

Women's spirituality group: Learn meditation and how to focus on your own spiritual path in a six-week workshop conducted by Renee Augrain, Certified Spiritual Director. (7-8:30 pm Tuesdays, 2700 SE 26th Ave., Suite C, Portland, OR 97202. \$20 per week. 235-2005.) (10/17)

AIDS & HIV

ASAP Treatment Services provides individual and group counseling for people who are HIV-positive and who are also having problems with alcohol or drugs. Title I funds are available to help pay for treatment. Call the intake coordinator Monday through Friday to ask for a Title I appointment. (2130 SW Fifth Ave. 224-0075.) (12/96)

Cascade AIDS Project provides nonmedical services to people whose lives are affected by HIV and AIDS in Oregon. Services include counseling, support groups, advocacy, assistance, outreach and education, activities and information. **Benefits Advocacy Clinic** is held every Monday to assist people who are HIV-positive with government entitlement programs and housing forms. (10:30 am-noon at CAP offices.) Confidential and anonymous **drop-in HIV testing** is provided every Tuesday evening for people with HIV and AIDS to meet and mingle socially. The group meets in private homes on the first and third Fridays of the month. (6:30-9 pm. Dale 221-3015, Brian 228-5889.) (CAP offices: Suite 300, 620 SW Fifth Ave. 223-5907.) (11/96)

CAP Support Group Programs includes groups open to family and friends, lovers and caregivers, and people who are AIDS symptomatic and HIV-positive asymptomatic, 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. (Project Client Services 223-5907, ext. 140.) (10/97)

Clackamas County AIDS Relief Effort is a community-based organization responding to AIDS in Clackamas County by providing HIV-prevention and AIDS-education presentations, support groups for people affected by HIV and AIDS, assistance with emergency food and clothing needs, and financial assistance referrals for HIV-positive people and people with AIDS. (4790 SE Logus Road, Milwaukie, OR 97222. 653-8738.) (11/96)

Clackamas County Public Health Clinic offers walk-in hours for HIV testing and counseling. No appointment necessary. All testing is confidential; anonymous testing available. (5-7 pm Monday, 8:30-11 am Wednesday. 1425 S Kaen Road, Oregon City. 655-8471.) (6/97)

Community Health Insurance Program pays health insurance premiums for eligible people with HIV or AIDS. CHIP will pay premiums for COBRA continuation or any other group or individual policy. CHIP is a program of Ecumenical Ministries of Oregon funded by the Ryan White CARE Act Title I. (9 am-5 pm Monday-Friday. 223-8998.) (7/97)

Esther's Pantry is a volunteer-run, nonprofit food bank for people disabled due to AIDS. (5-7 pm Tuesday and Thursday. 274-0711.) (1/98)

Friends of People with AIDS Foundation is a nonprofit organization offering assistance to people with AIDS. (245-7428.) (7/97)

The **HIV Case Management Partnership Project** provides comprehensive HIV-related case management to clients in Clackamas, Columbia, Multnomah, Washington, Yamhill and Clark counties. (8:30 am-5 pm Monday-Friday. 5525 SE Milwaukie Ave., Portland, OR 97202. 230-1202, fax 230-1213.) (12/96)

The **HIV Center**, a program of Ecumenical Ministries of Oregon, offers social activities, case management, peer support, pastoral counseling and home meal deliveries. Lunch is available at 12:30 pm Monday through Friday. (9 am-3 pm Monday-Friday. 3835 SW Kelly St. 223-3444.) (10/97)

Lazarus Community offers spiritual and practical help for people living with HIV and AIDS; a Mass in Time of AIDS is held every Thursday evening. (6 pm at Hopewell House, 6171 SW Capitol Highway. Fr. Gary McInnis 245-0339.) (2/97)

Multnomah County HIV Services offers anonymous and confidential HIV counseling and testing, by appointment and walk-in. (248-3775), and HIV clinical services for HIV-positive people. (248-5020.) (11/96)

The **NAMES Project Portland Chapter** holds panel-making workshops the third Friday of every month at Friendly House. Educational materials and a speakers bureau are also available. (6:30-9 pm. 1737 NW 26th Ave. 650-7032.) (11/97)

