

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

PFLAG

PFLAGPDX.org + ClackamasPFLAG.com
facebook.com/pflag
portlandblackchapter.org
PFLAG supports LGBTQ persons, their families and friends through love, understanding, education and advocacy.

TransActive

TransActiveonline.org
TransActive's group for transgender and gender non-conforming youth meets every 4th Saturday at 11:00 a.m. at OHSU Richmond Clinic.
E-mail info@transactiveonline.org for more information.

The Trevor Project

866-4-U-TREVOR (866-488-7386) or trevorproject.org
The Trevor Project is a national 24-hour, toll-free confidential suicide hotline for LGBTQ youth.

The Pride Project

503-260-5792 + prideproject.org
The Pride Project is a program for LGBTQ youth 21 and under in Washington County.

Outside In

503-535-3800 + outsidein.org
Outside In helps 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.

Queer Scouts PDX

"Queer Scouts PDX" on Facebook

PSU QRC

503-725-9742 or qrc.pdx.edu
Portland State University's Queer Resource Center

QPOWER

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.

GLSEN Oregon

503-936-5614 + 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.

Triple Point

360-695-1326 x4217
Triple Point is a drop-in and group program in Downtown Vancouver for queer youth in Clark County.

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.)

Tranz Guyz 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; 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, vhr.org or Facebook "Veterans for Human Rights")

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.)

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.)

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.)

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

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-ontrm.org for meeting time and location.

Bisexual Community Forum is a space to meet people and discuss issues relevant to the bi community at The Deli. Everyone is welcome. (7:30 pm first Monday, 441 N Killingsworth, Laury 503-285-4848.)

Catlin Gabel School is an independent, co-educational day school for children (and families!) from Pre-School (age 4 years), Kindergarten and grades 1 through 12. (503-297-1894, catlin.edu)

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, 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/doublerainbowfoundation>.

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.)

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

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.

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, kbooutloud@yahoo.com.)

Queer-friendly Northwest Veterans for Peace meets Sundays at Tully's Coffee. (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.)

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 is a space that increases visibility and fosters a connection within Portland's queer community. (4115 N. Mississippi, 503-234-7837, info@pdxqcenter.org, 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 503-224-2640.

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.)

Portland Gay Basketball Association welcomes all skill levels. (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, 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, 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.wetpaint.com.)

Team Portland Tennis meets Sundays at University of Portland. All levels of play welcome. (8 am-noon, www.teamporland-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.)

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.)

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.

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)

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.

Gay & Grey is a program of Friendly House, a non-profit neighborhood center & social service agency in Portland, OR. We offer social events and outings, weekly lunches, peer support groups, resources, and case management for LGBT seniors. We also provide diversity trainings in the community and a housing assessment program to identify LGBT friendly housing options for LGBT elders. For more information or to learn how you can participate, contact Friendly House at 503.224.2640 or eracoordinator@friendlyhouseinc.org. Also be sure to check us out on Facebook at facebook.com/gayandgrey

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 pdxglbtqidisabled@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, www.nwgapdx.com.)

PFLAG Portland Black Chapter is a place for Black gay, lesbian, bisexual, and transgender people to come together with friends and family and support each other. Meet ups are the 3rd Saturday of each month at SMYRC at Noon. 503.232.7676 www.pflagpdx.org, facebook.com/pflag.portlandblackchapter

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.)

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 or 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

Oregon Men Enjoying Naturism is a social organization for gay male naturists/nudists. Social gathering second Saturday of every month. (omenpdx@omenpdx.org, www.omenpdx.org.)

PDX_FTM is a social group for female-to-male trans men and allies. (groups.yahoo.com/group/PDX_FTM.)

PDX Gay Board Gamers meets monthly in Northwest Portland to play everything from old-time gems (Life, Monopoly) to new classics (Settlers of Catan, Puerto Rico). Bring your favorite game along! (11:30 am-5 pm first Sunday, brunt1234@gmail.com.)

