

»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 5th Ave., 503-223-5907, Oregon HIV/STD Hotline 800-777-2437.

CAP Vancouver offers free rapid HIV testing to men who have sex with men in Vancouver, Wash. (11am - 1pm Tuesdays, 4 - 8pm Thursdays. 3701 E. Fourth Plain Blvd. 360-750-7964)

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.)

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/partnershipfuzeon.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.)

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 every month for social events, discussions and other outings. (209 SW 4th Ave., 503-278-3868 thelink@cascadeaids.org.)

Manifest, 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 Health Department's HIV Community Test Site offers confidential testing by appointment. 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.)

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, 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. 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/partnershipfuzeon.html.)

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)

+alk is a five-session program for people living with HIV designed to reduce stress around talking about your HIV status and negotiating safer sex. New groups start regularly. (Ben at 503-278-3868 or bgerntz@cascadeaids.org)

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.

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@qwest.net.)

The Research & Education Group provides access to HIV/AIDS research trials of new drugs and therapies. (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 provides free needle-free HIV testing services for gay and bi men at community health clinics in Beaverton and Tigard. (Beaverton: 5:30-7:30 pm Monday, 12550 SW Second St. Tigard: 5:30-7:30 pm Thursday, 15296 SW Royalty Parkway. 503-846-4965.)

»HEALTH

Anti-Violence

Bradley Angle provides emergency shelter for domestic violence survivors of all genders. 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. Healthy Relationships classes are offered several times a year. Free, confidential and safe. (Crisis line: 503-281-2442, lupitam@bradleyangle.org. 503-595-9591 x305)

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.)

Kids on the Block Awareness Program, a service of Impact NW, is a valuable resource for the children, parents and teachers with topics like Preventing School Violence, Appreciating Cultural Differences, Making Healthy Choices and more. Visit kidsontheblockimpactnw.blogspot.com for more information.

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.)

General

Breathe Free, the Oregon LGBTQ Coalition Against Tobacco, provides education around queer tobacco use and advocates for tobacco reduction. (503-784-5813. r.e.szego@cascadiabhc.org.)

Dharma Queens. A Buddhist-based gay men's weekly meditation group. Trans friendly. (Meets Thursdays 7-8:00 p.m. and Sundays 11:00 a.m.-Noon, Ankeny House, 2006 SE Ankeny, RSVP via website: meetup.com/Dharma-Queens)

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.elementalhealing.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.)

Pivot is a community space for men into men. We offer a variety of programming that is both social and educational in nature, a drop in space (that's right, sip our coffee and use our WiFi for free, we don't mind), and weekly STD/HIV testing. Oh yeah, free condoms and lube, too. Drop by. Get into something different. (Wed - Sat 3-9pm. 209 SW Fourth Ave. 503-445-7699. www.pivotpdx.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.)

Recovery

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.)

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. 503-292-1333, 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 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.)

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 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. www.cascadiabhc.org)

Sexual

Axis is a free, two-session, one-on-one counseling program designed to help you take the stress out of safer sex and work toward reducing your risk. Help take the stress out of safer sex! Held at Pivot, 209 SW 4th Ave., 503-445-7699, pivot@pivotpdx.org

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.)

Pivot offers free HIV and STD testing for gay/bi/trans and all men who have sex with men (because we think that's hot). All testing is walk in and done on a first come, first served basis. Spanish speaking testing staff available: Tuesdays 5 - 8:30PM (HIV/STD), Wednesdays 1 - 3:30PM (HIV/STD), Saturdays 5 - 8:30PM (HIV only). 209 SW 4th Ave. 503-445-7699, pivot@pivotpdx.org

»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 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.)

Foreign Film Group meets every second and fourth Sunday to screen foreign films at various venues, followed by a group discussion. (pdx-gayfilm@yahoo.com.)

Motherlode Music Weekend. Spend Easter in the company of delightful women...play music, have fun, learn a new instrument. N.W. Women's Music Celebration, April 23-25, 2011. YMCA Camp Collins, near Gresham. Registration available at www.motherlodemusic.com. Classes in guitar, marimba, drumming, singing and much more. You'll love it! Questions? LMVogt01@msn.com

Portland Gay Men's Chorus is open to singers, support members and volunteers. (503-226-2588. www.pdgmcc.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. (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 rehearsals. No audition necessary. (503-242-4244. www.satorichorus.org.)

