

## Youth Services

Portland metro's LGBTQ youth community is fortunate to have plentiful resources, support groups, social clubs and educational programs offered in the region. Through a passionate network of nonprofit organizations, empowered youth activists and a commitment to providing safe spaces, outreach and leadership skill training, the organizations that follow have put in the hours and dollars to help the youth community realize that they are not alone—and that it *does* get better.

—Ryan J. Prado

### SMYRC

Sexual & Gender Minority Youth Resource Center

503-872-9664 + [smyrc.org](http://smyrc.org)

SMYRC creates safety and support for LGBTQ youth in Oregon through youth empowerment, community building, education and direct services.

### The Pride Project

503-260-5792 + [prideproject.org](http://prideproject.org)

The Pride Project is a program for LGBTQ youth 21 and under in Washington County.

### TransActive

[TransActiveonline.org](http://TransActiveonline.org)

TransActive provides necessary support to improve the quality of life of transgender and gender non-conforming children, youth and their families through education, services, advocacy and research.

### The Trevor Project

866-4-U-TREVOR (866-488-7386) or [trevorproject.org](http://trevorproject.org)

The Trevor Project is a national 24-hour, toll-free confidential suicide hotline for LGBTQ youth.

### PFLAG

[PFLAGPDX.org](http://PFLAGPDX.org) + [ClackamasPFLAG.com](http://ClackamasPFLAG.com)

PFLAG supports LGBTQ persons, their families and friends through love, understanding, education and advocacy.

### Outside In

503-535-3800 + [outsidein.org](http://outsidein.org)

Outside In's mission is to help homeless youth and other marginalized people move toward improved health and self-sufficiency.

### The Living Room

"The Living Room, Clackamas County" on Facebook

The Living Room is a program for LGBTQ youth ages 14-20 in Clackamas County.

### PSU QRC

Portland State University's Queer Resource Center

503-725-9742 or [qrc.pdx.edu](http://qrc.pdx.edu)

### QPOWER

[basicrights.org](http://basicrights.org)

QPOWER is a group of young, motivated leaders committed to fighting to pass the policies and elect the candidates that will bring full equality to Oregon.

### Queer Scouts PDX

"Queer Scouts PDX" on Facebook

### GLSEN Oregon

503-936-5614 + [glsen.org/oregon](http://glsen.org/oregon)

The Gay, Lesbian & Straight Education Network strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

the Portland area, teaches new recruits and takes dives in Tacoma, Hood Canal and other Pacific Northwest waters. ([rubyredflippers@yahoo.com](http://rubyredflippers@yahoo.com))

**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.wetpaint.com](http://www.sherocks.wetpaint.com))

**Team Portland Tennis** meets Sundays at University of Portland. All levels of play welcome. (8 am-noon. [www.teamportland-tennis.org](http://www.teamportland-tennis.org))

## »COMMUNITY Support

**Clackamas County PFLAG** (Parents, Families, and Friends of Lesbians and Gays) meets every fourth Tuesday at Atkinson Memorial Church in Oregon City. (7-9 pm. 710 Sixth St. 503-341-3208. [www.clackamaspflag.com](http://www.clackamaspflag.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.)

**Central City Concern's Women's Homeless Veterans Reintegration Program** provides employment and housing services to female Veterans who are homeless or in transition. Resume building, job search skills and general case management can help you in your quest for self-sufficiency! (2 NW 2nd Ave, 503-226-7387)

**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. (10am-Noon, third Saturday of each month. 4115 N Mississippi Ave., [daddiesandpapas@gmail.com](mailto: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. For more information call Brett 503-310-4723 or Terry 503-697-7004 or visit [www.thedadsgroup.com](http://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](mailto:PFLAG.FG@gmail.com). 503-232-7676. [www.grovenet.org/WesternWashingtonCounty/pflag](http://www.grovenet.org/WesternWashingtonCounty/pflag))

