

PDX LGBTQ+ Organizations At-a-Glance

Resources for 2SLGBTQIA+ folx and other intersecting identities

4D Recovery

4D provides various recovery support services to young people between the ages of 18 and 35 in partnership with systems, communities, and individuals. 4D recovery has some LGBTQ+ specific recovery groups.

BEYOND THESE WALLS

Support LGBTQ incarcerated folx in the Pacific Northwest.

Black & Beyond the Binary Collective

Black & Beyond the Binary Collective builds the leadership, healing, and safety of Black-African transgender, queer, nonbinary, and intersex (TQNI+) Oregonians. B&BTB helps TQNI+ folks get and stay housed, the B3C housing Safety Fund is open now!

BRIDGING Voices

Bridging Voices (The Portland GSA Youth Chorus) is a youth chorus for LGBTQ+ and allied youth, ages 13-21, and strives to be a safe, accessible place for youth to experience empowerment and unity through music. It is Portland's first Queer/Straight Alliance Youth Chorus and is one of the largest choruses of its kind, in the nation.

Bradley Angel

Bradley Angle helps survivors escape domestic violence and rebuild safe and prosperous lives.

BASIC RIGHTS Oregon

BRO advocates for public policy that meets the needs of the LGBTQ community.

Bombshell Transformations

Bombshell Transformations is a beauty and wellness center dedicated to serving the Trans community and their friends, families and allies. Bombshell Transformations is queer, woman, disabled owned, with all of

their providers identifying as queer or trans. They offer a free clothing closet as well as free and sliding scale services.

Cascades AIDS Project

Provide housing assistance, peer support, connection to medical care, job assistance, and culturally specific services for those affected by HIV.

CLEAR CLINIC

The CLEAR Clinic is a legal clinic at PCC Cascade, providing the following free legal services to people in the Portland metro area: Criminal record and eviction expungement, DACA renewals, Housing and immigration court navigation, Legal name and gender-marker changes, and community-based resources

EQUI INSTITUTE

Accessible, culturally competent, welcoming, and affirming health care for the LGBTQIA2S+ Communities. *Se habla Español

Fair Housing Council of Oregon

The Fair Housing Council of Oregon (FHCO) is a statewide civil rights organization whose mission is to eliminate illegal housing discrimination and ensure equal access to housing choice through education and enforcement of fair housing law.

Friendly House Elder Pride Services

Established over 20 years ago, Friendly House Elder Pride Services works to enhance the lives of LGBTQ+ older adults, change systems that don't serve them, and address decades of homophobia and transphobia. Through programming, community building, education, advocacy, outreach, and resource development, we are dedicated to creating a supportive community where LGBTQ+ older adults can thrive.

GLAPN

Since 1994, we have been working to discover and publicize the history of sexual minorities in the Pacific Northwest

HAND UP PROJECT

Provide emergency food services that cater to the BIPOC and LGBTQ+ community.

IRCO

Oregon has one of the fastest growing refugee and immigrant populations in the country. Forced to leave their home countries for fear of persecution due to race, religion, nationality, political opinion or membership in a particular social group, refugees and immigrants come to Portland to begin new lives. IRCO focuses on removing barriers to self-sufficiency and helping individuals and families thrive, by providing more than 200 culturally and linguistically specific social services, from employment, vocational training and English language learning, to community development, early childhood and parenting education, youth academic support and gang prevention.

Janus Youth Program

Youth Housing Support and Shelters. *All services are LGBTQ affirmative.

NW Gender Alliance

One of the oldest, continually operated transgender and gender-variant organizations in the country! Join us for our regular meetings, social activities, booths for PRIDE and cultural fairs as well as seasonal events.

OHSU Transgender Health Program

The Transgender Health Program provides support, information and advocacy. We can connect you with OHSU providers who are international leaders in caring for gender-diverse patients of all ages.

Outside IN

Our health clinic and young adult programs strive to meet people where they are and provide safe, affirming spaces for our community to receive judgment-free care and support. We provide a full range of health services for youth and adults of all ages, such as routine primary care, disease management, HIV/STI testing, reproductive health care, mental health treatment, transgender care and much more!

ORPIB

ORPIB is the hub for LGBTQ+ professionals, bringing together the people and resources that strategically support Oregon businesses.

