

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. (503-349-4699. www.ourhouseofportland.org/programs/estherspantry.)

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 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., 6th 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 and housing services for people with HIV/AIDS. Programs include Our House (24-hour residential care), Neighborhood Housing and Care, Community Services and Swan House. To volunteer, contact Kathryn Siebert. (503-234-0175. www.ourhouseofportland.org.)

Partnership Project provides services to people with HIV/AIDS, their families and those at risk. Programs include Supporting Healthy Options for Prevention (SHOP), behavior change counseling to motivate people to protect themselves and their partners; HIV 101, providing basic information for people recently diagnosed; and Positive Living Series, a seven-week self-management series to assist you in taking care of your illness, give you skills to carry out normal daily activities and provide tools to manage emotional changes. Se habla español. (Intake Line: 503-517-3590. SHOP: Laura or Kurt 503-230-1202 or 877-795-7700. HIV 101: 503-230-1202. Positive Living: Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership.)

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.)

+talk is a five-week program for people living with HIV designed to reduce stress around talking about your HIV status and negotiating safer sex. New sessions start monthly. (Josh 503-223-5907. jferret@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.)

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

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.)

Social and Support Group discusses HIV issues for men at Quest Center. Meet other nice guys, share information and have fun. (7-8 pm Tuesday, 2901 E Burnside St. Terry 503-253-2292.)

Swan House is a specialized adult foster care home for low-income people with HIV/AIDS who need assistance with personal care, mobility, medications or drug/alcohol/mental health support. (Business: 503-786-4829. Volunteers: 503-234-0175. www.ourhouseofportland.org/programs/swanhouse.)

Tod's Corner in Milwaukie provides clothing, household items, companion pet care, cremations and more to people with HIV/AIDS. Call to donate or for services. (503-349-4699. www.ourhouseofportland.org/programs/todscorner.)

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 Lucky Lab Beer Hall to develop communications and leadership skills, including prepared speeches, impromptu speaking and running effective meetings. (4-5:30 pm Sunday, 1945 NW Quimby St. 503-330-2706. www.babble-ontm.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. eracordinator@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 \$2.8 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.kboo.fm. kbooutloud@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 queer-headed families. Your membership supports 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.)

Q Center is a space that increases visibility and fosters a connection within Portland's queer community. (1-5 pm Sunday, 4-8 pm Monday-Wednesday, 69 SE Taylor St. 503-234-7837. info@pdqcenter.org. www.pdqcenter.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 gathering for trans women who are exploring/living within the gender/sexuality/identity spectrums; and Resources PDX, a list of medical and nonmedical professionals in the Portland area. (Genderblendz: 6-7:30 pm first and third Monday, 1132 SW 13th Ave. Clinic: 503-535-3828. ID Project: 971-544-1574. www.resourcepdx.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 Q Center. (7 pm second Monday, 69 SE Taylor St. Aaron 503-715-7343.)

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. rwpdx@igc.org.)

Professional

The Next Level—the Portland area's first networking group specifically geared to young gay, lesbian, bisexual and transgender businesspeople—meets at Rose City Mortgage Specialists. (5:30-6:45 pm second Wednesday, 5200 SW Macadam Ave. Jake 503-768-4248. jake@rosecitymtg.com.)

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. oregonglbt@care2.com. www.geocities.com/oregonglbt.)

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 Made Network meets at Old Wives' Tales to connect, educate and empower lesbian, bisexual and transgender businesswomen and their supporters. (4:30-6 pm second and fourth Wednesday, 1300 E Burnside St. Anne 503-768-4248. anne@rosecitymtg.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@brotobrotpdx.org. www.brotobrotpdx.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.)

Queer Trying to Conceive Discussion Group meets at Q Center for all self-identified queer individuals and families who are considering or actively trying to conceive. (7 pm last Monday, 69 SE Taylor St. Yona 971-234-9591. queerttcpx@gmail.com.)

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.)

Tranz Guys Group is a peer support and discussion group that meets at Q Center for people assigned female at birth but identifying as trans men/guys, intersex, genderqueer, questioning, FTM, etc. Topics include medical and emotional health, coming out, "passing," hormones and relationships/sexuality. (6-8 pm third Sunday, 69 SE Taylor St. rej2433@yahoo.com.)

Views offers free peer counseling/support for gay and lesbian older adults. You are not alone. Group and individual support available. (Quince 503-489-2230.)

HEALTH

Anti-Violence

Bradley-Angle House provides emergency shelter for woman-identified domestic violence survivors. Individual support and advocacy are available for any queer person who has experienced emotional, physical or sexual abuse in their relationships. Many different support groups are forming to serve the sexual minorities community's diverse needs. Free, confidential and safe. (Crisis: 503-281-2442. Business: 503-232-7805, ext. 3. melissaa@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.sarcportland.org.)

Stop Abuse for Everyone (SAFE) provides resources for sexual minorities who fall through the cracks of traditional domestic violence services. (16869 SW 65th Ave. #212, Lake Oswego, OR 97035-7865. 319-441-1010. 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 FTM 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.)

Dual Diagnosis Anonymous is a peer support program based on a version of the 12 steps of Alcoholics Anonymous with an additional five steps focusing on dual diagnosis (mental illness and substance abuse). Meets at Live and Let Live Club. (7-8 pm Friday, 1210 SE Seventh Ave. 503-222-6468.)

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.)

Pos for the Cause, an HIV-positive gay men's Alcoholics Anonymous/12-step support group, meets in the basement of the rectory at St. Philip Neri Catholic Church. (7:30-8:45 pm Monday, 2408 SE 16th Ave. Jim 503-708-2603.)

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.portlandaaa.org.)

The Triangle Project at Cascadia Behavioral Health Care is Oregon's only alcohol and drug addiction treatment program specifically for the queer community. Safe, respectful, confidential and effective since 1986. Services include a group for gay and bi men struggling with meth addiction. (503-230-9654.)

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.)