

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. emilyg@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.)

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.)

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@cascadeaids.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.)

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. (www.gayogaportland.com. 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. 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 FtM 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.)

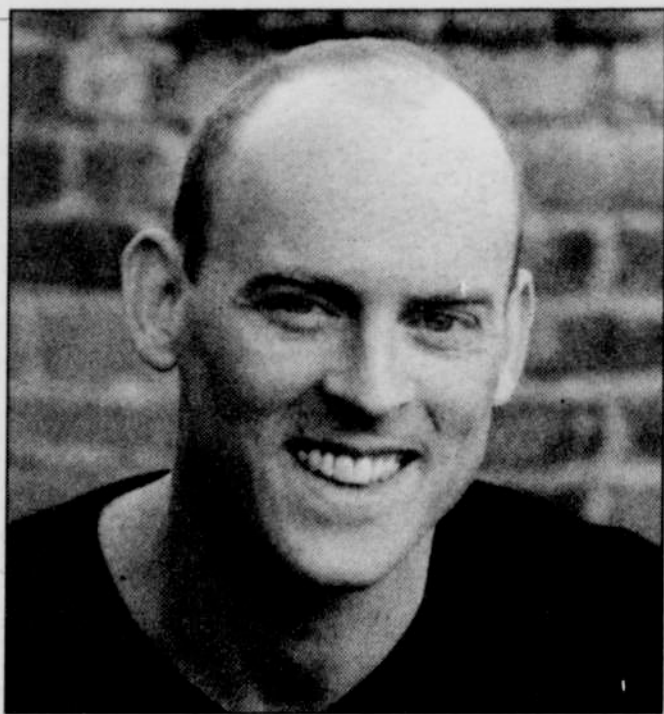
Lunch Bunch hosts queer-friendly Alcoholics Anonymous meetings at Metropolitan Community Church of Portland. (Noon daily. 1 pm Sunday. 2400 NE Broadway. 503-281-8868.)

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-Alon is a 12-step group of queer and questioning people who support one another in recovering from the effects of another person's drinking. (6-7:30 pm Thursday. 1244 NE 39th Ave. 503-223-8822, ext. 1. 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.)



Best-selling author K. M. Soehnlein reads Oct. 20 at Powell's on Hawthorne.

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.)

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.)

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.)

SOCIAL

Metro: Arts & Music

Creative Connection (formerly Real Connection) is a social gathering for gay men who are artists, writers or musicians or who pursue some creative activity. Noncommercial, nonjudgmental; supporting personal creativity for novices and professionals alike. Monthly potlucks on the second Friday. (7 pm. Carl 503-284-2971.)

Portland Gay Men's Chorus is open to singers, support members and volunteers. (503-226-2588. www.pdxgmc.org.)

Portland Lesbian Choir is a nonauditioned community choir that welcomes singers, supportive members and volunteers. (503-453-4117. www.plchoir.org.)

Rose City Gay Freedom Band is a performance group for queers and supportive friends of varying musical skill levels with annual fall and spring concerts. Subgroups include the Rose City Swing band and a marching band with flag corps. Come join us! (503-790-2170. info@rcgfb.org. www.rcgfb.org.)

Satori Men's Chorus welcomes new members of all ages and races, regardless of sexual orientation or musical background, to join Wednesday rehearsals. No audition necessary. (503-299-4454. www.satorichorus.org.)

Metro: General

Asian & Pacific Islander Lesbians and Gays is a nonprofit community voice for gay, lesbian and bi Asian and Pacific Islanders. Activities include potlucks, recreational outings and cultural events. Friendly environment to meet and connect with other API. (PO Box 12661, Portland, OR 97232. aplg_pdx@yahoo.com.)

Bad Girls is a social and educational leather and B/D/S/M club for self-identified women with an emphasis on safety and education. Workshops, discussions, events and parties. Women of all orientations can connect and ask questions during the Kinky Women's Welcome Munch at 7 pm every second Tuesday. (503-972-2233. www.pdxbadgirls.net.)

Cascade Flyers are gay, lesbian and bi aviators, both private and professional, in Washington, Oregon and southern British Columbia. Dinner meetings in Portland area. (503-701-7922. casflyers@yahoo.com. www.geocities.com/casflyers.)

Coqsure is a social group for people who were assigned a female sex at birth but identify otherwise (female-to-male, genderqueer, drag king, etc.). First Sunday meetings are open to partners and families of any configuration. (503-471-1515. groups.yahoo.com/group/coqsure.)

50+ lesbian social group for women meets on the third Saturday of the month. (4-7 pm. 503-642-3360 or 503-286-3575.)

Fem2fem social group forming for feminine singles between 30 and 50. (fem2fempdx@yahoo.com.)

FTM Pacific NW OR & WA is a social and discussion group for female-to-male trans men. (groups.yahoo.com/group/FTM_PacificNW.)

Funny Ladies, 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. flataps@yahoo.com.)

Genealogy group forming. Gather with other lesbian researchers to trace your family tree and tackle "brickwall" female ancestors. (famhistnw@aol.com.)

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.)

Jewish Gay Men's Group—please call for meeting time and place. (503-246-5939. efrainlevi@aol.com.)

Keshet 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 Gail's Dirty Duck Tavern. (9 pm-midnight. 439 NW Third Ave. 503-224-8446. earl@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 503-977-2903. 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. lgc@spitstone.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.)

Lulu's Perry 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. www.lulusperryplayhouse.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. (omenpdx@yahoo.com. www.geocities.com/omenpdx.)

