

# outreach

## HEALTH

### Metro: Anti-violence

**Bradley-Angle House** provides emergency shelter for woman-identified domestic violence survivors and a support group for women battered by women. Also provides individual support and advocacy for women who have experienced emotional, physical or sexual abuse in their relationships. Free, confidential and safe. (Crisis: 503-281-2442. Business: 503-232-7805, ext. 3. [emily@bradleyangle.org](mailto:emily@bradleyangle.org).)

**Center Against Rape and Domestic Violence** serves survivors of domestic and sexual violence in Linn and Benton counties and offers a 24-hour hot line, confidential shelter, legal and hospital advocacy, safety planning and support groups. (Crisis: 541-754-0110 or 800-927-0197. Business: 541-758-0219.)

**Clackamas Women's Services** offers shelter, support and resource referral to survivors of domestic and sexual violence. Lesbian, bi and trans friendly. Wheelchair accessible. TTD, relay calls and collect calls accepted. (Crisis: 503-654-2288. Business: 503-722-2366.)

**Portland Women's Crisis Line** offers free and confidential services for survivors of domestic and sexual violence. It operates a 24-hour crisis intervention hot line and provides information and referrals for shelter, counseling and support groups. Sexual assault advocates and foreign language

translation available. (503-235-5333 or 888-235-5333. [www.pwcl.org](http://www.pwcl.org).)

**Stop Abuse for Everyone (SAFE)** provides resources for sexual minorities who fall through the cracks of traditional domestic violence services. (PO Box 951, Tualatin, OR 97062. [www.safe4all.org](http://www.safe4all.org).)

### Metro: Health

**CityGuys**, part of the Men's Prevention and Wellness department at Cascade AIDS Project, strives to help Portland queer men keep informed and stay healthy by offering information, referrals and safer-sex supplies. Look for staff and volunteers out and about in bright yellow T-shirts! (503-223-5907. [cityguys@cascaidaids.org](mailto:cityguys@cascaidaids.org).)

**Planned Parenthood of the Columbia/Willamette** provides confidential and affordable sexual and reproductive health care, including STD testing and treatment, 20-minute anonymous HIV tests, annual exams and condoms. Sliding-fees, insurance welcomed. Se habla español. Health centers in Southeast and Northeast Portland, Gresham, Beaverton, Salmon Creek, Salem, Bend and Vancouver, Wash. (800-230-7526. [www.ppcw.org](http://www.ppcw.org).)

**Portland GLBTQ Yoga Alliance**, a group of teachers from various traditions and studios, helps sexual minority and HIV-positive people find yoga classes that are specifically welcoming and/or experienced in addressing their special needs.

**Imperial Sovereign Rose Court of Oregon** is the oldest gay, lesbian, bi and trans social/fundraising organization in the state of Oregon. Meetings are the first two Mondays of each month. ([www.rosecourt.org](http://www.rosecourt.org).)

**Jewish Gay Men's Group**—please call for meeting time and place. (503-246-5939. [efraimlevi@aol.com](mailto:efraimlevi@aol.com).)

**Keahet Portland** is a potluck group for Jewish members of the sexual minorities community and their partners, spouses and supporters. Its purpose is to help build bridges with the larger Jewish community. Monthly social, religious and cultural events. (David 503-226-7079, ext. 14.)

**Leather Night and Red Hanky Social** are the first and third Friday of each month at Gal's Dirty Duck Tavern. (9 pm-midnight. 439 NW Third Ave. 503-224-8446. [ear@leathercigarboy.com](mailto:ear@leathercigarboy.com).)

**Lesbians Enjoying Nature and Science (LENS)** is a fun-loving group of women who enjoy exploring all aspects of the environment. Activities include bird watching, nature walks, archaeology, camping, kayaking, star gazing and an occasional "lecture." No experience necessary. (6:45-8:30 pm second Thursday planning meeting. Laurie 503-917-2903. [lensnews@yahoo.com](mailto:lensnews@yahoo.com).)

