



LGBTQIA+ Wellness Resources & Support Groups in Portland

Q Center

- Sexual Orientation Programs
- Gender Identity Programs
- ADDICTION & MENTAL HEALTH SUPPORT PROGRAMS
- SOCIAL/OTHER
- LGBTQ SENIORS (OVER 55)

Therapy Programs

General Resources

QTBIPOC

Mental Health and Addiction

Physical Health

Resource Databases

Youth

Parents and Family

Elders

Religion

Q Center Programs

SEXUAL ORIENTATION PROGRAMS

PDX LATE BLOOMERS CLUB

FIRST SATURDAYS FROM 3:30-5:15PM

Contact rickc@rdrop.com and/or corduap@gmail.com for Zoom access

A Portland-based organization for gay, bi, and trans men who came out well into adulthood. Open to men at any stage in the coming out process.

In person meetings are expected to restart May 7th. Additionally, this meeting will be requiring folks' proof of vaccination at the front door.

LATE AWAKENINGS

MEETS EVERY 3RD TUESDAY FROM 7:00-9:00PM

thirtduesdayqcpdx@gmail.com | angelambowers@outlook.com | [Zoom Link](#)

A peer-led support group for female identifying and non-binary people who are questioning their orientation or have come out and identify as lesbian/bi/queer. This is a safe space for discussion and support. Meets every 3rd Tuesday from 7-9PM.

The Late Awakenings group is excited to return to Q Center for in-person meetings while continuing to offer the option to join via Zoom.

PDX BI-SOCIAL GROUP

SECOND SATURDAYS, 10AM-12PM, IN-PERSON AT Q CENTER (STARTING SEPTEMBER 10TH)

PDXbisocial@gmail.com

An affinity group for friends identifying as bisexual, pansexual, and asexual. Come socialize, tell your story, and advocate for sexual diversity!

BI BRIGADE

<https://www.meetup.com/Bi-Brigade-Portland-OR/> (requires sign-up on Meetup)

Are you bisexual, pansexual, fluid, omni, ace or otherwise attracted to more than one (or fewer than one) sex or gender? We invite you to join the Bi Brigade — Portland, Oregon's original, homegrown Bi+/mspec community. Allies to the Bi+ community are also welcome, with the understanding that we center the voices and experiences of Bi+ folks. **Please note this group not run by Q Center.*

GRUPO DE AFINIDAD LGBTQIA2S+ EN ESPAÑOL (SPANISH LGBTQIA2S+ AFFINITY GROUP)

EN LÍNEA CADA JUEVES DE 5:30 A 7:30 PM. EL PRIMER JUEVES DE CADA MES DE 5:30 A 7:30 PM EN Q CENTER (EN LA BIBLIOTECA): 4115 N MISSISSIPPI AVE SUITE D, PORTLAND, OR 97217

Forma de registro: <https://forms.gle/1gHGMz2DpKppMF5Z7>

Adrián Neri Reyes (él) | adrian.semillasdecambio@gmail.com | (971) 865-2156 (Llamadas y mensajes/WhatsApp) | Enlace de Zoom: <https://us06web.zoom.us/j/89378585495> | ¡Todxs son bienvenidxs!

Somos un grupo LGBTQIA2S+ y aliados de habla hispana. Nuestro objetivo es compartir nuestras experiencias y desafíos como migrantes en relación con nuestra identidad de género, expresión de género y orientación sexual.

Este grupo es un espacio seguro para expresarse libremente, compartir recursos y hacer amigos. En este grupo puedes hablar de ti, tus necesidades, tus preocupaciones, tus logros y tus sueños. También puedes compartir tu conocimiento, experiencia, habilidades y liderazgo. Finalmente, puedes encontrar personas como tú para socializar, organizar salidas y construir relaciones personales. Este grupo es totalmente en español. Todos son bienvenidos a participar.

GENDER IDENTITY PROGRAMS | Visit the [Transgender Community Page](#)

GENDER QUEERY

***ALWAYS THE 1ST MONDAY* 7:00-8:30PM**

FOR MORE INFORMATION CONTACT KIM AT [KIM_YINYANG@YAHOO.COM](mailto:kim_yinyang@yahoo.com) OR [SURF OVER TO FACEBOOK](#)

Gender Queery is a discussion group for genderqueer people, folks outside-the-gender-binary, trans folk, and allies (i.e. everyone allied with the GLBTQQ community). All who want to participate in open and respectful dialog are welcome. Meetings have discussions on an ever-changing topic followed by informal social time and always take place on the 1st Monday of the month.

