

out & about

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Hambleton Project. Portland Lesbian Cancer Network, is seeking volunteers for advocacy, direct services and networking. (PO Box 7102, Aloha, OR 97007. 642-1007. jand@prn.com.) (12/4)

Lesbian Community Project has multiple volunteer opportunities for activists and organizers to work in the office, do computer work and to help develop and coordinate a variety of programs. (282-8090.) (11/20)

Sisterhands seeks volunteers for its advisory board.

Sisterhands is a new program providing educational, emotional and economic support to help and encourage lesbians over 50 to have regular screenings for breast and cervical cancer. Applications from lesbians over 50 and lesbians of color are encouraged. (Marcie 294-7413.) (11/20)

Daily Bread Express needs drivers to deliver hot, nutritious meals to people who are homebound with AIDS, and kitchen volunteers are needed to prepare meals. Volunteers are asked to commit to one shift per week. A program of the HIV Center of Ecumenical Ministries of Oregon. (Gabrielle 244-9930.) (12/4)

Workshops

Jake's Catering offers a weekly series of home enter-

tainment cooking classes taught by local chefs. Wednesdays through December 9. \$45 per class. (241-2125.) (11/20)

Mountain Writers Center offers writing classes and "meet the writer" workshops this fall. (MWC, 3624 SE Milwaukie Ave. 236-4854.) (11/20)

damali ayo offers classes to deepen self-awareness and increase balance in your life. Topics include: women's empowerment, tarot reading and meditation. (230-9600.) (11/6)

Portland Actors Conservatory offers core and elective classes in acting. (Call for class schedule: 274-1717.) (11/20)

Sugar from the Bone and **Infinity Improv** offer classes in improvisation and dramatic skills. Mondays

through Nov. 16. (498-0617.) (11/6)

Common Ground Wellness Center offers classes on Reiki, hypnotherapy, perceiving auras, and other health-related topics. Free to members, sliding scale for non-members. (Call for schedule: 238-1065.) (11/20)

Queer topic classes are offered by Portland Community College during fall term. Classes include: Table for One—Gay, Single and Happy, Communication Skills in Same Sex Relationships, When Opposites Attract, and Sustaining Long-Term Relationships. (Call for schedule: 614-7308.) (11/20)

Artfire is a series of painting and drawing classes held in a studio environment for all ages and abilities. (For schedule and prices: 235-1961. jahaf@teleport.com.) (1/8)

Oregon Friends of C.G. Jung offers lectures and workshops during fall. (223-3080.) (11/20)

One With Heart invites all women and girls to get into "physical fitness with a purpose." Classes include self-defense, Chinese healing arts, Poekoelan, and Filipino stick fighting. Call for schedules and prices. (4231 SE Hawthorne Blvd. 231-1999.) (11/20)

It's My Pleasure hosts sex toy workshops, support groups, life skills informational workshops, and lesbian socials. (For schedule: 3106 NE 64th Ave. 280-8080.) (1/8)

outreach

AIDS & HIV

ADAP/CHIP: The AIDS Drug Assistance Program and the Community Health Insurance Program pay for health insurance premiums, prescription drugs and insurance plan deductibles and copayments for eligible people with HIV/AIDS. Programs of the Oregon Health Division and Ryan White CARE Act Titles I and II. (8 am-5 pm Monday-Friday. ADAP: 731-4438, CHIP 731-4576. Outside Portland: 800-805-2313.) (5/99)

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.) (11/98)

Cascade AIDS Project provides non-medical services to people whose lives are affected by HIV and AIDS in Oregon and SW Washington. Programs include direct services, housing, prevention and education, advocacy, development, emergency financial assistance, confidential and anonymous HIV testing, and social opportunities with Speak to Your Brothers. Spanish language assistance available. (CAP Portland offices: Suite 300, 620 SW Fifth Ave. 223-5907. Washington County: 693-3234. Clark County: 360-735-9170.) (5/99)

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.) (11/98)

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. 1425 S Kaen Road, Oregon City. 515-655-8471.) (11/98)