Poder Latino is a nonprofit social community voice group for gay, lesbian, bi and trans people that reaches out to Latinos and Latinas by organizing events and retreats and advocating HIV prevention. Meets every other Monday at Outside In. (6:30 pm, 1030 SW 13th Ave, Hugo 503-997-8615 or Audencio 503-261-5463.)

The Portland Gay Men's Garden Group meets once a month to explore various gardens and nurseries. Come socialize and meet other men who love plants. Contact Jim at 503-309-4342.

Portland Leather Alliance is one of the largest pansexual, nonprofit B/D/S/M, leather and fetish lifestyle organizations in the Northwest. Regular social and educational opportunities, including KinkFest, Leather Ball and Fall Vendors Fair. (www.pdxleatheralliance.org.)

Portland LeatherMen meet every second Saturday for potluck and socializing. Meet men into a leather lifestyle and keep abreast of leather happenings. No dues, no formal organization, no officers or board, just leather socialization for the past 21 years. (360-896-6665, TuckerWalter@gmail.com.)

Portland Lesbian Book Club gathers monthly to chat about a chosen book or to attend selected events. (6:30 pm third Tuesday, groups.yahoo.com/group/portlandlesbianbookclub.)

The Portland Lesbian Garden Club enjoys all things green, from the latest perennial or vegetable finds to yard design and container planting. We focus not on meetings, but on garden and nursery tours, plant/seed exchanges, and holiday parties. All ages and levels of expertise are welcome, and for \$10 a year you can have access to our entire website: www.lgcpdx.org. Give us a call at 503-909-2002 with your contact information to become a member.

PDX Lesbian Network hosts monthly card, games, pool and bowling nights, brewpub visits, hiking, kayaking, backpacking, snowshoeing, skiing, snowboarding, cross country skiing, monthly bookclub, etc. We also have an annual campout for members in Summer and participate in the Hood to Coast relay. This is a Network, so if you want to host an event please feel free to do so. Please find us on Facebook and request to become a member.

Portland Metro Prime Timers meets monthly on fourth Sundays. Established in 1980 as a social group for older Gay men as well as younger men who enjoy their company. Activities include potluck meals, picnics, dinners out, Bingo, celebrations of special holiday occasions. Check out our website: web.me.com/byron.w/pdxpt. Contact: 360-254-1718 or 503-286-4613.

Rainbow Eastenders is a group of active senior gay men who meet at Rainbow Vista in Gresham to socialize, travel and attend outings, including holiday parties, ocean cruises and dining out. Come make some new friends. (11 am third Saturday, 1350 W Powell Blvd, 503-667-5575, ian@rainbowvista.com.)

Relationship Gardening is a support group for single, gay men who desire monogamy. (\$25/week, Call 503-348-0405 for pre-screening, relationshipgardening.com)

Rose City Discussion Club, the largest and oldest open pansexual/alternative sexuality club in the Northwest, is open to all orientations, fetishes and lifestyles that are safe, sane and consensual. (rocdc@teleport.com, www.rocdc.org.)

Sappho Social Club is a group of women 40 years and older building community through social and cultural activities. (thesapphossocialclub@yahoo.com.)

SOMOS LGBTQ Latinos group is a welcoming social and educational gathering for GLBTQ Latinos. (6:30-8:30pm, Educate Ya, 200 NE 20th Ave, Suite-10, somos.info@gmail.com)

Soyboys Vegetarian Men's Group is a fun, social gathering for gay and bi men who are interested in a healthy vegetarian or vegan lifestyle. A variety of activities and monthly potlucks on the last Saturday. (vegguys@aol.com.)

Tuesday Twilight Tastings meets for casual tastings of fine wines and inspired food at West Cafe. (6-8 pm third Tuesday, 1201 SW Jefferson St, RSVP to 503-784-4807 or 503-227-8189.)

Women's 55+ Breakfast Club & Coffee Talk. (Please contact Cassandra at cbramor@gmail.com, 503-528-4219 for location and date of our next meeting.)

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.)

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)

Turf Girlz Golf Group, 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.)

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, home.att.net/~outdancing.)

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 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.)