

out reach

AIDS & HIV

CAREAssist pays for health insurance premiums, prescription drugs and insurance plan co-payments and deductibles for eligible people with HIV/AIDS. Program of the Oregon Department of Human Services and the Ryan White CARE Act. (8 am-5 pm Monday-Friday. 503-731-4029 or 800-805-2313. www.healthoregon.org.)

Cascade AIDS Project (CAP) educates youth and adults about HIV prevention, supports people with HIV and their families and advocates for sound HIV policy and legislation on the national, state and local levels. Spanish-language assistance available. (Suite 300, 620 SW Fifth Ave. 503-223-5907. Oregon AIDS Hotline 800-777-2437.)

Catholic Charities AIDS Ministry (CHAT) provides haircuts, massages, holiday dinners, spiritual direction, pastoral counseling, funeral services, memorials and family grief work. Free and open to all people living with HIV. (503-963-8102.)

Clackamas County Public Health offers anonymous and confidential HIV testing and counseling to everyone. No needles! Free condoms! Call for appointment or walk-in testing times. (Oregon City: 503-655-8471. Sandy: 503-722-6660. Molalla: 503-723-2944. 82nd Avenue: 503-771-7944. For more information call 503-742-5382.)

Clark County offers free rapid HIV testing and hepatitis A and B vaccinations to men who have sex with men in Vancouver, Wash. (5-6:30 pm Thursday. 3701 E Fourth Plain Blvd. 360-397-8098.)

Columbia County Public Health offers anonymous and confidential HIV testing, counseling and case management to anyone. Se habla español. We lend HIV books and videos and offer educational materials and free condoms. (503-397-4651 or 800-244-4870.)

Daily Bread Express provides home delivery of high-quality meals to HIV-positive individuals in need. Fresh meals delivered weekdays, frozen meals for weekends. Volunteers invited to inquire anytime. (Mara 503-460-3822.)

Esther's Pantry in Milwaukie provides food and personal care items to people with HIV/AIDS. Call to donate or for services. (503-593-5569. www.friendspwa.org.)

Friends of People with AIDS Foundation offers assistance to those with HIV, including clothing, household items, companion pet care, cremations, eyeglasses and bus passes. (503-349-4699. www.friendspwa.org.)

Fuzeon Information Group welcomes people contemplating, using or caregiving for Fuzeon recipients. Facilitated by experienced patients, nurses and social workers. (5:30-7 pm second Wednesday, 3600 N Interstate Ave. 5:30-7 pm fourth Wednesday, 5525 SE Milwaukie Ave. RSVP to Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership/fuzeon.html.)

Health, Education, AIDS Liaison (HEAL) offers information about alternative views of AIDS causation and HIV testing. Call for a free packet of information. (503-227-2339. bwport@comcast.net.)

Multnomah County Health Department's **HIV Community Test Site** offers confidential testing by appointment with or without your name. Some walk-in testing. Sliding-scale fee. Se habla español; other interpretation by appointment. (9 am-4:45 pm Monday-Friday except 12:30-4:45 pm Wednesday, 426 SW Stark St., Sixth Floor. 503-988-3775.)

HIV Day Center offers hot meals, counseling, laundry facilities, clothing, showers and hygiene supplies, computers with Internet access, phones, mail drop, recreational activities, massage and haircuts. Volunteers invited to inquire anytime. (9 am-3 pm Monday-Friday, 2941 NE Ainsworth St. 503-460-3822.)

The Link, a social networking group for HIV-positive gay and bi men, meets the second and fourth Wednesday of every month for social events, discussions and other outings. (928 SW Stark St. 503-223-6339, ext. 555. thelink@cascadeaids.org.)

Men's Wellness Center provides meeting space, discussion groups, free HIV/STI testing, prevention information, health and wellness, community building, social events and free high-speed WiFi access for gay and bi men in the heart of where they live, work and play. (928 SW Stark St. 503-445-7699. cityguys@cascadeaids.org.)

Multnomah County offers free HIV rapid testing to gay, bi and trans guys. Se habla español. (5-7:15 pm Tuesday, 5329 NE Martin Luther King Jr. Blvd. 503-988-3030.)

Our House of Portland provides Oregon and southwest Washington's only network of integrated health care and housing services for people with AIDS. To volunteer, contact Kathryn Siebert. (503-234-0175. www.ourhouseofportland.org.)