Esther's Pantry is a volunteer-run, nonprofit food bank for people disabled due to AIDS. (5-7 pm Tuesday and Thursday. 274-0711.) (11/98)

HIV-AIDS? discussion group looks at the unresolved issues in the HIV-AIDS hypothesis in weekly meetings. (Garland 245-4172. Raymond 233-9444. Bill 227-2339.) (11/98)

The **HIV Case Management Partnership Project** provides 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.) (11/98)

The **HIV Center**, a program of Ecumenical Ministries of Oregon, offers social activities, support groups, peer support, professional counseling, massage and chiropractic care, haircuts and home meal deliveries. Hot meals are available at the center at 9 am and 12:30 pm Monday through Friday. (9 am-3 pm Monday-Friday. 8610 SW 17th Ave. 244-9930.) (5/99)

HIV Health Services Center of the Multnomah County Health Department offers a full-service medical clinic including on-site pharmacist and nutritionist, medication management and mental health services, as well as a wellness program and case management. Se habla español. (8 am-5 pm Monday-Friday. Fourth floor, 426 SW Stark St. 248-5020.) (5/99)

Multnomah County Health Department offers HIV testing by appointment and walk-in. (Sixth Floor, 426 SW Stark St. 520, 248-3775.) (5/99)

The **NAMES Project** Portland Chapter. Call for information about panel making, educational materials and speakers bureau. (650-7032.) (11/98)

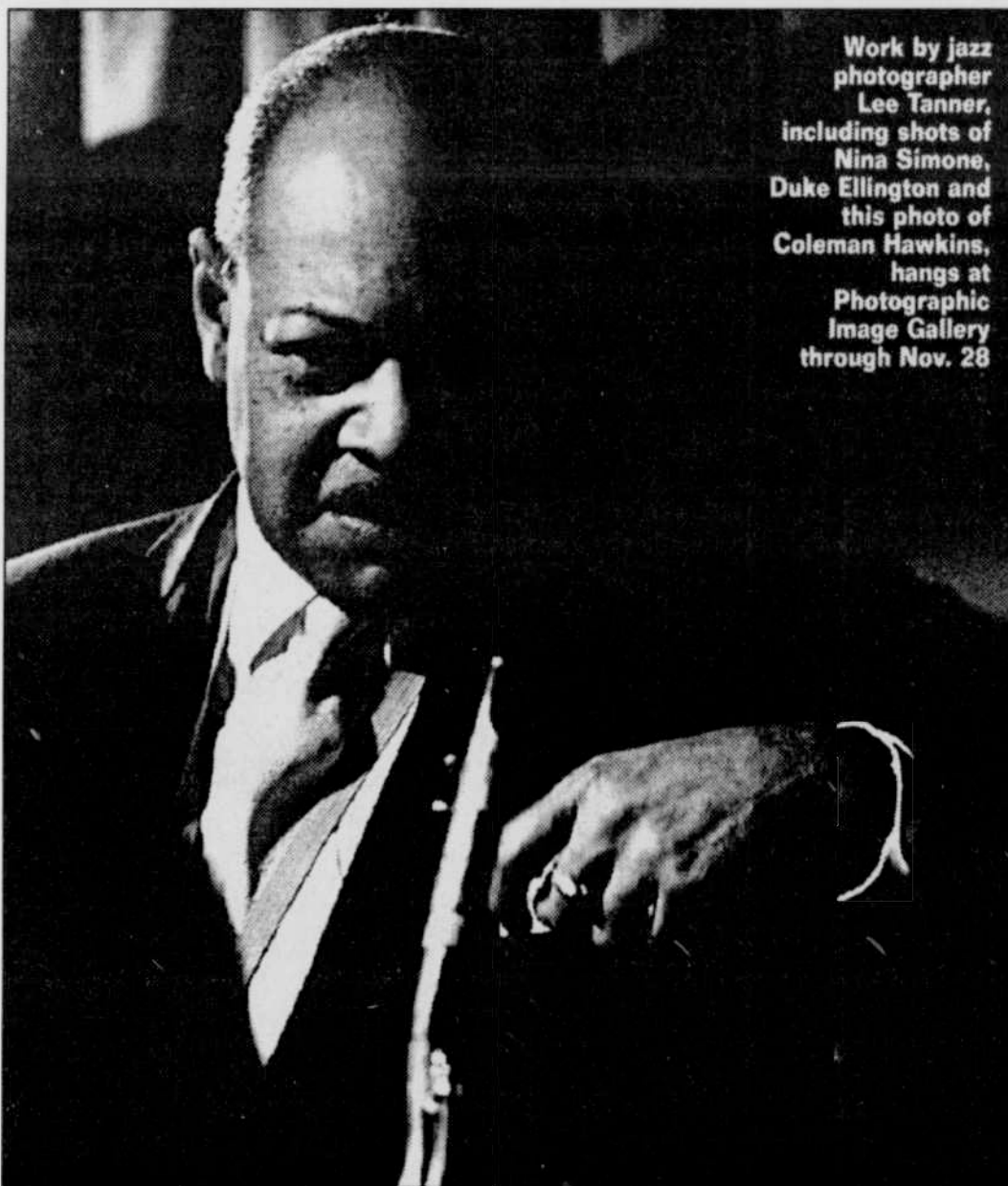
Network Behavior Health Care introduces its **Lifestyles** program of services for sexual minorities and those affected by HIV and AIDS. Lifestyles provides group and individual counseling, assessment and referral, housing, medication management, and addiction recovery support. (525 NE Oregon St., Suite 220, Portland, OR 97211. 238-0780.) (11/98)

