

Ritual, massage and conscious breathing guide participants into feeling states that awaken their deepest centers of pleasure. (\$295. Some scholarships available. Tim Mulcahey 790-2141.) (10/17)

Common Ground Wellness Center presents classes open to the public and free to members. **Basic massage techniques for partners and friends.** (7:30-9:30 pm Sept. 23 and 30. \$15-\$45 per pair for both classes. Pat Buckley or John Falcon 771-6033.) (2926 NE Flanders St. 238-4010.) (9/19)

The Personal Is Professional: Exploring the Therapist Self. An active workshop for women therapists and counselors, takes place in Newport, Ore., on Sept. 27 from 10 am to 5 pm. Explore the therapist persona, connections between therapeutic style and personality, and issues such as boundaries, burn out and social context. Six NASW/NBCC continuing education units. Conducted by Bethroot Gwynn, MA, and Jane Mara, MSW, LCSW. Limited to 16 participants. (\$100-\$125. 541-563-4285.) (9/19)

Get fit in a creative and comfortable environment. **DancÉlite** holds **low-impact motivational exercise sessions.** Before-work hours available. One-hour and thirty-minute sessions offered. (244-2669.) (9/19)

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. Triangle Project Title I funds are available to help pay for treatment. Call the intake coordinator Monday through Friday to ask for a Triangle Project Title I appointment. (2130 SW Fifth Ave. 224-0075.) (2/98)

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** assists people who are HIV-positive with government entitlement programs and housing forms. (CAP offices. Call for times.) Confidential and anonymous **drop-in HIV testing** is provided every Tuesday evening for gay and bisexual men. (6-8 pm at CAP offices. \$20 lab fee.) **HIV University** offers classes, information and a wellness program, which includes a newsletter, the Plus Club House Party social group and prosocial events. (HIV U Infoline 223-6339, ext. 111.) **The Plus Club House Party** provides a relaxing setting for people with HIV and AIDS to meet and mingle socially. The group meets in private homes on the first Friday and third Sunday of the month. (Dale 221-3015, Brian 249-7030.) (CAP offices: Suite 300, 620 SW Fifth Ave. 223-5907.) (2/98)

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.) (2/98)

Clackamas County AIDS Relief Effort is a community-based organization providing HIV/AIDS prevention education and support services. (4790 SE Logus Road, Milwaukie, OR 97222. 653-8738.) (2/98)

Clackamas County Public Health Clinic offers HIV testing and counseling. All testing is confidential; anonymous testing available. (5-7 pm Monday, 8:30-11 am Wednesday. \$15. 1425 S Kaen Road, Oregon City. 655-8471.) (2/98)

Community Health Insurance Program pays 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.) (2/98)

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 Health Department HIV services: counseling and clinical services (Fourth Floor, 248-5020); testing by appointment and walk-in (Sixth Floor, \$20, 248-3775). (McCoy Building, 426 SW Stark St.) (2/98)

The **NAMES Project Portland Chapter** holds panel-making workshops on 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)