General

Asian Pacific Islander Pride is for LGBTQ people of Asian and Pacific Islander descent in Oregon, providing safe and supportive opportunities to celebrate, educate and bring our communities together. (api.pride@gmail.com, api-pride.blogspot.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 monthly. (503-972-2233. www.pdxbadgirls.net.)

Blackout Leather Productions is Oregon's premier GLBTQ leather production company. We are proud to produce the Mr. & Ms. Oregon State Leather and Oregon State Bootblack contests, as well as LURE, NW Sash Bash, and other events. For more details, check out our website www.BlackoutLeather.org

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 camping. (503-325-2204. bmrmprez@borderriders.com.)

Butch Crew PDX is a social group that welcomes everyone who identifies as butch/boi/macha/stud/tombi/masculine of center/soft butch/ bucha or any similar identity. Meet ups are the 2nd Sunday of each month at Q Center. Our core values are: Creating community, celebrating diversity & playing nicely with others. We don't decide who belongs - you do. More information: ButchCrewPDX@gmail.com.

CHARGED+ is a free monthly club night for HIV+ men, on third Tuesdays, hosted by Zora Phoenix at CC Slaughters in Portland. (219 NW Davis St., 503-248-9135)

Coqsure is a social group for people who were assigned a female sex at birth but identify otherwise (female-to-male, genderqueer, drag king, etc.). (503-471-1515. groups.yahoo.com/group/coqsure.)

50+ lesbian social group meets monthly. (4-7 pm. 503-642-3360 or 971-216-1173. sutaytig@aol.com.)

FTM Pacific NW OR & WA is a 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. (flataps@yahoo.com.)

Gay Guys Gardening is a member supported organization focused on growing, harvesting and storing food crops. Contact Tom Winterrowd, 503-263-2696, or gayguysgardening@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.)

Get Off My Axel is a lesbian RPG gaming group in the tradition of Dungeons & Dragons, d20, etc. We play various PG-13 campaigns as suits us, sharing laughs and kicking kobolds as we go. Dust off your geek armor and join us! (LynneMe2@gmail.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. (503.764.9351. www.happyoursproductions.com.)

Hillsboro Munch. An informal, monthly BDSM/kink-friendly get-together representing all orientations and gender identifications. Come chat and make friends in a casual, public venue in Hillsboro. hillsboromunch.blogspot.com

Imperial Sovereign Rose Court of Oregon is the oldest gay, lesbian, bi and trans social/fund-raising organization in the state of Oregon. Meetings are the first two Mondays of each month. (www.rosecourt.org.)

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

Keshet is a social connection group for queer Jews and their spouses, partners, significant others and good friends, meeting monthly for potluck dinners and special events. (Ira Forleiter, iraf@spirtone.com, or visit www.gayjewishportland.com.)

Lavender Womyn is a lesbian social group with chapters in Portland, Salem, Eugene, Corvallis-Albany, Rogue Valley, and Grants Pass. They organize several events throughout the year including potlucks, BBQ's, bowling, bunco, game night, and more. (Visit lavenderwomyn.com or email Kim at support@lavenderwomyn.com for more information.)

Lesbian horror movie fans meet at various Portland theaters to watch movies together. Contact kaweeelover@yahoo.com for more information.

Lesbians with Degrees is a social group that was started for degreed women, but no degree is necessary. Just come and join the fun! Pool parties, Scrabble and more. (Lani 503-233-3557. Join listserv at LesbianswDegrees-subscribe@yahooogroups.com.)

Les Couve Groove, a lesbian potluck group for SW WA. Meets the second Sunday of every month, 5-8 p.m. in members' homes (except for May, when we meet the third Sunday to respect Mother's Day.) For more information, contact us: lescovegroove@gmail.com. Y'all come!

Windandsea is a group embarking on the journey of bringing the Oregon Coast LGBT community together. Let's get together and figure out how to enhance our coastal lives together, and have fun! (Commonwind@yahoo.com)