Network HIV/Sexual Minority Services offers medical evaluation and management, and counseling for anyone affected by HIV and AIDS. Available through the Oregon Health Plan, Medicaid, Medicare, private pay, private insurance and Ryan White CARE Act Title I. 238-0780.) (11/98)

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.) (11/98)

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.) (11/98)

Outside In has transitional housing for HIV-positive youth aged 17 to 22 who are homeless or at risk of becoming homeless. (Karl Wolf 223-4121.) (11/98)



Work by jazz photographer **Lee Tanner**, including shots of **Nina Simone**, **Duke Ellington** and this photo of **Coleman Hawkins**, hangs at **Photographic Image Gallery** through Nov. 28

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. 223-8299.) (11/98)

The **Plus Club House Party** provides an open social gathering for people living with HIV and AIDS to mingle and network. The group meets in private homes at 2 pm on the third Sunday of the month. (Brian 249-7030.) (5/99)

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. (493-0288.) (11/98)

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.) (11/98)

Tod's Corner provides free clothing for people with AIDS. A service of the Friends of People with AIDS Foundation. (283-8535.) (11/98)

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.) (11/98)

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.) (11/98)

Central Oregon

Central Oregon AIDS Support Team provides services for HIV-positive people and their caregivers. (5411 389-4330.) (11/98)

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.) (11/98)

Coastal AIDS Network is a community based organization providing HIV/AIDS prevention education and support services on the central Oregon coast. (2830 NE Highway 101, Lincoln City, OR 97367. 5411 994-5597.) (5/99)

Eastern Oregon

Eaglecap AIDS Support Team (EAST) is a community-based nonprofit organization that provides education, information and outreach to Union, Baker and Wallowa counties for HIV/AIDS prevention. (6 pm second Tuesday general meeting, 6 pm third Tuesday board meeting at United Methodist Church, 1612 Fourth St., La Grande. PO Box 2901, La Grande, OR 97850. 5411 962-7048.) (11/98)

Northern Oregon

AIDS Information, Resources and Services (AIRS) hot line. (Hood River 5411 387-4022, The Dalles 5411 298-6292.) (11/98)

AIDS Prevention Team of Columbia County is a nonprofit, volunteer-based organization that provides outreach, referrals and educational materials. Team meetings held at 4 pm on the third Tuesday of each month. (Call for locations: 366-2839.) (11/98)

Southern Oregon

Alan Collins AIDS Project, a program of OnTrack Inc., Medford. Low-cost independent living, case management, education, testing. Gay men's HIV positive sup-

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