

**BREAKFAST SPOTLIGHTS
OUR HOUSE OF PORTLAND**

The public is invited to come and learn more about Our House of Portland during an HIV Networking Breakfast from 8:30 to 10 a.m. Oct. 6 in Room B30 of the Public Services Building, 155 N. First Ave. in Hillsboro.

The nonprofit organization provides Oregon and Southwest Washington's only network of integrated health care and housing services for people with AIDS. The breakfast is sponsored by the Washington County HIV Prevention Program.

For more information call Jonathan Cueto at 503-846-3769.

LET YOUR VOICE BE HEARD

Write Around Portland—a nonprofit organization that helps low-income, socially isolated people use the power of creative writing to transform lives and build community—will begin its fall network of free workshops this month in various locations throughout the city.

Two of the WRAP groups are of particular interest to the sexual minorities community. People affected by HIV will meet Fridays at Rosewood Apartments, 4810 N.E. Sandy Blvd., and queer kids will meet Fridays at the Sexual Minority Youth Resource Center, 2100 S.E. Belmont St.

Both groups will get together for two hours a week from Sept. 17 to Nov. 19. At the end of the workshops, participants have the opportunity to be published in an anthology and participate in public readings.

Other groups are tailored to low-income adults and people living with mental illness. Pens, journals, snacks and bus passes are provided, and child care is available.

To sign up call 503-796-9224 or visit www.writearound.org.

**GAY, LESBIAN RELATIONSHIP
SERIES FOSTERS INTIMACY**

An upcoming noncredit class series at Portland Community College promises to teach how gay and lesbian couples can achieve greater intimacy, less strife and more fun in their relationships. Counselor Mariah Ureel will teach the supportive and lively workshops with humor, techniques and practical solutions.

Each class in the Gay and Lesbian Relationship Series costs \$24. Four workshops will be held from 9 a.m. to noon Saturdays at the Zimmerman Community Center, 916 N.W. Lovejoy St.:

- **From Power Struggles to Allies (Oct. 2):** Gain tools to understand one another's perspective and negotiate solutions.
- **Healing Codependency (Oct. 16):** This common issue causes relationship erosion and prevents healthy growth. Learn ways to recognize and weed out codependent behavior.
- **Stress Management for Couples (Nov. 13):** Particularly around the holidays, stress can bring out the worst in relationships. Learn ways to identify and creatively reduce stress.
- **Exploring Insecurity and Possessiveness (Dec. 14):** Everybody has some, but is it harming your relationship? Learn some of the underlying causes and ways to deal with these unwanted issues.

For more information call PCC Community Education at 503-614-7308.

**BOOTH PROMOTES
MARRIAGE EQUALITY
AT OREGON STATE FAIR**

Amid the expected livestock, knitting, baking, curly fries and elephant ears at the Oregon State Fair, a booth is promoting marriage equality

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Counselor Mariah Ureel shows gay and lesbian couples how to improve their relationships



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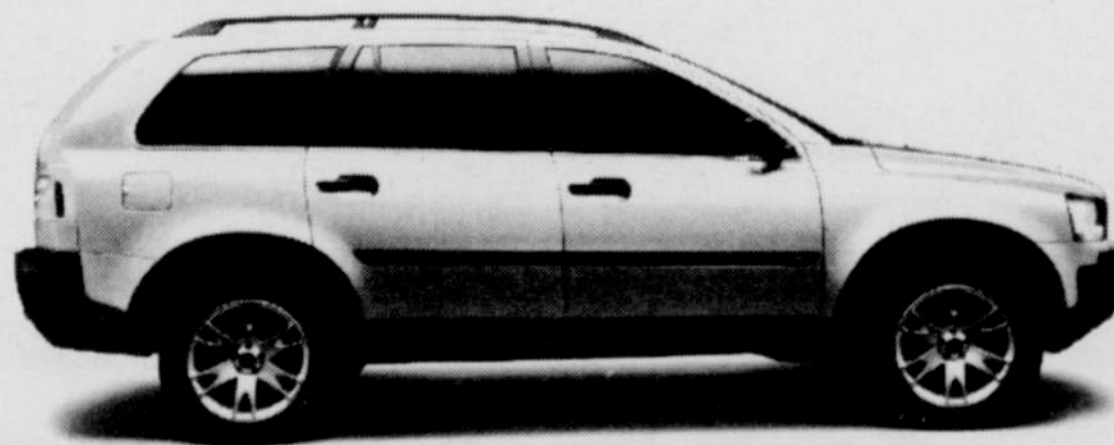
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