Our House of Portland

Our House provides integrated health and housing services to people with HIV. Guided by compassion, collaboration, and respect, we provide

24-hour specialized care, supportive services, and independent housing with support services. They run four main programs:

Our House Residential Care, located in Portland, Oregon, is a 24-hour residential care facility for people living with HIV. Our House is the only facility of its kind in Oregon and SW Washington.

Our Neighborhood Housing and Care Program provides social work services, and nursing, for people in their own homes, providing support so that our clients can live independently as long as possible.

Esther's Pantry, Oregon's first LGBTQ+ affirming shopping style food pantry, provides food and personal care items for individuals and families impacted by HIV.

Tod's Corner provides free clothing and household goods for clients living with HIV.

The Pursuit of Wellness

A trauma-informed mental health practice supporting folx of various ages, sizes, genders, and mental health challenges in Oregon with counseling, peer support services, ketamine treatment, peer support groups, and gender-affirming surgery letters.

PDX Trans Housing Coalition

An organization supporting trans & nonbinary folks experiencing homelessness and other housing instability. Contact information can be found on their Facebook page.

PFLAG PDX

PFLAG is people, LGBTQ and straight, parents, friends, and allies, working together to make a better future for LGBT youth and adults.

PRISM Health

Compassionate healthcare for the LGBTQ+ community and beyond. *Se habla Español

QUEST

We are a nonprofit organization dedicated to providing integrative healthcare services, community, and education to all people seeking a wellness-focused approach to living.

Rose Haven

Rose Haven is open Monday-Friday, 9 AM-Noon providing services, activities, & events for women, children, and people of other marginalized genders in Portland, OR including: Nutritious meals, Clothing, Hygiene products & diapers, Outdoor gear, Laundry, Showers and restrooms, Mailboxes, WIFI and phones, Computer access, Device charging, Wellness activities, Advocacy and referrals, Emotional support, Student nurse visits, etc.

She BOP (18+)

An adult boutique specializing in non-toxic body-safe toys, exceptional books, and quality sensuality products. She Bop gives Portland an adult atmosphere that goes beyond the traditional sex store experience by actively pursuing a commitment to sexual education and conscious business practices while also offering a fun, safe, comfortable and sex-positive environment for people of all genders, sexual orientations and social backgrounds. Other products/services include Binder Fittings and Gender Expression accessories.

SMYRC

Sexual & Gender Minority Youth Resource Center (SMYRC) provides a safe, harassment-free space for queer and trans youth ages 13-23.

True Colors Recovery

True Colors envisions a future where LGBTQIA2S+ individuals with substance use issues have access to affirming recovery support services and communities that ensure they can find and sustain their recovery while staying their true selves.

The Living Room Youth

Celebrating and Supporting LGBTQ+ youth in Clackamas County, Oregon.

TRANSACTIVE Gender Project

The TransActive Gender Project at Lewis & Clark provides a holistic range of services and expertise to empower transgender and gender expansive children, youth, (4-18) and their families in living healthy lives that are free of discrimination.

TransPonder (Eugene Area)**

TransPonder is a small grassroots, completely transgender founded and led nonprofit based in Eugene, Oregon providing support, resources, and education for and about the transgender and gender diverse community and our allies.

UTOPIA PDX

For and by Queer and Trans Pacific Islanders.

YWCA of GREATER PORTLAND

Our aim is to educate the community about racism, sexism and other forms of oppression, so that together, we can strive for a more equitable world. The YWCA of Greater Portland's mission is to eliminate racism, empower women, and promote peace, justice, freedom and dignity for all. YWCA serves women, children, and families- regardless of their age, race, or income level, through 5 key programs: Youth Services, Domestic Violence Services, Senior Services, Social justice Services, and the Family Preservation Project.

Social Groups and Community Building

Local groups creating events, activities, or peer-to-peer connections across Portland's 2SILGBTQA+ communities.

PDX Queer social Club

Online resource for finding queer-centered events across the greater Portland metro area. Find workshops, sober events, family friendly events, nightlife activities, and more! Building community for folks who

- ☐ don't like using social media
- ☐ move to a new city
- ☐ don't have queer friends
- ☐ have introverted tendencies
- ☐ don't like drinking at bars
- ☐ are busy

Great resource for finding events DAILY with an events calendar that is regularly updated. Any 2SLGBTQA+ events can be submitted to be added to their calendar.

