

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.)

CityGuys hosts monthly HIV testing nights at The Escape and Steam; provides free risk reduction counseling, condoms and lube; and offers free rapid HIV testing and STD screening at the Men's Wellness Center. (5-9 pm Tuesday [HIV/STD] and Saturday [HIV only]. 928 SW Stark St. 503-445-7699. cityguys.org.)

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/.)

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, 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@cascaidaids.org.)

Manifest (formerly Q-LAND), a nonprofit men's wellness community, prevents and addresses HIV and STDs by empowering men to pursue their wellness passions together through programs like yoga, cycling, hiking, meditation, healing touch classes, vision teams, wellness coaching, information and referrals. (503-223-8822, ext. 1. www.manifestpdx.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.)

OHSU HIV Clinic provides comprehensive health care for people living with HIV/AIDS. Services include HIV specialty care, psychiatry, counseling, addiction treatment (including buprenorphine/suboxone), case management, same-day visits and online chart access. Appointments are available regardless of insurance. (503-494-8562.)

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 HIV Case Management; Supporting Healthy Options for Prevention (SHOP), behavior change counseling to motivate people to protect themselves and their partners; and HIV 101, providing basic information for people recently diagnosed. 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.)

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. (Shyle Ruder 503-223-5907, ext. 203. www.cascadeaids.org.)

Positive Living Series is a seven-week self-management series for people living with HIV/AIDS designed to assist you in taking care of your illness, give you skills to carry out normal daily activities and provide you with the tools to manage emotional changes. (Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership/fuzeon.html.)

+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. jferrer@cascaidaids.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@quest.net.)

The Research & Education Group provides access to HIV/AIDS research trials of new drugs and therapies for people in Oregon and southwest Washington. (2311 NW Northrup St. #105. 503-229-8428.)

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 offers free HIV testing for guys who have sex with other guys at community health clinics. No appointment needed. Results in 20 minutes. Se habla español. (Beaverton: 5:30-7:30 pm Monday, 12550 SW Second St. Hillsboro: 4-5:30 pm Tuesday and 9-11 am Friday, 266 W Main St.)

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-onm.org.)

Bisexual Community Forum is a space to meet people and freely discuss issues relevant to the bi community at Red and Black Cafe. Everyone is welcome. (7:30 pm first Monday, 400 SE 12th Ave. Laury 503-285-4848.)

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.)

Double Rainbow Foundation is available to help all queer parents who co-conceive children to be treated equally. We believe, regardless of gender, two adults in committed relationships who agree to co-create children should be given the same rights as heterosexual couples. (www.myspace.com/doublerrainbowfoundation.)

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 \$3 million in grants and scholarships throughout Oregon. (503-231-5759. www.equityfoundation.org.)

Getting Bi PDX is a women's group that meets for discussion, coffee and planning social events. (www.gettingbipdx.com.)

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.)

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.lmfamil.org.)

Manifest (formerly Q-LAND), a nonprofit men's wellness community, empowers men to pursue their wellness passions together through programs like yoga, cycling, hiking, meditation, healing touch classes, vision teams, wellness coaching, information and referrals. We manifest wellness and love through community. (503-223-8822, ext. 1. www.manifestpdx.org.)

Men's Wellness Center is a space dedicated to the health and wellness of gay/bi men offering a variety of fun social events, discussion groups, workshops, HIV/STD testing, free condoms and lube, risk reduction counseling, WiFi and Internet access. (5-9 pm Tuesday [testing only], 4-10 pm Wednesday-Saturday. 928 SW Stark St. 503-445-7699. cityguys@cascaidaids.org.)

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.oregonsafe-schools.org.)

Polyamory Circle is a gathering for folks exploring options beyond monogamy. Discussions include open relationships, extended families and intentional communities. Everyone is welcome. (7 pm third Monday. Laury 503-285-4848.)

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 volunteer-run 501(c)(3) nonprofit organization, seeks vendors and volunteers for the Portland Pride Festival, which is held every Father's Day weekend at Waterfront Park. (503-295-9788. info@pridenw.org. www.pridenw.org.)

Q Center is a space that increases visibility and fosters a connection within Portland's queer community. (1-5 pm Sunday, Tuesday and Thursday, 4-8 pm Wednesday. 69 SE Taylor St. 503-234-7837. info@pdxqcenter.org. www.pdxqcenter.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.)