Partnership Project provides case management and service access for people living with HIV/AIDS, including help with coordinating a variety of services and behavior-change counseling to motivate people to protect their partners and themselves. (Intake line: 503-517-3590. Prevention program: Kurt or Maria 503-230-1202 or 877-795-7700.)

Portland Area HIV Services Planning Council is a county decision-making body that identifies services needed for people living with HIV/AIDS and allocates federal funds annually in a six-county area. Need volunteers from all walks of life. (20 NE 10th Ave., Second Floor. 3653 SE 34th Ave. 503-988-3030, ext. 25703. www.hivportland.org.)

The **Positive Direction Series** offers life skill workshops to people living with HIV/AIDS at Cascade AIDS Project. Topics include employment, parenting, health, women's self-image and sexuality, budgeting and tenant education. (Dawn Thompson 503-223-5907, ext. 203. www.cascadeaids.org.)

Project Quest Integrative Health Center offers conventional and alternative health care, nutrition classes, support groups and recreational sports activities for people seeking a wellness focus to living and dying, especially those living with HIV/AIDS or cancer. (2901 E Burnside St. 503-238-5203. pquest@qwest.net.)

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.)

The **Research & Education Group** provides access to HIV/AIDS research trials of new drugs and therapies for people in Oregon and southwest Washington. (1650 NW Naito Parkway #185. 503-229-8428 or 800-875-8428. regroup@reg.org. www.reg.org.)

The **Risk Reduction Zone**, a program of Outside In, provides a queer safe space that offers HIV, hepatitis C and STD prevention programs; Internet resources; peer counseling; referrals; and support groups in a nonclinical setting. (1030 SW 13th Ave. 503-535-3895.)

Swan House is a specialized adult foster care home serving low-income individuals with HIV/AIDS who need assistance with personal care, mobility, medications or drug/alcohol mental health support. (4764 SE Logus Road, Milwaukie. 503-786-4829. Volunteers call 503-234-0175.)

Washington County Health Department provides free needle-free HIV testing services for gay and bi-men at community health clinics in Beaverton and Tigard. (Beaverton: 5:30-7:30 pm Monday, 12550 SW Second St. Tigard: 5:30-7:30 pm Thursday, 15296 SW Royalty Parkway. 503-846-4965.)

COMMUNITY

General

Babble-On Toastmasters meets at Rose City Park United Methodist Church to develop public speaking, communication and leadership skills, including giving prepared speeches, impromptu speaking and running effective meetings. (4:30-6:30 pm second and fourth Sunday. 5830 NE Alameda St. 503-330-2706. babbleon.freetoasthost.org.)

Deaf & Hearing Out Reach (DHOR) is a nonprofit organization dedicated to building community among deaf and hearing queers and allies. Visit our Web site for programs, services, events and community resources. (503-517-8880 TTY/voice. info@dhor.org. www.dhor.org.)

Elder Resource Alliance is a coalition of organizations and individuals working to enhance the lives of older members of the sexual minorities community through education, advocacy, outreach and resource development. Activities include sensitivity trainings, creating social change, recreational activities, information and assistance. (3:30-4:30 pm first Wednesday. Friendly House Community Center, 1737 NW 26th Ave. Rachel 503-224-2640. eracoordinator@yahoo.com.)

Equity Foundation is a nonprofit organization founded by gays and lesbians to build communities that embrace the dignity and worth of all people. Equity has distributed more than \$1.75 million in grants and scholarships throughout Oregon. (503-231-5759. www.equityfoundation.org.)

KB00-FM's Out Loud queer news and public affairs show, featuring local guests and announcements, airs second and fourth Tuesdays. **This Way Out**, the international queer show, airs on first, third and fifth Tuesdays. (6 pm. 90.7 FM Portland, 91.9 FM Hood River, 100.7 FM Willamette Valley. www.kb00.fm. kb00outloud@yahoo.com.)

Lesbian Community Project builds community and organizes for justice among lesbians and our allies. Sliding-scale membership is open to all women who love women. Call about events, classes, support groups, newsletter and volunteer opportunities. (800 NW Sixth Ave. #253. Mailing address: PO Box 5931, Portland, OR 97228. 503-227-0605. www.lesbiancommunityproject.org.)

Love Makes a Family is an international organization that provides a public voice for lesbian, gay, bi and trans headed families. Your membership supports queer parents and their children, works for safe schools and encourages equal rights for all couples. (503-228-3892. www.lmfamily.org.)