General LGBTQ+ Resources

Helpful online resources, guides, and articles for LGBTQ+ folks, other intersecting identities, and allies

Mama dragons: Parents of 2SLGBTQIA+ Children Support network

If you are a parent whose child just came out, you may be struggling or wondering how to respond. We are mothers who have traveled down this road and want to help you through this crossroads by providing a place for hope, learning, and community. In this time of political unrest, especially surrounding our LGBTQ+ loved ones, it is crucial to understand how to have courageous conversations to foster empathy, advocate for rights, and create inclusive environments for all.

A Nurse's Comprehensive Guide to Gender-Affirming Care

Transgender individuals and gender-nonconforming (GNC)/gender-diverse (GD) patients face a lot of challenges in life, especially when it comes to healthcare. They are often subject to misgendering, harassment, and microaggressions, which often lead to a delay in seeking care and treatment. According to a [study](#) by Bhatt et al, these populations experience higher rates of suicides, substance abuse, depression, and sexually transmitted diseases, among many other illnesses.

With [nurse practitioners from all over the United States](#) being on the frontline, they play a big role in providing transgenders and GNCs with the medical, psychological, and emotional care they need. However, many may not have the experience or access to proper resources to render the necessary services.

In this article, explore the concepts and care recommendations for delivering gender-affirming nursing care.

Trans Voice training resources

Research has shown that when a person's voice doesn't align with their

gender identity, it can have a [detrimental effect on their overall quality of life](#). This incongruence not only draws unwanted attention but can also jeopardize their safety.

Sometimes, the way we speak doesn't quite match who we truly are. It's like our voice is on a different page from our identity. That's where voice and communication training steps in. Think of it as your personal voice coach, helping you align the way you sound with the real you. It's all about bringing your voice and identity into harmony.

And get this, it's not just for those who identify as transgender, non-binary, or gender nonconforming; it's for anyone looking to bring their authentic voice to the forefront. So, if you're looking to make your voice truly yours, look further in this helpful online guide.

Hygiene 4 All

Hygiene4All provides critical resources to houseless neighbors, improving public health and sanitation for everyone while promoting greater respect & understanding across the housing divide.

Every day we are open, our paid unsheltered ambassadors and unpaid housed volunteers meet patrons where they are at, offering health critical:

Shower & Port-a-Potties

We provide sanitized port-a-potties and an ADA-accessible shower trailer. *Last shower 45 minutes before close.*

Health & Personal Care

Each week, we host community health workers who can provide simple first aid, sign people up for food assistance and health insurance, and refer people to medical appointments.

Clothing & Bedding Exchange

We sort, wash, & recycle tens of thousands of items to the Hub & partners for reuse.

Trash Drop-Off

Free and legal trash drop-off is available onsite for all patrons.

Not finding what you need? Don't give up!

Email info@pdxqcenter.org. We are not equipped to assist in urgent, life-threatening, or emergency requests.

Please note:

A list of 24/7 crisis hotlines and resources can be found below.

If you are seeking shelter resources after hours, please contact [211info](tel:211) by dialing 211 from any phone.

We are not equipped to provide statewide or nationwide resources and referrals.

If you are a **healthcare provider or work for an agency or other organization** that would like to be included in our resource database, please contact info@pdxqcenter.org. Someone will contact you to discuss the details of your listing.

If you see an error in the record for an agency or program, please contact info@pdxqcenter.org and we will correct it.

Crisis Hotlines

Oregon Statewide/National Hotlines

Dial 9-1-1 for medical, fire, police emergency intervention

1-800-273-TALK (8255)	Lifeline: Suicide Intervention
503-972-3456	Lifeline: Direct/Non-800
1-888-628-9454	la Red Nacional de Prevención del Suicidio (en español)
1-877-565-8860	Trans Lifeline (crisis hotline by and for the transgender community)
1-866-488-7386	Trevor Project (crisis hotline for LGBTQ+ and questioning youth)
1-800-923-HELP (4375)	Alcohol and Drug HelpLine
1-888-235-5333	Call to Safety (domestic and sexual violence survivor support)
503-235-5333	Call to Safety: Direct/Non-800
503-232-4448	UNICA: Línea de crisis disponible 24 horas al día, para individuos y familias afectados por la violencia doméstica o el asalto sexual. (en español)