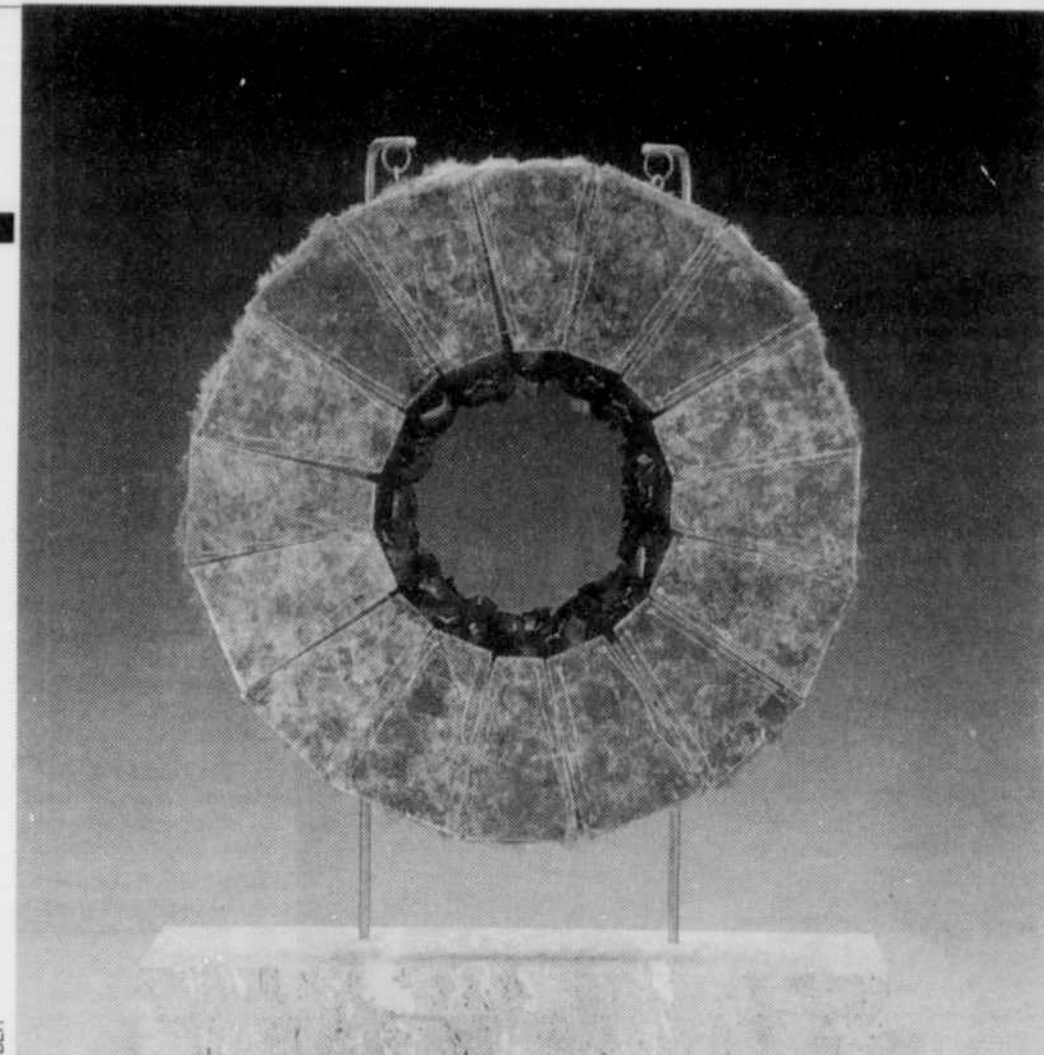


PHOTO BY BILL BACHHUBER

Pulliam Deffenbaugh Gallery hosts "Remote Viewing," a collection of new sculpture by Mike Taylor, through Sept. 27

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; fee based on eligibility. Call for a list of current groups. (620 SW Fifth Ave., Suite 710, Portland, OR 97204. 223-8295.) (2/98)

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)

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 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 helps communities of faith to develop "faith in action opportunities" by planning strategies to meet local needs for HIV/AIDS prevention education and care services. (4790 SE Logus Road, Milwaukie, OR 97222. 653-8738.) (2/98)

Speak to Your Brothers is a volunteer-based HIV primary prevention program building a healthy gay and bisexual men's community. **Needle-free drop-in HIV testing** and support is offered every Tuesday for gay and bisexual men. (6-8 pm at CAP offices. \$20 donation. HIV testing hot line ext. 172.) **Neighborhood MenTalks** brings men together to socialize and discuss topics of mutual interest. Facilitated gatherings are held monthly. (Geoffrey ext. 145.) **Out-reach** is out in the community talking with men one-on-one at events, in bars and parks, and at the bath house. (Trevor ext. 174.) **Peer Leadership Program** trains young men of all ethnicities to develop leadership skills and culturally appropriate HIV-prevention projects. (Brian ext. 131.) **Young Men's Group** offers an opportunity for men aged 18 to 27 years to meet and socialize. Speak to Your Brothers is a program of Cascade AIDS Project. (Suite 300, 620 SW Fifth Ave. 223-5907.) (3/98)

Tod'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 Public Health Division provides anonymous HIV 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. 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 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. (2-5 pm Monday, Wednesday and Friday. 10 Sixth St., Suite 209, Astoria, OR 97103. 325-4711.) (2/98)

NORTHERN OREGON

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

AIDS Prevention Team of Columbia County is a private, nonprofit, volunteer-based organization that provides outreach, referrals and education. (8 am-5 pm Friday. 175 S 13th St., St. Helens, OR 97051. 366-2839.) (3/98)