Network HIV/Sexual Minority Services offers medical evaluation and management, and counseling for individuals, couples and families affected by HIV and AIDS. Available through the Oregon Health Plan, Medicaid, Medicare, private pay, private insurance and Ryan White CARE Act Title I. (2020 SE Powell Blvd. 238-0780.) (8/97)

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 and AIDS. **Positive Link** connects people affected by HIV and AIDS with trained HIV-positive volunteers for telephone support and information. (10 am-9 pm Monday-Friday, noon-6 pm Saturday and Sunday. 223-2437, 1-800-777-2437.) (7/97)

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. (2727 SE Alder St. 234-0175.) (7/97)

Outside In has transitional housing for HIV-positive youth aged 17 to 22 who are homeless or at risk of becoming homeless. (Karla Wolf 223-4121.) (10/97)

Phoenix Rising Foundation Inc. offers HIV and AIDS support; call for a list of current groups. (620 SW Fifth Ave., Suite 710, Portland, OR 97204. 223-8299.) (1/97)

Positive Place, a group for HIV-positive people under age 25, meets on Thursdays at Outside In. A joint project of Outside In and Project Quest. (1236 SW Salmon St. Call to sign up: Graham Harriman 241-6448.) (9/97)

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, yoga, stopping smoking, meditation and more. Project Quest offers a **comprehensive health management group** for



Kukuva Marimba performs world dance music for the Cosmic Marimba party at the Living Dance Center on Aug. 1

people with HIV and AIDS. The group is facilitated by Lusijah Marx, RN, PsyD, and Graham Harriman, MA. (241-6448.) (7/97)

Regional AIDS Interfaith Network supports and trains people in developing strategies for increased community awareness about HIV and AIDS. RAIN works with local health departments and community-based organizations in Oregon and Southwest Washington to develop "faith in action" opportunities and to assist in prevention, education, advocacy, caregiving, food banks, transportation and fund raising. (4790 SE Logus Road, Milwaukie, OR 97222. 653-8738.) (7/97)

Speak to Your Brothers is a community-based HIV primary prevention program serving gay and bisexual men in the Portland area. **Neighborhood MenTalks** brings gay and bisexual men together to socialize and discuss topics of mutual interest. Gatherings are on an ongoing monthly basis, and are facilitated and hosted by volunteers. (Doug ext. 145.) **Speaking of Sex** is a fun, interactive workshop offering men the skills they need to stay safe in the '90s. (Brian ext. 131.) **Drop-in HIV testing** and support is offered every Tuesday for gay and bisexual men. (6-8 pm at CAP offices. \$20 lab fee. HIV testing hot line ext. 172.) **Outreach** is out in the community talking with men one-on-one at events, in bars and parks, and at the beaches. (Shawn ext. 174.) **Peer Leadership Program** trains young gay and bisexual men to develop leadership skills and HIV-prevention activities in the community. (Brian ext. 131.) **Speak to Your Brothers** is a program of Cascade AIDS Project. (CAP offices: Suite 300, 620 SW Fifth Ave. 223-5907.) (11/96)

Ted's Corner provides free clothing for people with AIDS. A service of the Friends of People with AIDS Foundation. (245-7428.) (7/97)

Washington County Health Department HIV Services provides anonymous testing and counseling, by appointment and walk-in. Seropositive wellness program offers individual counseling. Se habla español. (Testing 648-8851, clinics in Beaverton and Hillsboro 648-8881, TDD 648-8601.) (7/97)

Women's Intercommunity AIDS Resource offers services to HIV-positive women and their families, including a weekly support group for HIV-positive women, a bimonthly support group for children affected by HIV, family support services, information and referral, advocacy and emergency assistance. Child care provided for families seeking services. Volunteer opportunities. (9 am-5 pm Monday-Friday. 6600 SE Division St., Suite 103, Portland, OR 97206. 775-6327.) (9/97)

CENTRAL OREGON

Central Oregon AIDS Support Team provides services and support for HIV-positive people and their caregivers. (541-389-4330.) (7/97)