TRANS-FEM*

TRANS-FEM* IS CURRENTLY MEETING IN-PERSON AT Q CENTER EVERY 1ST AND 3RD WEDNESDAY OF THE MONTH FROM 6-8PM PT. WE ARE ALSO MEETING EVERY 2ND, 4TH, AND 5TH WEDNESDAY ONLINE USING ZOOM.

To see an up-to-date meeting schedule or for more information please visit <https://transfem.group>

Trans-Fem* is a support, social, and resource group for transwomen, intersex, two-spirit, non-binary, questioning and other people who are looking to cultivate a more femme gender expression, presentation, and/or identity. We meet for support, fun, & discussion around what it means to be on the trans-feminine spectrum. There are no requirements for transition status or presentation to attend this group.

TRANSMASCULINE, NON-BINARY TRANSMASC, AND FTM PEER SUPPORT GROUP

WE MEET TWICE A MONTH: IN-PERSON AT THE Q CENTER ON THE 1ST TUESDAY OF EACH MONTH, AND VIRTUALLY ON THE 3RD TUESDAY OF EACH MONTH, 7-9 PM.

Email transmascportland@gmail.com for the password and link if you wish to join virtually.

This is a safe space for trans folks, centering AFAB trans identities including Transmasculine, Non-Binary, and FTM, whether intersex or endosex. We welcome people of all ages, races, class, ability, body type, sexual orientation, religion, immigration status, people at any point in their transition, and also support those who don't want to or can't transition.

TRANS GUYZ

MEETS EVERY THIRD SUNDAY FROM 6:00 TO 7:30 PM.

We currently meet online via Google Meets. To join us, please email tranzguys@gmail.com.

[Follow us on Facebook](#)

Trans Guyz is a peer-led social support and discussion group that meets on the third Sunday of every month from 6 to 7:30 pm. Trans Guyz meetings are exclusively for people assigned female at birth who now identify otherwise, including people who are trans, enby/nonbinary, FTM, two spirit, Ag/aggressive, genderqueer, affirmed male, androgynous, agender, intersex, transmasculine, and questioning.

Trans Guyz facilitators respect and affirm the diversity of our community in terms of age, race, class, religion, ability, immigration status, gender identity and expression, sexual orientation, and where people are at with their transition. Some group members are currently questioning their gender identity and not everyone in the group chooses or is able to use hormones and surgery as part of their transition.

Google Meets offers captions, and ASL interpretation is available on request. Please let us know if there's something you need to make the space or meetings more accessible.

FRIDAY NIGHT TRANS WOMEN'S SUPPORT GROUP

MEETS EVERY FRIDAY FROM 7:00-9:00PM

ONLINE 1ST AND 3RD FRIDAYS

HYBRID MEETINGS (IN-PERSON AND ONLINE OPTION) 2ND AND 4TH FRIDAYS

Zoom Registration Link: https://us02web.zoom.us/meeting/register/uplhf-yhqDsv5TsrR3K1aQkW9t-vnaHW_kQ

Email: Sarah@sightworks.com

Peer support and social group for all Transgender Women (Transgender AMAB/DMAB/Intersex folks who are MtF, Fem-drogenous, Trans-fem, Two-Spirit, Non-binary fem, Gender-queer fem, Gender-fluid fem, Asexual fem, Aromantic fem, & etc.; however living/presenting somewhere along the feminine spectrum some or all of the time; whether medically/socially transitioning or not). Open and welcoming to newcomers.

ADDICTION & MENTAL HEALTH SUPPORT PROGRAMS

LGBTQ BIPOLAR AND DEPRESSION SUPPORT ALLIANCE

GROUP MEETS VIRTUALLY EVERY MONDAY NIGHT (7:00 TO 8:30 PM) AND ON THE 1ST AND 3RD MONDAY

To RSVP and obtain the Zoom meeting ID and passcode for this group, please email your name, the first initial of your last name, and your pronouns to dbsalgbtqiazoom@gmail.com. Someone from our team will respond ASAP with the Zoom link and other details to help you access these meetings.

If you have any questions, please call (971) 801-2174.

Peer-led support group for LGBTQIA2S+ people who live with mental health conditions such as anxiety, depression, bipolar, PTSD, or related illnesses.

Group meets virtually every Monday night (7:00 to 8:30 pm) and on the 1st and 3rd Monday folks can join the Zoom meeting in person at the Q Center (except in November 2022). If you plan to attend in person, please be fully vaccinated and note that face masks must be worn at all times inside the Q Center.