**Gay/Bisexual Men's Therapy Group**. This weekly therapy group is meant to create a safe space where gay, bisexual, queer men and the like from the Portland/Vancouver area can intimately discuss issues relevant to their lives. Our goal is to help gay men build intimacy and trust in ways that facilitate interpersonal growth, depth, and connection. If you are interested in becoming involved in the Gay Men's Therapy Group, or if you would like information about fees and the initial assessment process, please contact Dr. Rich Nobles, Psychologist Resident, at Portland Psychotherapy at 503.281.4852 ext. 6. Please leave a message and Dr. Nobles will return your call shortly.

**GLBTQI** disability group brings together the GLBTQI community with physical disabilities of all types, and friends, for activities such as movie-going, music, eating out and exploring Portland. (For information, 503-213-3801 or [pdqglbtqdisabled@comcast.net](mailto:pdqglbtqdisabled@comcast.net))

**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](mailto:nwga@nwgapdx.com))

**Portland PFLAG** (Parents, Families, and Friends of Lesbians and Gays) 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](http://www.pflagpdx.org))

**Positive Support Association** supports all persons 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](http://www.positive-support.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.)

**TRANS-FEM** strives to engage and unite anyone on the trans-feminine spectrum through community building, social events, and activism. Meetings at Q Center every third Tuesday from 7-9 p.m. ([Flora.ivy@gmail.com](mailto:Flora.ivy@gmail.com) or [AJFauna@gmail.com](mailto:AJFauna@gmail.com))

**Parent Access to Gender Expression Support (PAGES)** group for parents and family members of gender non-conforming and transgender children and youth age 18 and younger. PAGES provides an opportunity for parents and family of trans youth to share their experiences with one another in a secure and supportive setting. PAGES group meetings are free to participating family members and caregivers. Childcare is available if needed. (7-9 pm, second Monday of every month. For information and to register, 503-927-7052, [family@transactiveonline.org](mailto:family@transactiveonline.org))

**Tranz Guys** 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. [tranzguys@gmail.com](mailto:tranzguys@gmail.com); [tranzguyspdx.org](http://tranzguyspdx.org))

**Veterans for Human Rights** is a non-profit Veterans Organization that promotes the full recognition and equal protection of active reserve and Veteran members of the U.S. Armed Forces. VFHR advocates for gays, lesbians, and bisexuals to serve openly in the U.S. Military. VFHR opposes all forms of discrimination and promotes patriotism. (971-235-7432, [vfr.org](http://vfr.org) or Facebook "Veterans for Human Rights")

**Gay & Grey** is a program of Friendly House working to enhance the lives of older individuals 60 or better through education, advocacy, housing support, outreach and resource development. Activities include a monthly social on the second Thursday of each month, yoga classes, diversity trainings, and a host of other activities geared towards the attendees interests. For current educational and social opportunities call 503-228-4391 or [mchamberlin@friendlyhouseinc.org](mailto:mchamberlin@friendlyhouseinc.org)

## Political

**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. [rwpdx@igc.org](mailto:rwpdx@igc.org))

**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. (503-222-6151. [www.basicrights.org](http://www.basicrights.org))

**Democratic Party of Oregon's GLBT Caucus** participates in policy decisions and outreach, recruits and supports candidates and delegates, and gives sexual minorities access to elected officials and candidates. (503-224-8200. [www.stonewalloregon.org](http://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.)

## General

**Home Free**, a program of Volunteers of America for women and children surviving domestic violence has openings for compassionate people to assist in our restraining order advocacy program. You will provide emotional support, safety planning and resource referrals. Training is provided covers dynamics of domestic violence, with an emphasis on legal issues. Last year, advocates assisted over 2,400 petitioners! Call Jen at 503.802.0494 to get more information & to take action.