To register your **Multnomah County Domestic Partnership**, apply in person and bring \$60 cash to the first floor of the Multnomah County offices. (8 am-4:45 pm Monday-Friday, 501 SE Hawthorne Blvd. 503-988-3027.)

Queer-friendly **Northwest Veterans for Peace** meets Sundays at Tully's Coffee. (11 am. 935 NE Broadway. nwvp@teleport.com. www.peaceveterans.org.)

The **Oregon Safe Schools and Community Coalition** seeks to create safe schools and communities for families, educators and students statewide. (503-260-5792. www.oregonsafeschools.org.)

Pride at Work Oregon is a new affiliate of the AFL-CIO that lets union members rally support for gay, lesbian, bi and trans issues and lets the queer community support workplace rights and respect on the job. (PO Box 4731, Portland, OR 97208. 503-516-2498.)

Pride Northwest, a nonprofit, volunteer-run organization, produces Portland's Pride festival and parade every Father's Day weekend. (503-295-9788. info@pridenw.org. www.pridenw.org.)

Senior Housing and Retirement Enterprises (SHARE) is laying the groundwork for future gay and lesbian senior housing in the Portland area. Call to join a committee. (503-224-8881. www.sharepdx.org.)

The **Sexual Minorities Roundtable** meets second Tuesdays with representatives from the Multnomah County Sheriff's Office and the Portland Police Bureau to discuss and resolve issues between the queer community and law enforcement agencies. (Noon-1:30 pm. 1111 SW Second Ave. #1526. 503-823-0027.)

The **Trans/Identity Resource Center**, a program of Outside In, provides a Trans Health Clinic; the ID Project for name/gender change; Genderblendz, a weekly gathering for folks exploring/living within the gender/sexuality/identity spectrums; and Resources PDX, a list of medical and nonmedical professionals in the Portland area. (6-7:30 pm Monday, 1132 SW 13th Ave. Clinic: 503-535-3828. ID Project: 971-544-1574. www.resourcespdx.org.)

Veterans for Human Rights is a Portland-based group of queer war veterans and friends offering mutual support, social activities and assistance in accessing veterans services. (503-242-3585. groups.yahoo.com/group/vfhr.)

Political

Basic Rights Oregon (BRO), the state's largest grassroots queer rights political organization, lobbies the Legislature, educates the public and works to end discrimination through election activities. (PO Box 40625, Portland, OR 97240. 503-222-6151. www.basicrights.org.)

Democratic Party of Oregon's GLBT Caucus participates in policy decisions and outreach programs, recruits and supports candidates and delegates, and gives the sexual minorities community access to elected officials and candidates. (503-224-8200. glbt@dpo.org. www.dpo.org/caucus/glbt.)

Human Rights Campaign is the largest civil rights organization in the United States working to achieve gay, lesbian, bisexual and transgender equality. Volunteers are invited to monthly meetings at Jackman Joe's. (7 pm fourth Monday, 1111 NW 16th Ave. Aaron 503-715-7343.)

COMPLETE SPIRITUALITY AND NONMETRO LISTINGS AVAILABLE ONLINE AT WWW.JUSTOUT.COM

Old Lesbians Organizing for Change (OLOC), provides lesbians 60 and older the chance to meet like-minded women in our common struggle to confront ageism, to share mutual interests and to experience the joy of playing and working together. (1 pm second Wednesday. 503-286-3575.)

Radical Women are active in the struggle against bigotry and exploitation. Call us to get involved! (7 pm second Wednesday. 819 N Killingsworth St. 503-240-4462. rwpxd@igc.org.)

Professional

Oregon Education Association (OEA) Gay, Lesbian, Bisexual and Transgender Caucus is an organization for educators that works to protect the rights and interests of gay, lesbian, bi and trans teachers and students. (503-246-2073. oregonglc@care2.com. www.geocities.com/oregonglc.)

Oregon Tradeswomen promotes the success of women in the trades and educates girls and women about construction careers. Contact for meeting info. (1714 NE Alberta St. 503-335-8200. www.tradeswomen.net.)

Womyn Networking meets at Q Center to connect, educate and empower lesbian, bisexual and transgender businesswomen and their supporters. (69 SE Taylor St. Anne 503-768-4248. anne@rosecitymortgage.com.)