**The Lesbian Garden Club** is a group of women who love gardens and gardening. They exchange plants, seeds, advice and encouragement while having a good time. Call or e-mail for a copy of the newsletter and information about upcoming events. (Peggy 503-909-2002. [lgo@spintone.com](mailto:lgo@spintone.com).)

**Lesbians with Degrees** is a social group for intellectual women and those who want to meet them. (Lani 503-233-3557. Join listserv at [LesbianswDegrees-subscribe@yahoo.com](mailto:LesbianswDegrees-subscribe@yahoo.com).)

**Lulu's Pervy Playhouse** is a social group for self-identifying women who are into S/M. Play parties are held on the second Saturday of the month. (503-231-3992. [dykedadi@comcast.net](mailto:dykedadi@comcast.net). [www.luluspervyplayhouse.org](http://www.luluspervyplayhouse.org).)

**Men Over 40** is a small, socially supportive group that meets second and fourth Thursdays. (503-777-1376.)

**Oregon Men Enjoying Naturism** is a social organization for gay male naturists/nudists. Potluck social third Sunday of every month. ([gmenpdx@yahoo.com](mailto:gmenpdx@yahoo.com). [www.geocities.com/gmenpdx](http://www.geocities.com/gmenpdx).)

**PDX FTM** is a social group for female-to-male trans men and their significant others, friends, families and allies. ([groups.yahoo.com/group/PDX\\_FTM](mailto:groups.yahoo.com/group/PDX_FTM).)

**PDX Lesbian Mentor** invites interesting, intelligent women 35 and older to societies where they board, garden, hike, hike, hike and socialize. ([lesbian.mentor@pdx.com](mailto:lesbian.mentor@pdx.com).)

**Portland Queer Community** is a social group for people who were assigned a female sex at birth but identify otherwise (female-to-male, transgender, drag king, etc.). First Sunday meetings are open to partners and families of any configuration. (503-971-7875. [groups.yahoo.com/group/queercommunity](mailto:groups.yahoo.com/group/queercommunity).)

**PTM Pacific NW** is a social and discussion group for female-to-male trans men. (groups.yahoo.com/group/PTM\_PacificNW.)

**Queer Ladies** is a social group for nice lesbians 35 and older as well as their friends and loved ones. Holds potlucks on the second Saturday of each month. (503-639-7488. [lesape@yahoo.com](mailto:lesape@yahoo.com).)

**Queerology** is a group for lesbian researchers to trace your family tree and tackle "broken" female ancestors. ([famtree@aol.com](mailto:famtree@aol.com).)

([www.gayogaportland.com](http://www.gayogaportland.com). [bart@stonewallschool.org](mailto:bart@stonewallschool.org).)

**Queer Love Action Network for Discovery (Q-LAND)**, an HIV/STD prevention organization, provides resources and referrals on men's health challenges and holds bar testing, touching, yoga, film salon and other events promoting wellness and intimacy. (503-223-8822. [info@qland.org](mailto:info@qland.org). [www.qland.org](http://www.qland.org).)

### Metro: Mental Health

**YWCA of Greater Portland Counseling Center** offers sliding fee scale counseling for individuals, couples and groups in a safe, confidential and supportive environment. Also offers a Sexual Minorities Women Support Group on Thursdays and an FIM Trauma Survivor Support Group on Wednesdays. (1111 SW 10th Ave. 503-294-7440.)

### Metro: Recovery

**Extended Family** hosts queer-friendly Alcoholics

Anonymous meetings at Metropolitan Community Church of Portland. (5:30 pm daily. 2400 NE Broadway. 503-281-8868.)

**Lunch Bunch** hosts queer-friendly Alcoholics Anonymous meetings at Metropolitan Community Church of Portland. (Noon daily, 1 pm Sunday. 2400 NE Broadway. 503-281-8868.)

**Live and Let Live Club** offers the sexual minorities community a safe place to find friendship, recovery and clean-and-sober activities. Meeting space available for 12-step groups. (1210 SE Seventh Ave. 503-238-6091.)

