

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, INC. is an international organization that provides a public voice for queer families. We educate and advocate for family equality, social justice and peace. Your membership supports parents and their children, works for safe schools and encourages equal rights for all couples. Come volunteer at our two booths at the Oregon State Fair with the themes "Equality is a Family Value" and "Peace is a Family Value." (503-228-3892. www.LMFamily.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/trans men offering a variety of health and social events, discussion groups, workshops, HIV/STD testing, free condoms and lube, risk reduction counseling, Wi-Fi and Internet access. (5-9 pm Tuesday [testing only], 4-10 pm Wednesday-Saturday, 928 SW Stark St., 503-445-7699, cityguys@cascadiadads.org.)

Queer-friendly **NORTHWEST VETERANS FOR PEACE** meets Sundays at Tully's. (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.)

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.)

THE PORTLAND LESBIAN GARDEN CLUB welcomes women at all levels of gardening experience and offers a spring and fall plant exchange and four social events annually. A nominal fee is requested for membership, which includes an invitation to join a private Yahoo chat group. Reach them at 503-909-2002 (Lorinda) or at lcpdx.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 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, a non-profit organization, is Portland's LGBTQ Community Resource Center. We're an organization whose mission it is to foster wellness and connectivity to Portland's Lesbian, Gay, Bisexual, Trans, and Questioning populations. There are dozens of events and groups that meet here, some with a focus on specific topics (like coming out or gender identity) and others aimed at fun (like sing-along piano cabarets or craft nights). Many of these options are free-of-charge and run by volunteers. In addition to our programmatic offerings, we are also a safe and friendly place to spend an afternoon or evening. With our monthly art exhibits, extensive library collection, pool table, and Resource Wall, there's always something to see when you stop in. Q Center is also a rental property that affords great physical space and visibility to people and other organizations. (4115 N Mississippi Ave., www.pdxqcenter.org, 503.234.7837, info@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, rwpxd@igc.org.)

Professional

THE NEXT LEVEL, a networking group for businesspeople 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. (loepdx.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., 503-341-3208, www.clackamaspflag.com.)

CO-DEPENDENTS ANONYMOUS-GAYS AND LESBIANS WHO LOVE TOO MUCH. Are you addicted to relationships or people with problems? Do you take more than 50% of the blame, guilt or responsibility in any relationship? Come join us in a journey of hope and recovery on Mondays, at the Alano Club, 909 NW 24th Ave., in the Board Room. (7:30-8:30 pm, contact Anthony G. at 503-729-3102)

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. (New time: 3-5 p.m., third Saturday of each month, 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 the 4th Thursday of the month at the Q Center (4115 N Mississippi Ave). For more information call Brett 503-310-4723 or Terry 503-697-7004 or visit www.thedadsgroup.com.

FOREST GROVE PFLAG (PARENTS, FAMILIES, AND FRIENDS OF LESBIANS AND GAYS) welcomes everyone to its monthly program and support meetings at the Forest Grove United Church of Christ. (7 pm, third Tuesday monthly, 2032 College Way, PFLAG.FG@gmail.com, 503-232-7676, www.grovenet.org/WesternWashingtonCounty/pflag/index.html)

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.)

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, gender-queer, 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 their quality of life through social change, justice and equality. (503-417-7991, www.unityprojectoregon.org.)

» HEALTH 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. Counseling is also available for adolescents 13-17 who have both substance abuse and depression, as well as for adolescents 15-22 who use methamphetamine. All of our programs are part of a federally funded treatment study to help qualifying parents engage resistant youth in counseling, have a family therapy focus, and are free of charge. (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, alcohol and compulsive behaviors, past or present. Newcomers should call first to schedule an orientation. (6-7:30 pm Wednesday, 4225 NE Tillamook St., \$10 a meeting, Mike Binks 503-740-0573.)

POZ FOR THE CAUSE, a 12-step recovery group for anyone infected or affected by HIV or Hepatitis C who has a desire to stop the suffering associated with alcohol and drug abuse, meets at Rosewood House. (7-8:15 pm Mondays, 4810 NE Sandy Blvd., Tom @ 503-916-9693 and Fred @ 503-805-5895.)

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.)

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.)

RUSH HOUR REPRIEVE is an open Alcoholics Anonymous meeting. (5:30 pm Monday-Friday, 1210 SE Seventh Ave., 503-772-5213.)

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 PREVENTION PROGRAM offers testing and treatment for sexually transmitted infections, HIV testing, Hepatitis C and syphilis testing to those at highest risk, 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 11:00-4:30 pm Wednesday, 426 SW Stark St., Sixth Floor, 503-988-3700.)

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 work-

ers. 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 services. (16869 SW 65th Ave., #212, Lake Oswego, OR 97035-7865, 503-853-8866, 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.)

MANIFEST is a Portland area non-profit men's wellness community that empowers men to pursue their wellness visions & passions together in more than 40 events & classes each month, including yoga, cycling, hiking, Tai Chi, healing touch, Sex & Intimacy Group, Work & Abundance Group, etc. (503-223-8822 xl or www.manifestpdx.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.)

SELF-INJECTION MEDICATION SUPPORT GROUP provides a monthly education and support group for people taking any medication that requires self injection (Fuzeeon, Insulin, Interferon, Vitamin B12, Testosterone) or those who are considering taking those medications. Providers, care givers and support people are also welcome. Group meets the fourth Tuesdays of the month from 1-2:30 p.m. at Our House at 2727 SE Alder St., Portland, OR 97214. (For information or to RSVP contact Julie Graven, RN Partnership Project Nurse Case Manager at 503-720-6939 or 503-413-6389 www.ohsu.edu/partnership.)

Enjoy the relaxing and healing effects of a free reiki treatment at **PEOPLE'S FOOD CO-OP**. (Noon-3 pm, third Saturdays, 3029 SE 21st Ave.)

» 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.)

FOREIGN FILM GROUP meets every second and fourth Sunday to screen foreign films at various venues, followed by a group discussion. (pdxgayfilm@yahoo.com.)

PORTLAND GAY MEN'S CHORUS is open to singers, support members and volunteers. (503-226-2588, www.pdxgmc.org.)

PORTLAND LESBIAN CHOIR, a nonaudition community chorus, encourages women who love to sing in harmony-regardless of musical experience, age, race or sexual orientation-to join us for singing, skill building, socializing and fun, led by director Casey Moffett-Chaney. Rehearsals take place at Ainsworth United Church of Christ. (6:30-8:30 pm Wednesday, 2941 NE Ainsworth St., 503-727-3306, portland-lesbianchoir@hotmail.com, www.plchoir.org.)

PORTLAND GAY SYMPHONIC BAND always welcomes new members, from accomplished musicians to those who have not played since high school. (www.portlandgaysymphonicband.org.)