

OUTREACH

» 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 800, 208 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 (5-9pm Tuesdays and 11am-2pm Wednesdays for HIV/STD, 5-9pm Saturdays for HIV only, 209 SW Fourth Ave., 503-445-7699. cityguys@cascadeaids.org.)

CLACKAMAS COUNTY COMMUNITY HEALTH IN OREGON CITY offers anonymous and confidential HIV testing and counseling for gay and bisexual men. No needles! Free condoms! Call for appointment or walk-in testing times. (3:30-6:30 pm Tuesday, 1425 Beaver Creek Road, Clinic: 503-655-8471. Information: 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 11:00-4:45 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. We are in need of volunteers to work in the kitchen, meal delivery drivers, massage therapists and folks to help cook lunch to clients on Fridays. Feel free to call Mara at 503-460-3822. (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. (209 SW Fourth Ave., 503-278-3868. thelink@cascadeaids.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 in NE Portland. 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 ALL ABOUT HIV, providing basic information for people living with HIV/AIDS. Se habla español. (Intake Line: 503-517-3590. SHOP: Laura or Kurt 503-230-1202 or 877-795-7700. ALL ABOUT HIV: 503-230-1202. Positive Living: Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership.)

PORTLAND AREA HIV SERVICES PLANNING COUNCIL: WE WANT YOU to join us in planning services for people living with HIV/AIDS in the six-county metro area. This decision-making body identifies needed services and allocates Ryan White Program funds annually. We need members from all

OUTREACH listings of up to 50 words are provided free of charge to organizations and groups specifically serving the sexual minorities community. All listings are subject to editing, and inclusion is subject to space limitations, relevance and receipt by deadline. The deadline for submissions is 14 days prior to publication. Listings expire once a year (in July), and submissions run from the date received until the next scheduled expiration date. Listings are automatically deleted upon expiration. To ensure uninterrupted listing, please submit updated information at least a month prior to the expiration date. Send listings to: Just Out (attn: Outreach), P.O. Box 14400, Portland, OR 97293-0400; Fax submissions to 503-236-1257 or e-mail justout@justout.com. Submissions cannot be accepted over the phone. Please type your announcement and include contact information.

walks of life. (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. 202. 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.)

POSITIVE SUPPORT ASSOCIATION (PSA) supports all persons (LGBTQ and Straight) that have been affected by the HIV/AIDS epidemic here in the Pacific Northwest. The PSA maintains a comprehensive web site that people can visit to help newly diagnosed persons get help and support. The PSA is also seeking volunteers to assist in HIV/AIDS Awareness Projects, including our Peer Positive Mentorship Program. (www.positive-support.org)

†ALK 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 at 503-278-3864. jferrer@cascadeaids.org.)

QUEST CENTER FOR INTEGRATIVE HEALTH 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. info@quest-center.org.)

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.)

SELF-INJECTION MEDICATION SUPPORT GROUP provides a monthly education and support group for people taking any medication that requires self injection (Fuzeon, 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.)

SOCIAL AND SUPPORT GROUP discusses HIV issues for men at Quest Center. Meet other nice guys, share information and have fun. (7-8 pm Tuesdays, 2901 E Burnside St., contact Arthur at 503-290-9389.)

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

» 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.)

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.portlandsa.org.)

SURVIVORS OF INCEST ANONYMOUS (SIA) meets each Wednesday at 6 p.m. at the Alano Club and welcomes any sex abuse survivors age 18 and older. Newcomers are welcome! (909 NW 24th St.)

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 provides emergency shelter for women-identified domestic violence survivors. LGBTQ-specific services include a weekly all-genders support group facilitated by a queer-identified advocate. Individual support and advocacy is available for self-identified LGBTQ persons experiencing physical, emotional, sexual or economic violence within an intimate relationship. Free, confidential and safe. (Crisis line: 503-281-2442; 503-384-8790. lupitam@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.sarcportland.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.)

MEN'S WELLNESS CENTER is a space dedicated to the health and wellness of men into men, offering a variety of health and social events, discussion groups, workshops, HIV/STD testing, free condoms and lube, risk reduction counseling, WiFi and Internet access. (3-9 pm Wednesday-Saturday. Testing on Tuesday 5-9 pm, Wednesday 11 am-2 pm, Saturday (HIV only) 5-9 pm, 209 SW Fourth Ave., 503-445-7699. cityguys@cascadeaids.org.)

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 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 (Fuzeon, 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.)

PEOPLE'S FOOD CO-OP: Every third Saturday, enjoy the relaxing and healing effects of a free reiki treatment. (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. (pdxgafilm@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 Kirsten Hart and assistant director Anya Lysak. Rehearsals take place at Ainsworth United Church of Christ. (6:45-8:45 pm Wednesday, 2941 NE Ainsworth St. portlandlesbianchoir@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.)

ROSE CITY GAY FREEDOM MARCHING BAND performs once a year during Portland Pride. Drums and horns and flags. oh my! (www.rcgfb.org.)

ROSE CITY SWING is a traditional 16-piece big band performing everything from classic dance standards to contemporary swing. Membership by audition. (www.rosecityswing.org.)

SATORI MEN'S CHORUS welcomes new members of all ages and races, regardless of sexual orientation or musical background, to join Wednesday rehearsals. No audition necessary. (503-242-4244. www.satorichorus.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 out-