Support

Brother to Brother is a support and advocacy organization for African-American gay and bisexual men and their families living in the Portland metro area that sponsors activities and an HIV prevention program. (503-417-7991. info@brotabropdx.org. www.brotabropdx.org.)

Clackamas County Parents, Families and Friends of Lesbians and Gays (PFLAG) meets every fourth Tuesday at Atkinson Memorial Church in Oregon City. (7-9 pm. 710 Sixth St. 503-998-1450. www.clackamaspflag.org.)

The Dads Group is a social support group for gay, bi, trans or questioning men who are dads or want to be dads. Meets 7-9 pm first Tuesdays and third Wednesdays. (Mike 503-236-8339 or Terry 503-697-7004. www.thedadsgroup.com.)

Forest Grove Parents, Families and Friends of Lesbians and Gays (PFLAG) welcomes community members to its monthly meetings at Forest Grove United Church of Christ. (7 pm third Tuesday, 2032 College Way. 503-357-2442. fgpflag@aol.com.)

Frot Men Portland, a regional chapter of the Man2Man Alliance, is a support and advocacy coalition for men with a strong masculine identification whose primary erotic practice is frot and who do not participate in anal penetration. (pdx_frot@mac.com. www.man2manalliance.org.)

Hambleton Project offers networking and direct support services to lesbians with cancer and other life-threatening conditions. (503-335-6591.)

Late Awakenings, a support group for lesbians who came out later in life, meets monthly at Q Center. (7 pm first Tuesday, 69 SE Taylor St. #255. 503-227-0605.)

Multiple Sclerosis Self-Help Group for lesbians and gay men meets to share information and provide support in dealing with the challenges of living with multiple sclerosis. (6:30-8 pm third Wednesday. Melissa Greeney 503-223-9511.)

Northwest Gender Alliance is a monthly social and support group for individuals desiring to explore and express another gender. (PO Box 4928, Portland, OR 97208-4928. 503-533-8787. nwga@nwgapdx.com. www.nwgapdx.com.)

Portland Parents, Families and Friends of Lesbians and Gays (PFLAG) welcomes all to its monthly meetings at First United Methodist Church. (7 pm second Tuesday, 1838 SW Jefferson St. 503-232-7676. www.pflagpdx.org.)

TransFamilies is a support group for the family and friends of transgender people. Meets at First Congregational United Church of Christ. (1126 SW Park Ave. 503-228-7219.)

HEALTH

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.)

Sexual Assault Resource Center promotes social justice by eliminating sexual violence through support, advocacy and education. Services include a 24-hour confidential crisis line, free counseling and support groups, community education and volunteer opportunities. (Crisis: 503-640-5311. Business: 503-384-0480. www.sarcoregon.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.)

General

Breathe Free, the Oregon LGBTQ Coalition Against Tobacco, provides education around queer tobacco use and advocates for tobacco reduction in our communities. (503-784-5813. r.e.szego@cascaadiabhc.org.)

CityGuys, part of the Men's Prevention and Wellness department at Cascade AIDS Project, strives to help Portland gay/bi men keep informed and stay healthy by offering information, referrals, safer-sex supplies and risk-reduction counseling. (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. (888-875-7820. 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.gayyogaportland.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.)

Enjoy the relaxing and healing effects of a **free reiki treatment** at People's Food Co-op. (Noon-3 pm third Saturday, 3029 SE 21st Ave.)

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.)

Recovery

Center for Family and Adolescent Research offers free counseling for parents of drug-abusing youth 15 to 20 who refuse to go to treatment. Part of a federally funded treatment study to help qualifying parents engage resistant youth in counseling. (503-243-1065. www.ori.org/cfar/portland.)

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. (6:15-7 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.)

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.)

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.)

SOCIAL

Arts & Music

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.)

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.)

Film discussion group forming for gay, bi and trans men. Share your perspective regarding portrayals of sexual minority men in current films. Monthly activities include group outings to see films. (filmtalk@verizon.net.)

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

Portland Lesbian Choir is an informal, nonaudition community chorus for women of all ages to sing, socialize and share songs, melodies and talents. Directed by Ray Elliot, a talented and experienced leader. New members welcome to rehearsals at Ainsworth United Church of Christ on an open enrollment through fall 2006. (6:30-8:30 pm Wednesday, 2941 NE Ainsworth St. 503-727-3306. portlandlesbianchoir@hotmail.com. www.plchoir.org.)