

Community Groups: Affinity, Identity, Social and Support Based Groups

Please see the [calendar page](#) for the most up-to-date information on what groups are meeting virtually or in person.

Building Community

Our community groups are community-based and peer-led! Don't see a group that meets your needs? Get more info on how to start a new community group by contacting info@pdxqcenter.org

Please note: Some groups may require masks. To learn more about Q Centers Covid-19 precautions please visit pdxqcenter.org/covid19

Sexual Orientation Community Groups

PDX LATE BLOOMERS CLUB

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.

Meets every **First Saturdays from 3:30pm - 5:15pm**

Contact rickc@rdrop.com and/or corduanp@gmail.com for zoom access!

LATE AWAKENINGS

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 with in-person meetings.

Inquiries: thirdaytuesdayqcpdx@gmail.com

Meets every **Third Tuesday from 7pm - 9pm**

LESBIANS OF A CERTAIN AGE (LOCA) 50+

For folks who identify as women loving women and are 50+. We meet monthly on the **Third Saturday** for a Lunch/Social Gathering at **12:30 pm**, In person at the Q Center

Contact lesbianscertainage@gmail.com

Also from LOCA: LOCA SALON!

The LOCA Salon is a light-hearted and thoughtful discussion time together. Bring your tea, coffee or water if you'd like and be prepared to enjoy listening and sharing your own experience with other LOCA members.

Meets the **Second Monday of the Month 10:30am - 12pm** at the Q Center

OUT AND ABOUT LESBIANS (OaAL)

OaAL is a community group made up of women/afab humans loving women/afab humans (regardless of identity as lesbian, gay, queer, bi, trans, non-binary, etc.). We create a safe and welcoming space for lesbian / queer folks to enjoy socializing together as their authentic selves. We are building a dynamic and diverse community, establishing quality friendships, and providing caring support for one another via gaming events.

For any questions contact Debbie at luv2liv1x@aol.com

Also from OaAL: Monday Night Game Night!

Come enjoy a variety of board games, card games, and other social activities! Bring your own game to share with the group and open to all!

Held on **the Last Monday of the month from 5:30pm - 7pm**, in-person at Q Center

70+ Women'S GROUP

For women aged 70 and up! A group dedicated to making the final chapter of their lives a bright and joyous one! Reach out to Carol to inquire for more information:
cjbrownlow4@gmail.com

Meets in person every **Third Monday 12:30pm - 2:25pm**

HUSBANDS OUT TO WIVES (HOW)

A support group for not-straight identifying men who are married or in a relationship with a woman and are out to (or working toward coming out to) their partners. Our mission is to support each other as we try to find our individuals paths to happiness. HOW members helps each other as we help redefine our relationships, with our spouses, family members, friends, colleagues, even as we may be learning to understand our own real selves. We do not promote monogamy over non-monogamy or vice versa. Each man finds his own path and other respect that. ALL information discussed in any meeting, in person or virtual, including participants names, is confidential. This group does NOT identify as political or religious. We do not share unsolicited advice, but rather learn from one another by sharing personal experiences and other resources. This is a free, peer led group. respectful, appropriate communication is mandatory.

Meets every **3rd Saturday every month from 3:15pm - 5:45pm**

For inquiries contact Ray at: RayGarciaMBA@GMail.com

THE QTIBIPOC COMMUNITY SPACE

Community is more important now than ever, especially for those of us living in the margins while also overcoming intersectional issues. The queer, trans, intersex, black, indigenous, people of color community space is a group looking to uplift and connect

our community with folks who share lived experiences and identities. Come meet new friends, find support, and engage in fun social activities and discussions.

This group meets **every 2nd and 4th Wednesday of the month from 7:00pm - 9:00pm**

Please contact Joelle at joelle@pdxqcenter.org for information or questions

Grupo de Afinidad LGBTQIA2S+ en Español (Spanish LGBTQIA2S+ Affinity Group) - Portland, OR

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 :D

Más información:

info.semillasdecambio@gmail.com

(513) 908-0326 (Llamadas y mensajes/WhatsApp)

A través de Facebook o Instagram

Lugar y hora:

En Zoom, el segundo viernes de cada mes a las 9:00 pm.

