



Save the Date!
Q Center Winter Gala
January 26, 2013

RUBY RED FLIPPERS, a group of gay and lesbian scuba divers in the Portland area, teaches new recruits and take dives in Tacoma, Hood Canal and other Pacific Northwest waters. 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. Sherocks.wetpaint.com

TEAM PORTLAND TENNIS meets Sundays. All levels of play welcome. teamportland-tennis.org

GAY & GREY
We offer social events and outings, weekly lunches, peer support groups, resources, and case management for LGBT seniors. Housing options for LGBT elders. 503-224-2640, eracoordinator@friendlyhouseinc.org or facebook.com/gayandgreypdx

COMMUNITY/SUPPORT

CLACKAMAS COUNTY PFLAG (Parents, Families, and Friends of Lesbians and Gays) meets monthly. Clackamaspflag.com

LATE AWAKENINGS, a support group for lesbians who came out late in life, meets monthly at Q Center. 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. 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. 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 monthly at the Q Center. 503-310-4723, thedadsgroup.com

FOREST GROVE PFLAG (Parents, Families, and Friends of Lesbians and Gays) welcomes everyone to its monthly program and support meeting monthly. 503-232-7676, Pflag.fg@mail.com, grovenet.org/western-washingtoncounty/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. 503-281-4852 ext. 6

GAY & GREY is a program of Friendly House, a non-profit neighborhood center & social service agency in Portland, Oregon. We offer social events and outing, weekly lunches, peer support groups, resources, and case management LGBT seniors. We also provide diversity trainings in the community and a housing assessment program to identify LGBT friendly housing options for LGBT elders. 503-224-2640, eracoordinator@friendlyhouseinc.org or facebook.com/gayandgreypdx

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. 503-213-3801, pdxglbtqidisabled@comcast.net

MULTIPLE SCLEROSIS SELF-HELP GROUP for lesbians and gay men meets to share information and provide support in dealing with challenges of living with MS. 503-223-9511

NORTHWEST GENDER ALLIANCE is a monthly social and support group for individuals desiring to explore and express another gender. 503-533-8787, nwgapdx.com

PFLAG PORTLAND BLACK CHAPTER is a place for Black gay, lesbian, bisexual, and transgender people to come together with friend and family and support each other. Meets monthly. 503-232-7676, pflagpdx.org

PORTLAND PFLAG (Parents, Families and Friends of Lesbians and Gays) welcomes all to its monthly meetings at First United Methodist Church. 503-232-7676, pflagpdx.org

TRANS-FEM strives to engage and unite anyone of the trans-feminine spectrum through community building, social events, and activism. Meets monthly at Q Center. Flora.ivy@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. Child-care is available if needed. Meets monthly. 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. Meets monthly. Tranzguyspdx.org

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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. Vfhr.org or Facebook "Veterans for Human Rights."

COMMUNITY/POLITICAL

RADICAL WOMEN are active in the struggle against bigotry and exploitation. Call us to get involved. Meets twice a month. 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, basicrights.org

DEMOCRATIC PART 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, stonewalloreregon.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. Meets monthly 503-286-3575

COMMUNITY/GENERAL

BABBLE-ON TOASTMASTERS, Portland's most diverse Toastmasters club, meets every Sunday afternoon to have fun while developing communication and leadership skills. Laughter and applause guaranteed. 503-330-2706, babble-ontm.org

BISEXUAL COMMUNITY FORUM is a space to meet people and discuss issues relevant to the bi community. Everyone is welcome. Meets monthly. 503-285-4848

CATLIN GABEL SCHOOL is an independent, co-educational day school for children (and families!) from preschool, kindergarten and grades 1 through 12. 503-297-1894, catlin.edu

DEAF & HEARING OUTREACH (DHOR) is a nonprofit organization dedicated to building community among deaf and hearing queers and allies. Programs, services, events and community resources. 503-517-8880 TTY/voice. 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. 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, equityfoundation.org

GETTING BI PDX is a women's group that meets for discussion, coffee and planning social events. Gettingbipdx.com