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. (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. (PO Box 971, Corvallis, OR 97339. 541-752-6322.) (7/97)

Yamhill County Public Health Department offers community outreach and HIV-prevention education. Off-site Orasu testing. (412 N Ford St., McMinnville, OR 97128. Norm Costa 434-7525, pager 434-4507.) (2/98)

WASHINGTON

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

BROADCAST

Love Makes a Family is a public dialogue about lesbians, gay men and family values on KKEY 1150 AM. (7-9 am Wednesday. Call-in number 222-5539.) (7/97)

The Snickers LaBarr Show features talk for gay men, lesbians and bisexuals. (Call for schedule: 727-2491.) (7/97)

CAMPUS

The **All-Hill Gay, Lesbian and Bisexual Alliance** is Oregon Health Sciences University's social and peer support group for students, faculty, staff and friends. Social gatherings are held every month or so. (Angela 494-5818, Scott 632-8569.) (7/98)

COMMUNITY

GENERAL

Advocates for Gay and Lesbian Equality promotes positive images of lesbians, gay men and bisexuals and promotes cooperation and collaboration among those who support equal rights for lesbians, gay men and bisexuals. (PO Box 5222, Portland, OR 97208.) (4/97)

Asian and Pacific Islander Lesbians and Gays is a social and educational group. Activities include social outings, potlucks, cultural events and rap groups. (232-6408.) (2/98)

Bisexual Community Forum is an age- and gender-inclusive social, support and education network founded in 1980. Activities include dances, potlucks, field trips and a polyamory interest group. Meetings are held on the second and fourth Wednesdays. (7:30 pm at Utopia Cafe, 3320 SE Belmont St. Laury 285-4848.) (3/98)

Bonneville Gay, Lesbian and Bisexual Resource Group is for mutual support and to address diversity and employment issues at Bonneville Power Administration. Other federal employees welcome. (230-4733, 631-7767.) (7/97)

Brother to Brother is a social and political group for African American gay and bisexual men. Get involved and help set the group's agenda. (280-2626.) (7/97)

Cascade Guild Medical Group meets monthly for potluck dinners, socializing, networking and other activities. All phases of the

health care field are represented; friends and partners welcome. (Ted 246-4531, Joyce 360-694-3740.) (8/97)

Clackamas Pathfinders is a social group for gay and bisexual men living in Clackamas County. (653-8738.) (2/98)

COLAGE, Children of Lesbians and Gays Everywhere, holds support group meetings for kids. (6 pm second Monday. 228-3892.) (7/97)

Eastside Family Cooperative offers alternative, part-time child care in a loving environment created and run completely by parents. (9 am-1 pm three days per week. 2800 SE Harrison St. 233-5099.) (7/97)

Equity Foundation is a statewide community foundation created by lesbian and gay Oregonians. Equity awards grants to organizations that support its mission of "access to worth." (Jim Vegher, PO Box 5696, Portland, OR 97228. 220-0628, EquityFund@aol.com.) (7/97)

FRIENDS is a support group for African American gay and bisexual men. Discussion topics chosen by participants; food and beverage provided. (6-8 pm second and fourth Wednesdays. Brian or Cecil 280-2643.) (7/97)

Gay and Lesbian Archives of the Pacific Northwest is a historical society and archiving project working to preserve and document local gay and lesbian history. Meets one Sunday per month. (PO Box 3646, Portland, OR 97208. 284-1872, glapn@aol.com.) (7/97)

Gay, Lesbian and Bisexual Physicians of Oregon is a social and activist group for physicians, residents and medical students throughout Oregon. Meets monthly. (321-5164.) (2/98)

Gay, Lesbian or Bi Employees (GLOBE), a group of federal employees, meets monthly. (Jerry 326-5667.) (2/98)

Gay, Lesbian, Straight Education Network—Oregon Chapter brings together teachers, parents, students and concerned citizens to work to end homophobia in schools. (6-8 pm third Tuesday at A Teacher's Space, 2755 NE Broadway. GLSEN, PO Box 20565, Portland, OR 97294. 973-8489, GLSENOR@aol.com.) (2/98)