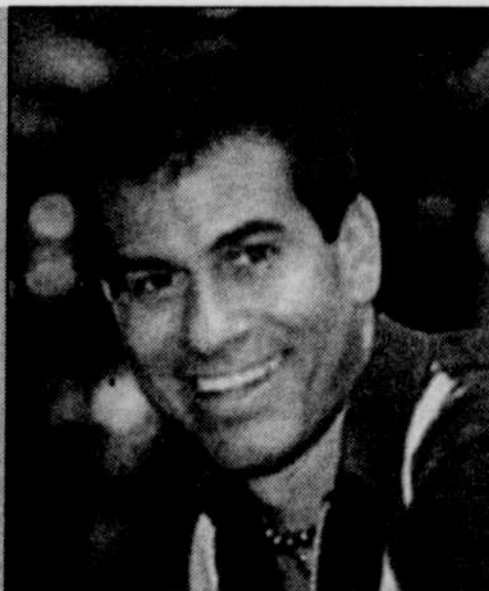
PDX_FTM is a social group for female-to-male trans men and their significant others, friends, families and allies. (groups.yahoo.com/group/PDX_FTM.)

PDX Lesbo Nerds invite interesting, intelligent women 35 and older to socialize while playing board games like Scrabble and Spades. (games.groups.yahoo.com/group/PdxLesboNerds.)

The gay **Pinechile Group** meets Sundays at Hobo's. Come play cards and meet the gang. New players always welcome: (6 pm. 120 NW Third Ave. Mike 503-641-7224.)

Podar Latine is a nonprofit social community voice group for gay, lesbian, bi and trans people that reaches out to Latinos and Latinas by organizing events and retreats and advocating HIV prevention. Meets every other Monday at Outside In. (6:30 pm. 1030 SW 13th Ave. Hugo 503-997-8615 or Audencio 503-261-5463.)

Portland Bisexual Women is a discussion, social and support group for bi and questioning women.



Lambda Literary Award winner Alex Sanchez reads Oct. 8 at Central Library and Oct. 10 at Powell's on Hawthorne.

(503-347-5817. portlandbiwomen@comcast.net. www.portlandbiwomen.freesevers.com.)

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.)

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. pim@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. pdxprimetimers@yahoo.com. www.geocities.com/pdxprimetimers.)

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-rmc.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. rocd@teleport.com. www.rocd.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.)

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.hevanet.com/chama/wow.)

Metro: Physical Recreation

Adventure Group organizes a variety of activities year round, including hiking, walking, cross-country

and downhill skiing, rafting and mountain biking. (PO Box 2201, Portland, OR 97208-2201. www.adventuregroup.org.)

Amazon Dragons Paddling Club invites women 16 and older to join Portland's only out lesbian dragon boat team. Be part of the fun and fitness with this dynamic group. (www.amazondragons.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. ncc1127@yahoo.com. www.geocities.com/ncc1127/forestpdx.)

The Gay Women's Golf Group welcomes all levels of players. (www.turfgrlz.com.)

Lesbian Equestrian Group gets together for equestrian activities in the Pacific Northwest. (Denise 503-654-3865. Lynn 503-777-2339. kelrav@drap.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.)

Out Dancing teaches dancing for same-sex couples at Ankeny Street Studio. Classes for different dance styles start the first Friday of each month: country, swing, tango, cha-cha, etc. Call for schedule. (503-236-5129. out_dancing@yahoo.com. 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.)

Pacific Coast Boating Club provides opportunities for gay and lesbian boaters to come together for fun on local rivers and promotes safe boating. (pccoastboatclub@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.)

Portland Gay & Lesbian Community Bowling Association is in its 28th season! Meets Sundays at Hollywood Bowl. Drop-ins welcome anytime. (9:30 pm. 4030 NE Halsby St. Mailing address: PO Box 42034, Portland, OR 97242. 503-722-0438. pdxbowl@comcast.net. 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. www.portlandfrontrunners.org.)

RoseTown Ramblers, Portland's gay and lesbian square dance club, dances at mainstream and plus levels. (PO Box 5352, Portland, OR 97228-5352. www.rosetownramblers.com.)

Ruby Red Flippers, a group of gay and lesbian scuba divers in the Portland area, teaches new recruits and takes dives in Tacoma, Hood Canal and other Pacific Northwest waters. (rubyredflippers@yahoo.com. www.rubyredflippers.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. (503-736-3292. 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! (8 am-noon. 503-516-8329. teamportlandtennis@yahoo.com.)

Southern Oregon: Social

Abdell-Elie 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.)

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. rainyheart@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 Palk Street. kfranken@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.salemcfl.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. www.confluencechorus.org.)

Eugene's **GLBT Movie Night** group gets together every Thursday to view and discuss queer films. (7 pm. kfranken@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_pride@hotmail.com.)

Lavender Womyn is a warm and friendly lesbian group with chapters in Salem, Eugene and Portland for support, fun and friendship. Game nights, bowling, barbecues, bunco, camping, flag football, etc. (Kim 503-581-5102. www.lavenderwomyn.com.)

Marionberry Salon meets monthly in Salem for potlucks and discussion of books touching on the gay/lesbian/bi experience. (Cary 503-363-6036. marionberrysalon@aol.com.)

The Fellowship Group, a gay men's activity group in the greater Salem-Kelso area, holds monthly potlucks, city walks, hikes, movie nights and special events. (salemfellowshipgroup@yahoo.com. 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 Cows St. Don 503-434-6266.)