-3444.) (5/19)

Ministry to People Living with HIV/AIDS seeks to provide for the spiritual needs of families and individuals affected by the epidemic through prayer, worship and educational experiences. (Milwaukie United Church of Christ, 4790 SE Logus Road, 654-6770.) (5/5)

Multnomah County HIV Services include anonymous and confidential HIV counseling and testing by appointment and walk-in (248-3775) and HIV Clinical Services for HIV infected persons. (248-5020.) (5/19)

The NAMES Project Portland Chapter runs panel-making workshops the first and third Monday of every month at the HIV Day Center. Educational materials and a speakers bureau are also available. (6-8 pm, 3835 SW Kelly St., 650-7032.) (2/17)

Oregon AIDS Hotline, cosponsored by CAP and the Oregon Health Division, provides AIDS information, support and referral, treatment information, and free theater tickets for people with HIV/AIDS. **Positive Link** connects people impacted by HIV/AIDS with trained HIV-positive volunteers for telephone support and information (ask for Positive Link). (10 am-9 pm Monday-Friday; noon-6 pm Saturday and Sunday, 223-2437 or 1-800-777-AIDS.) (5/19)

Our House of Portland is a nonprofit, residential-care facility for men and women with AIDS. This agency provides 24-hour nursing care and quality living services to residents. Volunteer opportunities abound. (Call or drop by during business hours, 2727 SE Alder St., 234-0175.) (5/5)

People of Color Against AIDS Network. (Seattle, 206-322-7061.) (5/19)

Project Quest is a nonprofit HIV and AIDS self-empowerment and immune function enhancement program, offering workshops, retreats, and conferences, along with ongoing programs in nutritional cooking and eating for people with HIV, yoga, stopping smoking, meditation, and more. Project Quest now offers a **Comprehensive Health Management Group for People with HIV/AIDS**. The group will be facilitated by Lusia Marx, RN, PsyD, and Graham Harriman, MA. (Call to receive schedule and preregister for workshops, 241-6448.) (8/4)

Regional AIDS Interfaith Network supports and trains people in developing strategies for increased community awareness about HIV/AIDS. RAIN works with local health departments and community-based organizations to develop "Faith in Action" opportunities and to assist in prevention education, advocacy, caregiving, food banks, transportation and fund raising. (4790 SE Logus Rd., Milwaukie, OR 97222, 653-8738, fax 653-0013.) (5/19)

Tod's Corner provides free clothing for people with AIDS. A service of the Friends of People with AIDS Foundation. (245-7428.) (5/19)

Trinity Episcopal Church offers a monthly **Healing and Vespers Service** with special intentions for those people affected in any way by HIV/AIDS disease. Also offered is **Hope and Wholeness**, a spiritually centered support group for people living with HIV/AIDS disease. Focus is on spiritual nourishment and growth (7-9 pm Wednesdays). (Wheelchair accessible, 147 NW 19th Ave., 222-9811.) (5/19)

Washington County Health Department HIV Services provides anonymous testing and counseling, by appointment and walk-in. Seropositive wellness program offers individuals counseling. Se habla español. (Testing: 648-8851; call 648-8881 for clinics in Beaverton and Hillsboro; TDD 648-8601.) (8/4)

CENTRAL OREGON

Central Oregon AIDS Support Team provides services and support for HIV-positive people and their caregivers. (503-389-4330.) (8/4)

SOUTHERN OREGON

Douglas County AIDS Council sponsors meetings and educational activities. **Ruby House**, a project of the council, is a residence in Douglas County for people with AIDS. Housing, energy assistance and other services are provided. (3035 Laurel Springs Drive, Roseburg, OR 97470, 440-2761.) (5/19)

WILLAMETTE VALLEY

Cascade Counseling offers a variety of services for the HIV/AIDS community, including a therapy group for people with HIV/AIDS, a support group for family and friends, socialization activities, counseling, and advocacy. Many services are free of charge. (111 1/2 Third St., Hood River, OR 97031, 386-1233.) (5/19)

HIV Alliance provides free emotional and nonmedical practical support services to persons living with HIV, their family and friends, and those grieving. **Acorn House**, a service of the Alliance, is a hospice and day care facility (342-2830). (3477 E Amazon Pkwy., Eugene; mail: PO Box 5513, Eugene, OR 97405, 342-5088.) (5/19)

Valley AIDS Information Network offers information, support, speakers and referrals for people affected by HIV/AIDS. Call VAIN's 24-hour hotline. (128 SW Ninth Street, Corvallis, OR 97339, 503-752-6322 or 1-800-588-AIDS.) (5/5)



Woman with Infant Flying is one of the paintings of Utah artist Brian Kershnik on display at Jamison/Thomas Gallery through April 29. Kershnik's oil-on-paper works are vibrantly colored, thickly painted depictions of uncomplicated, innocent images. Gallery hours are 10 to 6 pm Tuesday to Saturday.

