

RESOURCES

A Community Service Sponsored by Just Out

Just Out and our sponsors are happy to provide these resources to our readers. We believe it is of paramount importance to reach out in every way possible to inform our community, and our important supporters, of the many resources that help make our LGBT community members' lives better.

HEALTH: HIV/AIDS/STDs

+alk (POS TALK), A five-session small group series for people living with HIV. Develop and practice skills for negotiating safer sex, reduce stress around discussing HIV status with family, friends, and sex partners. Gift cards for completion and referral of a friend. 503-278-3868, bgerritz@cascadeaids.org CARE:ASSIST pays for health insurance premiums, prescription drugs and insurance plan co-payments and deductibles for eligible people with HIV/AIDS. Program of Oregon DHS and the Ryan White CARE Act. 503-731-4029

CASCADE AIDS PROJECT (CAP) educates youth and adults about HIV prevention, supports people with HIV and their families and advocates for sound HIV policy. For HIV testing, call 503-278-3879. Spanish-language assistance available. Oregon HIV/STD Hotline 800-777-2437.

CAP CLARK COUNTY offers free rapid HIV testing and STD screening for gay/bi/trans guys in Vancouver, WA. 360-750-7964.

CAP CLACKAMAS COUNTY offers free rapid HIV testing every week in Oregon City. For more information and appointments, call 503-655-8471 cascadeaids.org/hiv-testing-resources.

COLUMBIA COUNTY Public Health offers anonymous and confidential HIV testing, counseling and case management to anyone. We lend HIV books and videos and offer education materials and free condoms. 503-397-4651

DAILY BREAD EXPRESS provides home delivery of high-quality meals to HIV-positive individuals in need. Fresh meals delivered weekdays, frozen meals for weekend. Volunteers invited to inquire. 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 ourhouseofportland.org

HEALTH, EDUCATION, AIDS LIAISON (HEAL) offers information about alternative views of AIDS causation and HIV testing. Call for 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. 503-460-3822

THE LINK, a social networking group for HIV-positive gay, bi, and trans men, meets the second Wednesday of each month for food and discussion about an HIV, men's health or other relevant topic. 503-278-3868, thelink@cascadeaids.org

MANIFEST, a nonprofit men's wellness community, prevents and addresses HIV and STD's 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, manifestpdx.org

MULTNOMAH COUNTY Health Department's HIV Community Test Site offers confidential testing by appointment. Some walk-in testing. Sliding-scale fee. 503-988-3775

MULTNOMAH COUNTY offers free HIV rapid testing to gay, bi, and trans guys. 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 on-line 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. Volunteers needed. 503-234-0175, ourhouseofportland.org

PARTNERSHIP PROJECT provides services to people living with HIV/AIDS, their families and those at risk. Programs include HIV Medical and Nursing Case Management to Persons Living with HIV/AIDS; information and referral; service navigation to Refugees and Immigrants living with HIV/AIDS and support groups. Intake 503-230-1202 ohsu.edu/partnership

PORTLAND AREA HIV SERVICES PLANNING COUNCIL is a county decision-making body that identified services needed for people living with HIV/AIDS and allocates federal funds annually. Needs volunteers from all walks of life. 503-968-3030, hivportland.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. positive-support.org

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. 503-238-5203, pquest@qwest.net

REAL TALK is a support group for African Americans living with HIV which occurs the 3rd Friday of every month. The group features speakers from the community on topics such as staying adherent to medications, tips for supporting mental health through rainy winter months, and ideas for how to talk with family and friends about HIV. For more information: Maurice at (503) 278-3812, mevans@cascadeaids.org.

THE RESEARCH & EDUCATION GROUP provides access to HIV/AIDS research trials of new drugs and therapies. 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. 503-535-3895

SOCIAL AND SUPPORT GROUP discusses HIV issues for men at Quest Center. Meet other nice guys, share information and have fun. 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. 503-786-4829, ourhouseofportland.org

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, ourhouseofportland.org

CAP WASHINGTON COUNTY offers free rapid HIV testing every week in Beaverton. For more information, call 503-278-3867 cascadeaids.org/hiv-testing-resources.

Please send your corrections, suggestions and comments about the GO PAGES to: editor@justout.com