Forma de registro:

<https://forms.gle/1gHGMz2DpKppMF5Z7>

¡Todxs son bienvenidxs! Inscríbete o contáctanos para enviarte el enlace de Zoom o mantenerte informado de las reuniones en persona.

Semillas de Cambio

¡Todxs son bienvenidxs!

Gender Identity Community Groups

Visit the [Transgender Community Page](#)

GENDER QUEERY

Gender Queery is a support, social, and discussion group for folks looking to unpack matters of gender across, between, and beyond the gender spectrum. We meet virtually to hold respectful and engaging, facilitated conversations on all matters related to non-binary versus binary gender identity, genderfluid representation, and other philosophical topics related to our unique experiences of gender. There are no requirements for transition status or presentation to attend this group.

Gender Queery is currently meeting online only, every **First Monday of the Month from 7pm - 9pm PST**. An additional virtual meeting may be scheduled for additional social group hangouts. More information about Gender Queery can be found on the group Facebook page found <https://www.facebook.com/groups/genderqueery/>.

If you are interested in joining the group please email the group facilitator Kim Mcnelis at kim_yinyang@yahoo.com for more info and requests to join.

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

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.

We meet once a month: In-person at the Q Center on the **First Tuesday of each month, 7pm - 9pm PST**.

Email transmascportland@gmail.com with any questions

FRIDAY NIGHT TRANS WOMEN'S SUPPORT GROUP

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.

Email: Sarah@sightworks.com

Meets every **Second and Fourth Friday from 7:00 - 9:00pm** at the Q Center

Virtually **First and Third Fridays 7:00 - 9:00pm**

Hybrid Meetings (In-person and Online option) **Second and Fourth Fridays 7:00 - 9:00pm**

Zoom Registration Link:

https://us02web.zoom.us/meeting/register/uplkf-yhqDsv5TsrR3K1aQkW9tvnaHW_kQ

TRANS PDX SUPPORT GROUP

For all trans identified people!

“Come hang out with us at Trans PDX Support Group—we're a local support group sponsored by Q Center in NE Portland. We're all about creating space for all trans, nonbinary, agender, gender-fabulous, and anyone in between to connect, share, and support each other.”

Meets in-person: every **First Saturday from 10 am - 12 pm** at the Q Center

Meets virtually (over Discord): **weekly on Tuesdays at 5pm**

Folks can find more info or join the Discord at transpdx.org or email at transpdxteam@gmail.com

Addiction & Mental Health Support Programs

2sLGBTQia+ DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (dbsa)

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 from 7:00pm - 8:30pm** and on the **First and Third Monday** folks can join the Zoom meeting in person at 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/>

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.

SAA NOON MEETING

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.

[Contact us here](#)

Meets **Every day from 12 pm - 1pm**

SPIRITUAL GIANTS

Trans and Queer AA Meeting. Meets **every Tuesday** in-person from **7pm - 8pm** at the Q Center

Social/Movement/Other Groups

THE DOJO - PDX OPEN-TO-ALL KIKI BALLROOM SESSIONS

Paris is Burning is not just a phenomenon from the 80's. Have you ever dreamt of being a model? Fantasized about voguing and getting your tens? Want to learn skills honoring a history of empowering trans, queer, and BIPOC communities? Open kiki ballroom sessions is the space for you! Come learn the fundamentals of fem vogue,

European & American runway, Face, and more from Portland's premier Kiki ballroom members!

Meets **every other Sunday evening from 5:30pm - 7:30pm** at Q Center.

For more information email Kiki 007 at r3n.john@gmail.com or visit our Instagram page at <https://www.instagram.com/thedojopdx>

BABBLE-ON TOASTMASTERS CLUB

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

Please contact the club for further information. The meetings are hybrid with on-site and online attendees.

Meets at **4pm - 5:30pm every Sunday afternoon** at Q Center. For the Zoom link email: president@babble-ontm.org

www.toastmasters.org