**Rainbow Recovery Al-Anon** is a 12-step group of queer and questioning people who support one another in recovering from the effects of another person's drinking. (6:30 pm Thursday. 1244 NE 39th Ave. 503-223-8822, ext. 1. [www.al-anonportlandoregon.org](http://www.al-anonportlandoregon.org).)

**Rush Hour Reprieve** is an open Alcoholics Anonymous meeting. (5:30 pm Monday-Friday. 1210 SE Seventh Ave. 503-772-5213.)

**Sex Addicts Anonymous** is a 12-step program

for those suffering from addictive sexual behaviors. Any gender and sexual orientation is welcome. Weekly gay- and lesbian-friendly meeting at Alano Club focuses on Steps 1-2-3 and the spiritual solution. (7-8 pm Tuesday. 909 NW 24th Ave., Second Floor. 503-452-5961. [www.portlandsaa.org](http://www.portlandsaa.org).)

**The Triangle Project** at ASAP Treatment Services is Oregon's only alcohol and drug addiction treatment program specifically for the queer community. Safe, respectful, confidential and effective since 1986. (503-224-0075. [www.asaptx.org](http://www.asaptx.org).)

### Metro: Sexual

**The Multnomah County Health Department STD Program** offers testing and treatment for sexually transmitted diseases, HIV testing and hepatitis A and B vaccinations. By appointment or walk-in. Most insurance plans accepted; sliding-scale fee. Se habla español. (9 am-4:30 pm Monday-Friday except 12:30-4:30 pm Wednesday. 426 SW Stark St., Sixth Floor. 503-988-3700.)

### Willamette Valley: Health

**Charms**, a nonprofit counseling center affiliated with Pearl Program and Gallery in Dallas, has certified professionals specializing in adoption, couples, sexual abuse, dream work and eating disorders. (Michelle Cox 503-831-0618.)

**Womenspace** provides a confidential shelter for adults and children who have been abused physically, sexually or emotionally; a 24-hour hot line; and a drop-in advocacy center for any victim of domestic violence. Spanish speaking available. Hosts a lesbian and bi women's support group. (Crisis: 800-281-2800. Business: 541-485-8232.)

(8 am-noon. 503-516-8329. [teampdxlandtennis@yahoo.com](mailto:teampdxlandtennis@yahoo.com).)

### Southern Oregon: Social

**Abdell-Elis Lambda Community Center** plays host to social events and groups. Call for schedule. (Suite 112, 208 Oak St., Ashland. Mailing address: PO Box 927, Ashland, OR 97520. 541-488-6990. [www.abdellis.org](http://www.abdellis.org).)

**Douglas County HIV Resource Center** hosts Gay Men's Movie Night every second Friday and a Gay Potluck every last Friday in Roseburg. (7 pm movie, 5-8 pm potluck. 832 Highland St. 541-440-2761.)

### Washington: Social

**Social Group for Single Lesbians** in the Vancouver area hosts movies, dining out, camping trips, concerts and more. (360-666-6227. [rainymheart@aol.com](mailto:rainymheart@aol.com).)

### Willamette Valley: Physical Recreation

**Frontrunners and Walkers** is a queer fitness and social group in Eugene that meets every Saturday morning. (9 am. 15th and Agate. Sadie 541-683-2692 or Hank 541-484-6259.)

**Eugene's GLBT Tennis Group** meets every Saturday and Sunday, weather permitting. (Noon. West 20th Avenue and Polk Street. [kfranken8@yahoo.com](mailto:kfranken8@yahoo.com).)

### Willamette Valley: Social

**Capitol Forum** is a gay/lesbian nonprofit social service organization serving the mid-Willamette Valley. (503-363-0006. PO Box 663, Salem, OR 97308-0663. [www.salemf.org](http://www.salemf.org).)

**Confluence: The Willamette Valley Mixed GALA Chorus** rehearses Sundays at Unitarian Universalist Congregation of Salem. (4-6:30 pm. 5090 Center St. NE. 503-364-2370. [confluence@aol.com](mailto:confluence@aol.com). [www.confluencechorus.org](http://www.confluencechorus.org).)