**Babble-On Toastmasters**, Portland's most diverse Toastmasters club, meets every Sunday afternoon to have fun while developing communications and leadership skills. Laughter and applause guaranteed. Contact 503-330-2706 or visit [www.babble-ontm.org](http://www.babble-ontm.org) for meeting time and location.

**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](mailto:info@dhor.org). [www.dhor.org](http://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. <http://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](mailto: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 \$2.8 million in grants and scholarships throughout Oregon. (503-231-5759. [www.equityfoundation.org](http://www.equityfoundation.org))

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

**KBOO-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](http://www.kboo.fm). [kbooutloud@yahoo.com](mailto:kbooutloud@yahoo.com))

**Queer-friendly Northwest Veterans for Peace** meets Sundays at Tully's Coffee. (11 am. 935 NE Broadway. [nwvp@teleport.com](mailto:nwvp@teleport.com). [www.peaceveterans.org](http://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](http://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, which is held every Father's Day weekend at Waterfront Park. (503-295-9788. [info@pridenw.org](mailto:info@pridenw.org). [www.pridenw.org](http://www.pridenw.org))

**Q Center** is a space that increases visibility and fosters a connection within Portland's queer community. (4115 N. Mississippi, 503-234-7837. [info@pdxqcenter.org](mailto:info@pdxqcenter.org). [www.pdxqcenter.org](http://www.pdxqcenter.org))

**Senior Housing and Retirement Enterprises (SHARE)** has closed their doors and turned their program over to Friendly House. SHARE activities and advocacy is now incorporated in Gay & Grey. For assistance or to get involved please call 503-228-4391.

**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.)

## Physical Recreation

**The 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](http://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](http://www.amazondragons.org))

**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.)

**Turf Girlz Golf Group**. [www.turfgirlz.com](http://www.turfgirlz.com)

**Lesbian Equestrian Group** gets together for equestrian activities in the Pacific Northwest. (Denise 503-654-3865. Lynn 503-777-2339. [kelrav@rdrop.com](mailto:kelrav@rdrop.com))

**Out Dancing** teaches dancing for same-sex couples at Ankeny Street Studio. Classes for different dance styles start each month: country, swing, tango, cha-cha, etc. Call for schedule. (503-236-5129. [out\\_dancing@yahoo.com](mailto:out_dancing@yahoo.com). [home.att.net/~outdancing](http://home.att.net/~outdancing))

**Out Kayaking**, Portland's gay and lesbian sea kayak group, explores the lakes, rivers and bays of northwest Oregon and southwest Washington. ([www.outkayaking.org](http://www.outkayaking.org))

**PDX Pride Bowling League** is recruiting for fun games Friday nights September through April. ([info@pdxpridebowl.com](mailto: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](http://www.myspace.com/netrippers))

**Portland Gay & Lesbian Bowling Association** 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](mailto:pdxbowl@yahoo.com). [www.pdxbowl.com](http://www.pdxbowl.com))

**Portland Gay Basketball Association** welcomes all skill levels. ([groups.yahoo.com/group/PortlandGayBasketballAssociation](http://groups.yahoo.com/group/PortlandGayBasketballAssociation))

**Portland Frontrunners** welcomes gay, lesbian, bi and trans people of all abilities and interests, whether you're a running novice or a seasoned marathoner. (Gary [info@portlandfrontrunners.org](mailto:info@portlandfrontrunners.org). [www.portlandfrontrunners.org](http://www.portlandfrontrunners.org))

**Rose City Softball Association** is Oregon's largest sports organization for the GLBT community. With open and women's divisions at all levels, RCSA plays slow-pitch softball games on most Sundays throughout the summer at Gordon Faber Recreational Complex in Hillsboro. Join a team or form a new one! (4450 NW 229th Ave. [membership@rosecitysoftball.org](mailto:membership@rosecitysoftball.org). [www.rosecitysoftball.org](http://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](http://www.rosetownramblers.com))

**Ruby Red Flippers**, a group of gay and lesbian scuba divers in