WASHINGTON STATE

Life Force, a coalition for people living with HIV/AIDS in Southwest Washington, meets for brown bag lunches the third Saturday of the month. All supportive persons are welcome. (Noon-3 pm, conference room, Northwest Natural Gas Company, 1400 Columbia St., Vancouver, or write: PO Box 86095, Vancouver, WA 98686-0095; 360-573-7304.) (5/19)

CRISIS

Alcohol and Drug HelpLine (232-8083 in Portland) and **YouthLine** (233-1113 in Portland) give free, unbiased and confidential assistance. Call 1-800-621-1646 from elsewhere in Oregon. A service of the Oregon Council on Alcoholism and Drug Addiction. (6/15)

The **Anti-Violence Project Documentation Line** at 796-1703 helps compile statistics on hate crimes and gives victims a chance to talk to someone sympathetic. **Outside of Portland, call 1-800-796-1703**. A service of the Lesbian Community Project. (5/19)

Battered Lesbian Support Group is a confidential group for lesbians and bisexual women who have been physically, sexually or emotionally battered in their relationships with women. (Womenspace, Eugene, 485-6513, ask for Carrie.) (5/19)

Battered Lesbian Outreach and Community Support offers a confidential, weekly, support group in Washington County, as well as one-on-one support, referrals, and advocacy. Open to women escaping domestic violence by a woman partner. Lesbian facilitator. Child care provided. (Jane 948-7579.) (3/3)

Call the **Bias Crime Unit** of the Portland Police at 823-0434 if you feel you have been a victim of any type of bias crime in Portland. Jim Bellah is the bias crime detective. If you are in immediate danger, call 9-1-1. (6/15)

The **Domestic Violence Resource Center** provides a 24-hour crisis line as well as shelter at a confidential location for all women and children escaping domestic violence. (640-1171.) (3/3)

RECOVERY

Co-Dependents Anonymous for Gay Men and Lesbians meets weekly. (7-8:30 pm Sundays, Live and Let Live Club, 2802 SE Ankeny St., 231-3760.) (2/17)

Gay men's adult children of alcoholics group. (7:30-9 pm Tuesdays, Live and Let Live Club, 2802 SE Ankeny St., 231-3760.) (2/17)

Live and Let Live Club offers lesbian and gay 12-Step programs. Call for calendar and meeting times. (2802 SE Ankeny St., 231-3760.) (5/19)

Rainbow Recovery Group meets at the Portland Alano Club. For gay men and lesbians in AA. (7 pm Mondays, upstairs; 7 pm Thursdays, in the loft; Northwest 23rd Avenue and Kearney Street.) (6/16)

Rational Recovery meets three times a week at the Center for Rational Thought. RR does not mystify addiction and recovery; its approach to chemical dependency is as a technical problem with a technical solution. (7 pm Mondays and Thursdays; 6 pm Fridays, 415 SW 13th Ave., Cliff Walker 239-5359.) (6/16)

Sex and Love Addicts Anonymous. You are not alone. A 12-Step group for those struggling with sexual and/or emotional dependency. (6 pm Wednesdays and Sundays, PO Box 6736, Portland, 97228, 650-7009.) (5/19)

YOUTH

IYG Peer Counseling Hotline for sexual minority youth. (1-800-347-TEEN, or write: IYG, PO Box 20716, Indianapolis, IN 46220, 317-541-8726.) (8/4)

Lesbian, Gay and Bisexual Youth Group of Eugene meets every Monday, Age 25 and under. A peer social, support, and rap group. (5-6:30 pm, Koinonia Center library, 1414 Kincaid St., University of Oregon campus. 346-3360.) (9/1)

The **National Coalition for Gay, Lesbian and Bisexual Youth** is a new organization of groups and individuals formed to serve the needs of queer youth across the country. Current projects include the development of a national database of resources. (PO Box 24589, San Jose, CA 95154-4589.) (4/21)

Oregon Sexual Minority Youth Network is run by, for and with gay, lesbian and bisexual youth (age 24 and younger) and serves as a network for individuals and organizations dedicated to supporting the needs and concerns of gay, lesbian and bisexual youth. (PO Box 162, Portland, OR 97207-0162, 228-5976; or Rachel 497-3016 [beeper], or Aaron 202-3512 [beeper].) (5/19)

Phoenix Rising Foundation Inc. is a mental health agency primarily serving members of the sexual minority communities. Social/support groups for sexual minority youth are **Windfire** (meets downtown), **Awakenings** (meets at Harry's Mother on the east side), and **Q-Crew** (meets 2-4 pm Saturday afternoons at Harry's Mother). A new group for gay, lesbian and bisexual teens who are interested in expressing their artistic talents (writing, drama, visual arts, etc.) in a safe environment has started (5-7 pm Fridays). Coming out groups meet regularly. (620 SW Fifth Ave., Suite 710, Portland, OR 97204, 223-8299.) (5/19)

Rainbow is a positive peer-support group, primarily for sexual minority youth of color, sponsored by The Urban League of Portland. (280-2600.) (6/15)

Roots and Branches provides positive mental health counseling tailored to the needs of lesbian, gay and bisexual youth. Therapy, consultation, advocacy and referral are offered to individuals and families on a sliding scale. A program of The Network. (2020 SE Powell St., 238-0780.) (8/4)

VOICES (Voices of Individual and Community Empowerment from the Streets) is a self-support group for queer youth. Meets weekly. Free pizza. An interagency project of Phoenix Rising (223-8299) and Outside In (223-4121). (5/19)

The Zone is an online computer bulletin board for lesbian, gay and bisexual teens. Based in Los Angeles, the free service operates 24 hours a day. (213-731-0390.) (4/7)