For more info about our LGBTQIA2S+ group and our other LGBT-friendly DBSA support groups, please join (no cost to join): <https://www.meetup.com/Portland-Depression-Bipolar-Support-Alliance-Meetup-Group/>

SAA NOON MEETING

EVERY DAY AT 12:00PM

[Contact us here](#)

The Portland SAA Intergroup is an autonomous registered fellowship composed of registered groups of recovering sex addicts who follow the Twelve Steps and Twelve Traditions of Sex Addicts Anonymous (SAA). These meetings are 18+ only.

SOCIAL/OTHER

MONTHLY TRANS/GNC/NB SELF DEFENSE & PERSONAL SAFETY CLASS

EVERY 4TH SATURDAY OF THE MONTH FROM 1-2:30PM PST / 2-3:30PM MST / 3-4:30PM CST / 4-5:30PM EST (U.S. AND CANADA)

www.stbsafety.org

Register to receive Zoom link: bit.ly/monthly_tgnc

Learn personal safety skills and practice self defense techniques virtually with other trans/GNC people in the comfort of your place!

STB (Secure the Bag) Safety centers Black, Indigenous, People of Color (BIPOC) T/GNC/non-binary communities. STB Safety aims to equip T/GNC/non-binary people with tools and knowledge they need to see and believe in their own value, power, and safety.

BABBLE-ON TOASTMASTERS CLUB

MEETINGS ARE FROM 4:00-5:30 EVERY SUNDAY AFTERNOON AT Q CENTER.

Please contact the club for further information. The meetings are hybrid with on-site and online attendees. www.toastmasters.org For the Zoom link email: president@babble-ontm.org

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills.

GAY & LESBIAN ARCHIVES OF THE PACIFIC NW (GLAPN)

GLAPN.org

Dedicated to advancing the visibility of queer cultural history in the Pacific Northwest.

IMPERIAL SOVEREIGN ROSE COURT

rosecourt.org

A monthly meeting of the oldest gay, lesbian, bisexual, transgender organization and charity in the Pacific Northwest.

GREATER PORTLAND TRANS UNITY

pridenw.org/transunity

The volunteer planning committee for the annual Portland Trans Pride March.

NW GENDER ALLIANCE

SECOND SATURDAY OF EVERY MONTH AT 2 - 4 PM. VISIT WEBSITE FOR MORE INFORMATION.

www.nwgenderalliance.org

Provides support, safe gatherings, and education for trans folks and the public.

We welcome trans binary and non-binary folks. Friends and family are also welcome.

LGBTQ SENIORS (OVER 55) | [Visit the Senior Community Page](#)

70+ WOMEN'S GROUP

MEETS ON-SITE EVERY 3RD MONDAY 12:30PM-2:25PM

Reach out to Carol to join: cjbrownlow4@gmail.com

Therapy Programs

Connective Therapy Collective (Portland, OR)

FREE VIRTUAL GROUP EVERY THURSDAY 4PM-5PM

[Trauma-Infomed Group Therapy | Connective Therapy Collective](#)

Queer/ Trans Drop in Group

Joyous at Home Ketamine Therapy (anxiety/ depression)

[Very Low Dose Ketamine Treatment | Joyous](#)

General

- [Northwest Gender Alliance](#) (Provides peer support, regular fun activities, and education)
- [GLAPN](#) (Gay & Lesbian Archives of the Pacific Northwest- resource for LGBTQ history in the PNW)
- [LGBTQ Rights in the U.S. Workplace](#)
- [National Center for Transgender Equality](#) (Provides important information on understanding trans people, knowing your rights as a trans or nonbinary person, how-to guides, and more)
- [Sylvia Rivera Law Project](#) (Provides advocacy, resources and legal support for transgender, intersex, and gender nonconforming people)
- [Transgender American Veterans Association](#) (Provides advocacy and support to transgender and intersex veterans)
- [Transgender Law Center](#) (Trans-led organization providing resources, advocacy and legal support to

trans and gender nonconforming people)

- [Q Center Programs](#)
- [For Them](#) (Nonbinary-owned company that sells gender-affirming, size inclusive chest binders)
- [ZOA](#) (Trans-owned company that sells gender-affirming tucking underwear)
- [Beefcake Swimwear](#) (Queer-owned company that sells size-inclusive, androgynous, unisex swimwear)
- [Aisle](#) (Woman-owned company that sells gender- and size-inclusive period underwear and reusable period products)
- [Your Lessons Now](#) (Music school that provides online transgender voice lessons and LGBTQIA+ affirming music lessons)
- [Report a hate incident to the Anti-Defamation League](#)
- [Hate symbols database from ADL](#)