COASTAL OREGON

Clatsop County AIDS Coalition Resource Center coordinates outreach and education on HIV and AIDS, social and support groups, an HIV/AIDS speakers bureau, and provides case management services for the Astoria, Warrenton, Seaside and Cannon Beach areas. (1:30-4:30 pm Monday, Wednesday and Friday. 10 Sixth St., Suite 209, Astoria, OR 97103. 325-4711.) (4/97)

NORTH CENTRAL OREGON

AIDS Information, Resources and Services Hot Line (AIRS). (Hood River 541-387-4022, The Dalles 541-298-6292.) (12/97)

SOUTHERN OREGON

AIDS Support and Prevention (ASAP) is a support and resource network in Josephine County for people living with AIDS and HIV, their families and friends. (541-471-7890.) (9/97)

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. 541-440-2761.) (7/97)

Klamath County HIV Resource Center coordinates outreach and education on HIV and AIDS, social and support groups, and provides case management services. (10 am-5 pm Monday-Friday. 1112 Pine St., Klamath Falls, OR 97601. 541-883-2437.) (7/97)

Lovejoy Hospice offers care for the critically ill and their families in Josephine County. (541-474-1193.) (9/97)

WILLAMETTE VALLEY

HIV Alliance provides free emotional and nonmedical practical support services to people living with HIV, their families and friends,

and those grieving. **Acorn House**, a service of the alliance, is a hospice and day care facility. (541-342-2830.) (1966 Garden Ave., Eugene. PO Box 5513, Eugene, OR 97405. 541-342-5088.) (7/97)

Pathfinders is a nonprofit organization that provides funding and support for social, cultural and outreach events, projects and activities for gay and bisexual men in Marion and Polk counties. (PO Box 326, Salem, OR 97301. 581-3296.) (7/97)

Valley AIDS Information Network offers information, support, speakers and referrals for people affected by HIV and AIDS. Call VAIN's 24-hour hot line **1-800-588-AIDS**. Gay and bisexual outreach are also offered. (PO Box 971, Corvallis, OR 97339. 541-752-6322.) (7/97)

Yamhill County Public Health Department offers community outreach and HIV-prevention education. (412 N Ford St., McMinnville, OR 97128. Norm Costa 434-7525, 434-4507.) (10/96)

WASHINGTON

People of Color Against AIDS Network. (Seattle. 206-322-7061.) (7/97)

CRISIS

The **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. (7/97)

The **Anti-Violence Line, 796-1703**, helps compile statistics on hate crimes and gives victims a chance to talk to someone sympathetic. Outside Portland call **1-800-796-1703**. (7/97)

Battered Lesbian Outreach and Community Support offers a weekly confidential 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.) (10/96)

Call the **Bias Crime Unit** of the Portland Police, **823-0434**, if you feel you have been a victim of any type of bias crime in Portland. (10/97)

Bradley-Angle House provides a weekly confidential battered lesbian and bi women's support group. Confidential intakes. Groups facilitated by queer women. Child care provided; donations accepted. (232-7812.) (12/97)

Clackamas Women's Services and the **Portland Women's Crisis Line** offer a free confidential domestic violence support group for lesbians. (Joyce Baxter at PWCL 232-9751, Toni Hughes at CWS 722-2366.) (3/97)

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.) (10/96)

The **Women's Intervention Group** is an ongoing group for lesbian and bisexual women who use physical or emotional violence to hurt and intimidate their partners. Facilitated by Julie O'Donnell, MSW, and Sharon Bowland, MSW. (5-7 pm Wednesday. \$10-\$15 per session. Phoenix Rising 223-8299.) (9/97)

RECOVERY

Gay, Lesbian and Bi Rainbow Group of Vancouver holds nonsmoking AA meetings every Monday. (8 pm at Personalities, 115 E Seventh St. 360-694-5068.) (12/96)

Live and Let Live Club offers lesbian and gay 12-step programs. Call for calendar and meeting times. (2940-A SE Belmont St. 460-9404.) (7/97)

Over the Rainbow holds nonsmoking NA meetings on Thursdays at the Live and Let Live Club. (7-8:30 pm. 2940-A SE Belmont St. 460-9404.) (10/97)

Rainbow Al-Anon meets on Saturdays at the Alano Club Boardroom. (5:30-6:45 pm. 909 NW 24th Ave. 222-5756.) (7/97)