**Eugene's GLBT Movie Night** group gets together every Thursday to view and discuss queer films. (7 pm. [kfranken8@yahoo.com](mailto:kfranken8@yahoo.com).)

**Family Values** meets monthly to provide a social support network created by and for queer youth, families and allies. (541-485-9953. [family\\_values\\_pdx@hotmail.com](mailto:family_values_pdx@hotmail.com).)

**Levander League** is a warm and friendly lesbian group with chapters in Salem, Eugene and Portland for support, fun and friendship! Game nights, bowling, barbecues, bingo, camping, flag football, etc. (Kim 503-581-8102. [www.levanderleague.com](http://www.levanderleague.com).)

**Marionberry** meets monthly in Salem for potlucks and discussion of local issues on the gay/lesbian/bi experience. (July 2005: 503-639-8806. [marionberry@comcast.net](mailto:marionberry@comcast.net).)

**The Fellowship Group**, a gay men's activity group in the greater Salem-Keter area, holds monthly potlucks, city walks, hikes, movie nights and special events. ([lesbianfellowshipgroup@yahoo.com](mailto:lesbianfellowshipgroup@yahoo.com). [www.fellowshipgroup.org](http://www.fellowshipgroup.org).)

**Together Works** is a confidential group in McMinnville for queers and their friends to get together for social events and discussions of topics of mutual interest. Meets second and fourth Mondays at First Baptist Church. (7 pm. 125 SE Cowle St. Don 503-434-8266.)



Take a peek behind the scenes of Oregon Ballet Theatre during **OBT Exposed!** Aug. 29-Sept. 3 in the South Park Blocks behind Arlene Schnitzer Concert Hall.

[www.portlandbiwomen.org](http://www.portlandbiwomen.org).)

**Portland Leather Alliance** is one of the largest pansexual, nonprofit B/D/S/M, leather and fetish lifestyle organizations in the Northwest. Regular social and educational opportunities, including KinkFest, Leather Ball, kind auctions and Fall Vendors Fair. ([www.pdxleatheralliance.org](http://www.pdxleatheralliance.org).)

**Portland Leather Men** meet every second Saturday for potluck and socializing. Meet men into a leather lifestyle and keep abreast of leather happenings. No dues, no formal organization, no officers or board, just leather socialization for the past 21 years. (360-896-6665. [plm@directway.com](mailto:plm@directway.com).)

**Portland Metro Prime Timers** is a social group for mature gay men and those who appreciate them, coming together for social, educational and cultural purposes. (PO Box 5884, Portland, OR 97228. 503-286-4613 or 360-693-5506. [pdxprimertimers@yahoo.com](mailto:pdxprimertimers@yahoo.com). [www.geocities.com/pdxprimertimers](http://www.geocities.com/pdxprimertimers).)

**Rainriders Motorcycle Club** meets weekly at the Roxy. Ride your bike or just come meet the group. Everyone welcome. (10 am Sunday. 1121 SW Stark St. [www.pdx-rrmc.com](http://www.pdx-rrmc.com).)

**Rose City Discussion Club**, the largest open pansexual/alternative sexuality club in the Northwest, is open to all orientations, fetishes and lifestyles that are safe, sane and consensual. Monthly meetings, workshops and newsletter. (503-972-1869. [rdcc@teleport.com](mailto:rdcc@teleport.com). [www.rdcc.org](http://www.rdcc.org).)

**Soyboys Vegetarian Men's Group** is a fun, social gathering for gay and bi men who are interested in a healthy vegetarian or vegan lifestyle. A variety of activities and monthly potlucks on the last Friday. ([veggieguy@aol.com](mailto:veggieguy@aol.com).)

Women of the Rivers, the Portland/Vancouver chapter of the **Women on Wheels Motorcycle Club**, meets monthly at Elmer's, sponsors riding clinics and takes day trips. (7:15 pm second Thursday. 9848 N Whitaker Road. [www.levanel.com/chama/wow](http://www.levanel.com/chama/wow).)

### Metro: Physical Recreation

**Adventurers** Group organizes a variety of activities year-round, including hiking, fishing, cross-country and downhill skiing, rafting and mountain biking. (PO Box 2201, Portland, OR 97208-2201. [www.adventurersgroup.org](http://www.adventurersgroup.org).)