QTBIPOC

- [Black Trans Advocacy Coalition](#) (Provides advocacy, support, and resources for Black trans people)
- [TransLatin@ Coalition](#) (Organizes and advocates for the needs of trans Latin@s who are immigrants and live in the U.S.)
- [Trans Women of Color Collective](#) (Provides support, advocacy and community for trans people of color, particularly Black trans women and femmes)
- [Portland African American Leadership Forum](#) (Helps our Black community imagine the alternatives the community deserves and build civic participation and leadership to achieve those alternatives.)
- [Ori Gallery](#) (Ori Gallery is the brain child of the creative duo Maya Vivas & Leila Haile. Together they seek to reclaim and redefine “the white cube” through amplifying the voices of Trans and Queer Artists of color, community organizing and mobilization through the arts. In addition to rotating exhibitions, they also offer classes and workshops to the community for free or low-cost such as PoC figure drawing, Grant Writing for the People, Arts for Direct Action and meet-ups for Queer and Trans creatives of color.)
- [Don’t Shoot Portland](#) (Their organizational work and activism, including direct community education workshops, supports the outreach of continued advocacy as first respondents and has helped community members contribute through direct engagement and legislative value.)
- [Unite Oregon](#) (Led by people of color, immigrants and refugees, rural communities, and people experiencing poverty, Unite Oregon works across Oregon to build a unified intercultural movement for justice. Unite Oregon represents over 13,000 supporters and members across Oregon.)
- [The Kathleen Saadat Leadership Fund](#) (The leadership fund has been set up in Kathleen’s honor and will give money directly to Black LGBTQ Oregonians who want to take the next step in their personal leadership journey – whether it’s taking a class or applying for a business license or buying supplies to put on a community event or renting a bus to take to Salem to speak with their legislators about issues that matter to their communities.)
- [ABOVE FOUR Fund](#) (Grants of up to \$500 to USA Black women artists for support during the Coronavirus (COVID-19) pandemic. Funding is intended for applicants that have lost gigs, opportunities, or income due to COVID-19 or as a stipend for an on-going creative project. The goal of the funding source is to continue empowering black women and their artistic practices.)
- [Live Another Day QTBIPOC Addiction & Mental Health Support Guide](#)

- [Asian Pride Project](#) (Stories of lesbian, gay, transgender and queer triumphs and struggles in Asian and Pacific Islander (API) communities through the eyes of parents, elders and family.)
- [GAPIMNY](#) (Empowers Queer & Trans Asians & Pacific Islanders through leadership development, happy hours, general meetings and workshops, political involvement, and visibility programs.)
- [The Okra Project](#) (The Okra Project is a mutual aid collective that provides support to Black Trans, non-binary, and gender-nonconforming people with the intention of alleviating some of the barriers that the community faces daily.)
- [NGQPIA](#) (The National Queer Asian Pacific Islander Alliance empowers LGBTQ+ Asians and Pacific Islanders through movement capacity building, policy advocacy, and representation.)
- [National Queer & Trans Therapists of Color Network](#)
- [GLBTQ+ Asian Pacific Alliance](#) (GAPA directly engages in social, cultural, and political advocacy to advance and protect the GLBTQ+ Asian & Pacific Islander community's interests and well-being.)
- [Therapy for Queer People of Color](#)
- [Visibility Project](#) (Seeks to document the personal experiences of the Queer Asian Pacific American women and transgender community by interweaving visual art, personal narratives, and social justice onto an accessible online platform.)
- [Lesbian and Gay Immigrant Rights](#): Focused on providing free direct legal services to LGBTQ+ immigrants.

Mental Health and Addiction*

- [LGBTQ+ Suicide Hotline via The Trevor Project](#) (866) 488-7386 or text "START" to 678-678 Available 24/7
- [LGBT National Hotline](#) (All ages) (888) 843-4564 Hours: Monday thru Friday from 1PM to 9PM PST, Saturday from 9am to 2pm PST
- [Trans Lifeline](#) (877) 565-8860 Available 24/7
- [988 Suicide & Crisis Lifeline](#) Call or text 988 or chat online, available 24/7
- [Gays and Lesbians in Alcoholics Anonymous](#) (Open to all identities, not just gay men and lesbians)
- [Brave Space](#) (Counseling, Portland-based)
- [Q Center Affinity & Support Groups](#)

**Please be aware that any crisis line may involve law enforcement and/or hospitalization in emergency situations.*

Physical Health

- [GLMA Provider Directory](#) (Also includes mental health providers)
- [OutCare Health](#) (Includes provider directory as well as other resources)
- [Cascade Aids Project](#) (HIV & STI testing, treatment, and referrals; locations in Portland, Vancouver, WA and Longview, WA)
- [Our House](#) (Provides healthcare, housing, therapeutic activities, peer recovery mentorship, and other services; Portland-based)
- [Prism Health](#) (Provides primary medical care, behavioral health care, HIV and STI testing, and more; Portland-based)