Rational Recovery meets two 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 Monday, 6 pm Friday. 415 SW 13th Ave. Cliff Walker 239-5359.) (4/97)

Triangle Project at ASAP Treatment Services provides gay-specific alcohol and drug counseling. Fees adjusted or waived. Call the intake coordinator Monday through Friday and ask for a Triangle Project appointment. (2130 SW Fifth Ave. 224-0075.) (12/96)

YOUTH

Gay, Lesbian, Bisexual, Transgendered and Questioning Youth Group offers activities and support facilitated by adults for youth ages 13 to 18. (4-6 pm Friday at Amazon Community Center, 2700 Hilyard St., Eugene. 541-684-3466.) (1/98)

Janus Youth Programs offers workshops for teens in areas such as self-esteem, anger management and life skills. (738 NE Davis St., Portland, OR 97232. Doug Pullin 233-6090, ext. 133.) (7/97)

Lesbian, Gay and Bisexual Youth Group of Eugene is a peer social, support and rap group that meets every Monday. Age 25 and under. (5-6:30 pm at Koinia Center Library, University of Oregon, 1414 Kincaid St. 541-346-3360.) (4/97)

The **National Coalition for Gay, Lesbian and Bisexual Youth** is an organization of groups and individuals formed to serve the needs of queer youth across the country. (PO Box 24589, San Jose, CA 95154-4589.) (7/97)

Out 'n' About Youth, a social and support group for gay, lesbian and bisexual teens, meets Thursday evenings in Corvallis. (7 pm at First United Methodist Church, 1165 NW Monroe St. 541-752-2491.) (8/97)

Outside In has transitional housing for HIV-positive youth aged 17 to 22 who are homeless or at risk of becoming homeless. (Karla Wolf 223-4121.) (10/97)

Phoenix Rising Foundation Inc. is a mental health agency primarily serving members of the sexual minority communities, with social and support groups for sexual minority youth: **Awakenings**, an interagency project with Janus Youth Programs (6-8 pm Wednesday at Harry's Mother, 3942 SE Hawthorne Blvd.); **The Trans Group**, for transsexual, transgendered and cross-dressing youth (6-8 pm Wednesday at Phoenix Rising); **Transitions** (3:30-5 pm Wednesday at Cedar Hills Recreation Center, Beaverton); **Windfire** (6-7:30 pm Thursday at Phoenix Rising); **Personal Deity Proxy**, a group to share creative endeavors (5-7 pm Friday at Phoenix Rising). (620 SW Fifth Ave., Suite 710, Portland, OR 97204. 223-8299.) (3/97)

Positive Place, a group for HIV-positive people under age 25, meets on Thursdays at Outside In. (1236 SW Salmon St. Call to sign up: Graham Harriman 241-6448.) (9/97)

Pride Mentorship Project serves Multnomah County gay, lesbian, trans and questioning youth between the ages of 13 and 19. (Brandt Rigby 244-2292, 223-8299.) (5/97)

Rainbow is a positive social and peer-support group for sexual minority youth, with an emphasis on youth of color. Sponsored by The Urban League. (4:30 pm Monday at Metropolitan Community Church of Portland, 2400 NE Broadway, Dionne 280-2663, ext. 420.) (12/97)

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. (2020 SE Powell Blvd. 238-0780.) (7/97)

Safe Space is a group for lesbian, gay, bisexual and questioning youth that meets in Bend. (541-383-4861.) (9/96)

Southern Oregon Youth Outreach holds monthly get-togethers at the Abdil Ellis Lambda Community Center in Ashland. (5 pm third Thursday, 56 Third St. PO Box 515, Medford, OR 97502. 541-734-8007.) (3/97)

Triple Point is a social group for gay, lesbian, bisexual, transgender, queer and questioning youth in Southwest Washington. Weekly rap sessions and activity excursions. (Celeste Baskett 360-735-9170.) (5/97)

VOICES (Voices of Individual and Community Empowerment from the Streets) is a self-support group for queer youth. **Free pizza. Must be under 21.** (6-8 pm Wednesday at Outside In, 1030 SW 13th Ave. 223-4121.) (3/97)