**Arise and Struggle** is a social group for women 35 and older to join Portland's only out lesbian dragon boat team. Be part of the fun and fitness with this dynamic group. ([www.ariseandstruggle.org](http://www.ariseandstruggle.org).)

**The Forest Group** outings are cooperative adventures for women. Participants are responsible for providing their own equipment and choosing outings appropriate for their skill and fitness level. All skill levels welcome. (Dawn and Tami 503-659-2782. [acct127@yahoo.com](mailto:acct127@yahoo.com).)

[www.geocities.com/ncc1127/forestpdx](http://www.geocities.com/ncc1127/forestpdx).)

**The Gay Women's Golf Group** welcomes all levels of players. ([www.turfgrlz.com](http://www.turfgrlz.com).)

**Lesbian Equestrian Group** gets together for equestrian activities in the Pacific Northwest. (Denise 503-654-3865. Lynn 503-777-2339. [ketrav@drop.com](mailto:ketrav@drop.com).)

**National Gay Basketball League** is forming a chapter in Portland to represent Oregon in the 2006 Gay Games. ([www.ngba.us/portland/pdx.htm](http://www.ngba.us/portland/pdx.htm).)

**Out Dancing** teaches dancing for same-sex couples at Ankeny Street Studio. Classes for different dance styles start the first Friday of each month: tango, swing, tango, cha-cha, etc. Call for schedule. (503-236-5129. [out\\_dancing@yahoo.com](mailto:out_dancing@yahoo.com). [home.att.net/~outdancing](http://home.att.net/~outdancing).)

**OutKayaking**, Portland's gay and lesbian sea kayak group, explores the lakes, rivers and bays of Northwest Oregon and Southwest Washington. ([www.outkayaking.org](http://www.outkayaking.org).)

**Pacific Coast Boating Club** provides opportunities for gay and lesbian boaters to come together for fun on local rivers and promotes safe boating. ([paccostboatingclub@comcast.net](mailto:paccostboatingclub@comcast.net).)

**Portland Avalanche** rugby team is always seeking new players for practices Mondays and Wednesdays Aug. 29-Nov. 12 at East Delta Park. (6:30-8:30 pm. 10737 N Union Court. 503-715-3122. [www.avalancherugby.org](http://www.avalancherugby.org).)

**Portland Gay & Lesbian Community Bowling Association** is in its 27th season! Meets Sundays at Hollywood Bowl. Drop-ins welcome anytime. (3:30 pm. 4030 NE Halsey St. Mailing address: PO Box 42034, Portland, OR 97242. 503-722-0438. [pdxbowl@comcast.net](mailto:pdxbowl@comcast.net). [www.pdxbowl.com](http://www.pdxbowl.com).)

Whether you're a running novice or a seasoned marathoner, **Portland Frontrunners** welcomes gay, lesbian, bi and trans people of all abilities and interests. (Gary [info@portlandfrontrunners.org](mailto:info@portlandfrontrunners.org). [www.portlandfrontrunners.org](http://www.portlandfrontrunners.org).)

**Roseburg Revelers**, Portland's gay and lesbian square dance club, dances at mainstream and blue levels. (PO Box 5382, Portland, OR 97226-5382. [www.revelers.com](http://www.revelers.com).)

**Sully Ball** is a group of gay and lesbian square dancers in the Portland area, featuring gay recruits and balla dyes in Tidona, Hood Canal and other Pacific Northwest waters. ([trubyre@pdx.com](mailto:trubyre@pdx.com). [www.rubyreballers.org](http://www.rubyreballers.org).)

**Team Oregon**, the umbrella sports group coordinating efforts for Outgames 2006 in Montreal and Gay Games 2006 in Chicago, holds monthly meetings for those wanting to participate. (503-738-3282. [www.teamoregon2006.org](http://www.teamoregon2006.org).)

**Team Tennis** meets Sundays at University of Portland. All levels of play welcome. First time is free, subsequent times are \$3. Please join us!