- [Quest Center for Integrative Health](#) (Provides medical care, mental health care, addiction services, and more; Portland-based)
- [OHSU Transgender Health Program](#) (Provides a wide variety of services including free classes & events and family-centered services for children and teens; Portland-based)
- [Equi Institute](#) (Currently providing community health programming for the residents of the C(3)PO villages in Portland; includes education, basic first aid, wraparound and safety-net services)
- [HRT Informed Consent Map](#)
- [Planned Parenthood: List of which centers offer hormone treatments for trans people](#)

Resource Databases

- [Q Center Resource Directory](#)
- [GLBT National Resource Database](#)
- [TransPulse Resource Locator](#)
- [Brave Space Resource List](#)

Youth

- [Outside In](#) (Provides primary medical care, community resources, and houseless youth resources; Portland-based)
- [p:ear](#) (Provides mentorship, education, arts & music programs, and recreation for houseless youth in Portland)
- [National Youth Hotline](#) (Ages 23 and under) (800) 246-7743 Hours: Mondays to Fridays from 1 pm – 9 pm PST, Saturday from 9 am – 2 pm PST
- [Sexual & Gender Minority Youth Resource Center \(SMYRC\)](#) (Provides a community space for youth ages 13-23, as well as support services like counseling, case management, education, and more)
- [TransActive Gender Project](#) (Provides support groups for adult/family allies and youth ages 4-18, free online peer support over Zoom, referrals to providers experienced in trans youth care, and more)
- [Resources and Support for LGBTQ College Students](#)
- [Scholarships & Resources for LGBTQIA+ Students](#)
- [GLSEN Student and GSA Resources](#)
- [Gender and Sexualities Alliance \(GSA\) Network](#)
- [COLAGE](#) (Supports people with one or more LGBTQ+ caregivers)
- [Q Chat Space](#) (A facilitated community for LGBTQ+ teens)
- [Pride Foundation Scholarships](#)
- [Scarleteen](#) (Inclusive sex education for teens and emerging adults)
- [Bridging Voices](#) (Chorus for LGBTQ+ and allied youth ages 13-21)
- [The Living Room](#) (Provides community space, drop-in hours, a resource closet, and peer support for youth in Clackamas County)
- [Trans Youth Equality Foundation](#) (Provides support, education, and advocacy for trans and gender nonconforming children and youth and their families)
- [44 Self-Esteem Resources for Nonbinary Adolescents and Teens](#)

- [Creating LGBTQIA+ Friendly Schools and Campus Communities](#)
- [It Gets Better Project](#)
- [LGBTQ Student Scholarship Database](#): The Human Rights Campaign resource list for scholarships, fellowships and grants for LGBTQ and allied students at both the undergraduate and graduate-level.
- [Sexual and Gender Minority Youth Center](#)

Parents & Family

- [PFLAG](#) (Provides resources and support for LGBTQ+ people and their families and allies)
- [TransParent](#) (Provides support groups and resources for transgender and gender expansive individuals and their families)
- [Fierce Families Network](#) from Basic Rights Oregon (Provides resources, advocacy, education and community for families of transgender individuals)
- [Gay Parent LGBTQ+ Magazine](#)
- [Gays With Kids](#) (Provides support and advocacy for gay, bi and trans dads and dads-to-be)
- [Oregon Post-Adoption Resource Center \(ORPARC\) LGBTQ+ Support Group](#)
- [LGBTQ+ Materials in ORPARC's library](#)
- [Info for Foster and Adoptive Parents of LGBTQ Youth](#)
- [How to help young people counter extremist recruitment](#)

Elders

- [SAGE](#) (Provides advocacy and services for LGBT elders)
- [National Resource Center on LGBT Aging](#) (Provides education, information and referrals for LGBT elders as well as a library of resources)
- [SAGE National LGBT Elder Hotline](#): 877-360-LGBT (5428) Available 24/7
- [Q Center Aging with Pride program](#) (Providing education, information and social events for senior members of the community)

Religion

- [St. Andrew Catholic Church](#): is a spiritual home for many gay Catholics who enjoy growing in their faith together and participating in the full life of the community.
- [The Queer Muslim Project](#): Countering queerphobia and Muslim hate through story telling
- [Metropolitan Community Church](#): MCC is committed to being a vital, relevant and public voice for the full inclusion of all people with special outreach to gay, lesbian, bisexual, straight and transgendered people in the rights and benefits of our city, state and nation as well as the Church.
- [Resources by County in Oregon](#)