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, recruits and supports candidates and delegates, and gives the sexual minorities community access to elected officials and candidates. (503-224-8200. www.stonewalloregon.org.)

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! (6:30 pm second and fourth Monday. 819 N Killingsworth St. 503-240-4462. rwpx@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. 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.)

Out & Equal Workplace Advocates, a collaborative network of local companies, serves as a resource to Oregon and Southwest Washington corporate employee resource groups in their efforts to advance workplace equality. (oeapdx.collectivex.com.)

Portland Area Business Association (PABA), an organization made up of businesses and individual professionals in the Portland/Vancouver area, recognizes the rewards and challenges of being in the business world and seeks to support and promote the efforts of its members. (503-280-7222. info@paba.com. www.paba.com.)

Support

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.)

Late Awakenings, a support group for lesbians who came out later in life, meets monthly at Q Center. (7 pm third Tuesday. 69 SE Taylor St. 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.)

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. re2433@yahoo.com.)

Unity Project of Oregon is a community of black and African-American same-gender-loving, gay, lesbian, bisexual and transgender people, friends and family dedicated to empowering and improving their quality of life through social change, justice and equality. (503-417-7991. www.unityprojectoregon.org.)

HEALTH

Anti-Violence

Bradley-Angle House provides emergency shelter for women-identified domestic violence survivors. Individual support and advocacy are available for any queer people who have experienced emotional, physical or sexual abuse in their relationships. Contact us to learn more about support groups and new "healthy relationships" workshops. Free, confidential and safe. (Crisis: 503-281-2442. *Sexual and Gender Minority Services Program*: 503-232-7805, ext. 3. melissa@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; operates a 24-hour crisis intervention hot line that provides referrals for shelter, counseling and support groups; provides sexual assault advocates; and offers a program for sex workers. Foreign language translation is 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.sarcaregon.org.)

Stop Abuse for Everyone (SAFE) provides resources for sexual minorities who fall through the cracks of traditional domestic violence services. (18869 SW 65th Ave. #212, Lake Oswego, OR 97035-7865. 503-853-8686. 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.szeago@cascaidaids.org.)

Men's Tantric Yoga offers body/mind/spirit health in a safe, structured environment for men to explore their connection to self and to others. Two classes weekly. (www.joega.com.)

Outside In operates a clinic for anyone who can't qualify for the Oregon Health Plan as well as needle exchange services that include those who inject hormones. Provide transitional housing for youth 20 and younger and for those HIV-positive and younger than 23. Need volunteers of all ages. (10 am-6 pm Monday-Friday. 1132 SW 13th Ave. 503-535-3800. www.outsidein.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.)

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

Beat the Blues, a peer-led depression support group, helps men brainstorm actions and seek support for sustaining efforts to move toward their wellness vision and overcome challenges. (6-8 pm first and third Sunday. \$5-\$20 donation. RSVP to 503-223-8822, ext. 1, or www.manifestpdx.org/calendar.)

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

Al-Anon GLBT in the Couve, a 12-step recovery fellowship of families and friends whose lives have been affected by alcoholism, meets in Room 19 at Vancouver Heights United Methodist Church in Vancouver, Wash. (7-8:15 pm Wednesday. 5701 MacArthur Blvd.)

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.)

HIV + AA Meeting at Rosewood Apartments invites those in recovery who are either infected or affected by the disease. (7 pm Monday and Thursday. 4810 NE Sandy Blvd.)

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.)

Man2Man Recovery Group invites gay, bisexual and questioning men to explore their relationship with drugs and alcohol, past or present, at the Men's Wellness Center. Newcomers should arrive a half-hour early for orientation. (6-7:30 pm Wednesday. 928 SW Stark St. \$10 a meeting. Mike Binks 503-281-3318, ext. 36. www.sccpdx.org.)

Poz for the Cause, a 12-step recovery group for anyone infected or affected by HIV who has a desire to stop the suffering associated with alcohol and drug abuse, meets at Rosewood Center. (7-8:15 pm Monday and Thursday. 4810 NE Sandy Blvd. Tom 503-916-9693.)

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.)</