Gay Resource Connection is a toll-free information and referral line with listings for prosocial gay and lesbian events and organizations throughout Oregon. (10 am-9 pm Monday-Friday, noon-6 pm Saturday and Sunday. 223-2437, 1-800-777-2437, Or hotline@aol.com.) (7/97)

Lesbian Community Project provides outreach, networking and other services to the lesbian community. (TDD or voice 282-8090.) (8/97)

Lesbian Health Project sponsors a support group for lesbians with breast cancer that meets every other Monday. Lesbians with other cancer-related illnesses welcome. (6-7:30 pm. Michelle Gordon, LCSW, 236-8770.) (4/96)

Lesbians Living with Cancer meets bimonthly. Partners and family welcome. (Kristie 630-6690.) (7/97)

Love Makes a Family serves lesbian and gay families of all types through public education and outreach. A support group for parents meets every second Monday, along with an activities group for school-aged children and a discussion group for teenagers. (6-8 pm. PO Box 11694, Portland, OR 97211. 228-3892.) (7/97)

Multnomah County Gay and Lesbian Employees. (248-5240.) (12/97)

Network HIV/Sexual Minority Services offers counseling for individuals, couples and families. Current support groups: coming out at midlife, lesbian therapy group. (2020 SE Powell Blvd. 238-0780.) (8/98)

Northwest Gender Alliance is a social and support organization for cross-dressers and transsexuals. Monthly open meetings and socials. (PO Box 4928, Portland, OR 97208. 646-2802.) (7/97)

Parents, Families and Friends of Lesbians and Gays provides support, education and advocacy. (7-9:30 pm fourth Wednesday at First United Methodist Church, 1838 SW Jefferson St. PO Box 8944, Portland, OR 97207. 232-7676.) (2/98)

Phoenix Rising Foundation Inc. is a nonprofit organization offering services, based on a sliding fee scale, to the lesbian, gay, bisexual, transgender and transsexual communities. Medicare and some insurance policies cover services; HIV contracts provide free counseling to eligible persons. Support groups include a **men's coming out group** (Royce Bowlin), a **group for pre- and postoperative transsexuals** (Barry), a **batterer's intervention group for lesbian and bisexual women** who use physical, emotional, psychological and/or sexual violence against their lovers (Julie O'Donnell), a **women's sexual abuse group** (Deb Rodgers), a **men's process group** for gay, bisexual and curious men (Jack Turtleaub), and a **women's process group** (call for information). (620 SW Fifth Ave., Suite 710, Portland, OR 97204. 223-8299.) (2/98)

Portland Bisexual Alliance is an advocacy group for bisexual and bi-friendly people. Support and discussion groups are mixed-gender and meet at 7 pm on the first and third Fridays at Laughing Horse Books. Newsletter; monthly socials and potlucks. (775-9717, pxbi@teleport.com.) (2/98)

Portland Bisexual Women is a forum for exchanging ideas, feelings, resources and information. Bisexual and questioning women of any age, race, culture encouraged to attend. (7-9 pm second and fourth Fridays at It's My Pleasure, 4258 SE Hawthorne Blvd. Preregistration: 236-0505, 283-6433.) (7/97)

Portland Leather Men holds potlucks at members' homes on the second Saturday of each month. (PLM, 1701 Broadway, Suite 273, Vancouver, WA 98663.) (7/97)

Pride Northwest plans Lesbian and Gay Pride and associated events. (PO Box 6611, Portland, OR 97228. 295-9788.) (7/97)

Right to Pride Inc. advocates full civil rights, human rights and social equity for lesbians, gay men and bisexuals by informing and educating policy-makers and the general public. (921 SW Morrison St., Suite 546, Portland, OR 97205. 228-5825, bary@rtp.org.) (2/98)

Servicemembers Legal Defense Network helps men and women hurt by the military's ban on lesbians and gay men. Confidential counseling available. (202-328-FAIR, http://www.sldn.org.) (7/97)

Trans-Port is a support organization open to all transgendered people and their families. Monthly open meetings and private peer support meetings. (PO Box 66913, Portland, OR 97290. 774-8463.) (9/97)

POLITICAL

Basic Rights Oregon is an ongoing electoral organization working statewide to keep discrimination out of the Oregon Constitution. (PO Box 40625, Portland, OR 97240. 222-6151.) (7/97)

Lesbian Avengers is a direct action group dedicated to issues of survival and visibility for lesbians, bisexual women and trans dykes.