

OUTREACH

continued from page 37

(503-260-5792. www.oregonsafeschools.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, held June 13-14, 2009. (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. 4115 N Mississippi Ave. 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/vthr.)

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.)

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. nwpdx@igc.org.)

Professional

The Next Level, a networking group for business-people to make friends and build relationships, meets twice a month around Portland. (Jake 503-475-3788. 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.collectivevex.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.)

Daddies and Papas, a social and support

network for queer men raising children in the Portland area, offers play dates for kids, parenting tips and resources at Q Center. Membership is open to active, aspiring and retiring fathers and their children. (10 am-noon third Saturday. 4115 N Mississippi Ave. daddiesandpapas@gmail.com.)

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. 4115 N Mississippi Ave. 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. rej2433@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 the 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. 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; 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.sarcoregon.org.)

Stop Abuse for Everyone (SAFE) provides resources for sexual minorities who fall through the cracks of traditional domestic violence ser-

vices. (16869 SW 65th Ave. #212, Lake Oswego, OR 97035-7865. 503-853-8886. 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@cascadiabhc.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@stone-wallsschool.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 Womens Support Group on Thursdays and an FIM Trauma Survivor Support Group on Wednesdays. (1111 SW 10th Ave. 503-294-7440.)

Recovery

Al-Anon GLBT in the Cove, 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.oni.org/ctar/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, alcohol and compulsive behaviors, past or present. Newcomers should call first to schedule an orientation. (6-7:30 pm Wednesday. 4225 NE Tillamook St. 510 a meeting. Mike Binks 503-740-0573.)

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.)

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.)

Sunday Over the Rainbow, a 12-step Al-Anon group primarily for the sexual minorities community, helps family and friends of those addicted to alcohol or drugs on their own path to health and recovery. Meets in the Channing Room at First Unitarian Church of Portland. (5:15-6:30 pm Sunday. 1011 SW 12th Ave.)

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.)

»SOCIAL

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.)

Fits Bowling invites you to come join this fun, friendly, alternative league at AMF Pro 300 Lanes. (7 pm Friday. 3031 SE Powell Blvd. 503-234-0237.)

The Forest Group, an outdoor activities social group, welcomes lesbians of all ages and skill levels to hike, snowshoe, ski, kayak, camp and more. (forestgrouppdx@yahoo.com.)

Gay Men's Walking Group invites gay, bi and questioning men to stroll in various neighborhoods around Portland for fun, friendship and exercise. (10 am Saturday. Tom 503-984-4549.)

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

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

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. daniel@outdancing.info. www.outdancing.info.)

OutKayaking, Portland's gay and lesbian sea kayak group, explores the lakes, rivers and bays of northwest Oregon and southwest Washington. (www.outkayaking.org.)

PDX Pride Bowling League is recruiting for fun games Friday nights September through April. (info@pdxpridebowl.com.)

PDX NetRippers is Portland's queer soccer organization with competitive indoor soccer, outdoor scrimmages, practices for all levels and regional tournaments. (Kyle bendoverbeckham@gmail.com. www.myspace.com/netrippers.)

Portland Gay & Lesbian Bowling Association celebrates 30 years with its 2007-08 season. Meets Sundays from Labor Day through Memorial Day at Hollywood Bowl. Drop-ins welcome anytime. (3:30 pm. 4030 NE Halsey St. Mailing address: PO Box 42034, Portland, OR 97232. 503-693-6261. pdxbowl@yahoo.com. www.pdxbowl.com.)

Portland Gay Basketball Association welcomes all skill levels. (groups.yahoo.com/group/PortlandGayBasketballAssociation.)

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.)

Portland Riptides, a new queer master's swimming team, seeks interested members. (portland-riptides@gmail.com.)

Rose City Softball Association is Oregon's largest queer sports organization. All levels of play are offered in both women's and open slow pitch divisions, from beginner to advanced, in a safe, friendly environment. (membership@rosecitysoftball.org. www.rosecitysoftball.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.)

She Rocks, a supportive rock climbing group for lesbians 18 and older, organizes year-round climbing and training events chosen according to skill level. Monthly meetings are held at Bagdad Pub. (6:30-7:30 pm second Thursday. 3702 SE Hawthorne Blvd. www.sherocks.welpaint.com.)

Team Tennis meets Sundays at University of Portland. All levels welcome, and the first time is free. (8 am-noon. www.teamportland-tennis.org.)

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. apig.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 Welcoming Munch at 7 pm every second Tuesday. (503-972-2233. www.pdxbadgirls.net.)

Bookwomen is a lesbian discussion group that meets monthly to share stories, favorite authors, top 10 lists and opinions and reviews of the assigned book. (503-684-0305. mikkata@comcast.net.)

Border Riders Motorcycle Club provides social opportunities for gay men interested in recreational motorcycle touring and promotes education on safe and legal machinery. (503-281-4488. brcmprez@yahoo.com.)

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.)

A Common Bond is a social support network for former or questioning Jehovah's Witnesses who are queer. (acbpportland@webtv.net.)

Coasure 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/coasure.)

F.A.G. PDX (Femme Affinity Group Portland), a radical activist and social group open to self-identified femmes of all genders, seeks to create solidarity among femmes, promote femme visibility and combat femmephobia in the community at large. (www.notsorry.org/fagpdx.)

50+ lesbian social group for women meets on the third Saturday of the month. (4-7 pm. 503-642-3360 or 971-216-1173. saturday@aol.com.)

FTM Pacific NW OR 6 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. (flapats@yahoo.com.)

Gay Men Who Have Lost Their Partners meets at the West Cafe to provide an opportunity for conversation and socializing. The death need not have occurred recently. (7:30 pm second Wednesday. 1201 SW Jefferson St. 503-701-9376.)

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

Happy Ours Productions is a grassroots group dedicated to building the visibility, community participation and collective leadership of lesbian women of color through a wide variety of social, networking, consciousness-raising and action-oriented activities, events and projects. (www.happypoursproductions.com.)

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