

Health & Wellness Resources for Diverse Populations

This is a partial listing of health and wellness-related professionals, programs and businesses who offer services that may be appropriate for those who are seeking inclusivity. This does not necessarily mean that Healthy Foundations has experience with every resource on this list, or that they are recommended by Healthy Foundations. We encourage you to do your own research to determine if a resource is a good fit for you and to let us know if you have a professional, program or business that you would like us to consider adding to the list.

More information about the Healthy Foundations program can be found [here](#).

Behavioral Health Resources

[Avel Gordley Center for Healing](#) focuses on culturally sensitive care for the African and African-American community. Avel Gordley Center for Healing has a diverse group of expert practitioners who provide individual, group, marital, couples, and family therapy.

[OHSU Intercultural Psychiatric Clinic](#) provides culturally sensitive mental health services to immigrant and refugee communities. They offer individual and group therapy as well as psychiatric evaluations, medication management, and case management in collaboration with primary care providers, and various community services.

[Racial Equity Support Line](#) (503) 575-3764 supports those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues. Support available M-F, 10am to 7pm.

[Asian Health & Service Center](#) has a state-certified outpatient behavioral health clinic specializing in serving the Asian community. Clinical services are provided by a team of bilingual professionals and contracted psychiatrists. Clients may also access onsite, low-cost naturopathic clinic and Chinese Medicine clinics weekly.

[Multnomah County](#) offers culturally-specific behavioral health resources.

[Oregon.gov](#) offers BIPOC, Immigrant and Refugee mental health services and resources.

[National Alliance on Mental Illness – Oregon](#) provides a list of culturally specific/LGBTQ services.

Spanish Speaking

[Conexiones](#) (Western Psychological & Counseling Services) offers Bilingual Spanish-English providers who offer multicultural counseling and trauma healing services.

[SAMHSA's National Hotline](#) (800) 662-HELP supports individuals and family members facing mental and/or substance use disorder. Confidential, free, 24/7 support in English and Spanish.

[Central City Concern Puentes Program](#) provides alcohol/drug treatment, mental health. Esperanza program offers youth outpatient treatment for the Latinx youth.



Domestic Violence

[Call to Safety](#) (888) 253-5333 provides 24/7 support for victims of domestic violence.

[Healing Roots Program](#) (503) 253-5333 Bradley Angle's Healing Roots Program provides culturally specific and responsive services for Black and African American survivors of domestic violence.

[Casa de Esperanza](#) (800) 799-7233 – 24/7 National Bilingual Spanish-English domestic violence hotline.

Fitness

[The American College of Sports Medicine - ProFinder](#) is a tool to find American College of Sports Medicine certified fitness professionals (including those who are BIPOC and/or LGBTQ+) in your area.

[The American Council on Exercise - Find an ACE Pro](#) is a tool to find American Council on Exercise certified fitness professionals (including those who are BIPOC and/or LGBTQ+) in your area.

[Ecdysiast Studio](#) (Portland, OR) “celebrating and teaching all things pole (dancing) in our safe and inclusive space.”

[Fulcrum Fitness](#) (Portland, OR) Black-owned business offering group fitness and personal training online and at two Portland locations.

[Forge Hot Yoga](#) (Portland, OR) offers safe and inclusive space for practicing yoga and pilates and gives back to the community throughout the year.

[Me Fitness Studios](#) (Portland, OR) “We offer a safe, clean space to every BODY regardless of their color, sex, gender, size, age, spiritual belief or sexuality to explore their personal wellness journey.”

[Prism Fitness](#) (Portland, OR) Gender neutral, strength and conditioning classes that focus on welcoming everyone at all levels of fitness.

[Trainer Tyra](#) (Portland, OR) offers motivational speaking, wellness retreats, team building events, joyful movement sessions, fitness vacations and wellness workshops. She is dedicated to bringing out the best in everyone she meets but her main focus is removing all barriers to wellness for Black Women, POC, QTPOC and all underestimated communities.

[Wild Diversity](#) helps to create a personal connection to the outdoors for Black, Indigenous, and People of Color (BIPOC) & the LGBTQ+ communities through outdoor adventures and education.

[Outdoor Afro](#) is the nation's leading, cutting edge network that celebrates and inspires Black connections and leadership in nature.



National BIPOC online fitness professionals

[Kaisa Keranan](#) Kaisa's videos promote strength, flexibility and mobility – [sample mobility workout](#) on YouTube.

[Venus Lau – Venusfit](#) “The VenusFit approach to fitness is CONNECTED MINDFUL MOVEMENT – balance of mindset, breath, energy flow, strength, function, mobility, cardio, coordination, and performance.”

[Mike Peele](#) Mike is an actor, dancer and choreographer offering free hip hop dance workouts on YouTube.

[Michael Piercey, MS, CSCS – The Lab](#) Offering training options for “athletes and those who want to train like one.”

[NIKE Training Club App](#) Free app offering a variety of BIPOC fitness professionals leading fitness experiences ranging from restorative yoga to HIIT training.

[Keoni Tamayo – Reps To The Rhythm](#) Keoni offers free, walking-based dance fitness videos on YouTube.

Health/Community Resources

National websites

[Association of American Medical Colleges](#) includes initiatives and projects advancing diversity and inclusion in medicine.

[National Institutes of Health](#) offers research and advances in better healthcare delivery for all racial and ethnic communities.

[Center for Disease Control and Prevention](#) provides programs, tools and resources to achieve health equity by eliminating health disparities.

[American Academy of Family Physicians](#) demonstrates how physicians can advance health equity.

Local websites

[Oregon Health and Sciences University](#) is a family medicine residency program dedicated to unlearning racism and oppression.

[Fact Oregon](#) creates awareness in the marginalization of disabled people of color.

[State Library of Oregon](#) Diversity, Equity and Inclusion resources.

[Healthier Together Oregon](#) Oregon's health equity plan for 2020-2024.

Oregon Health Authority [report](#) identifying and addressing health inequities.

Multnomah County [list of organizations](#) that serve specific Racial/Ethnic Populations in Multnomah County.



[Familias en Acción](#) is a culturally specific organization that promotes health for Latinos in Oregon.

Oregon Latino Health Coalition community [resources list](#).

[North by Northeast Community Health Center](#) provides a sampling of Portland's wonderful community and health resources.

[Native American Rehabilitation Association \(NARA\)](#) provides education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.

[Multnomah County Asian Health and Service Center – Portland](#) has Bilingual and bicultural staff at the Portland and Beaverton offices that provide health and social services including a lunch program for Chinese, Vietnamese and Korean-American seniors.

[Aging and Disability Resource Connection of Oregon \(ADRC\)](#) provides local information and services for seniors and people with disabilities.

[PDX Disability Awareness Resources Team \(DART\)](#) provides direct services to people with disabilities in the Portland Tri-county area.

City of Portland [disability resources](#)

QUAD [disability resources](#)

[Oregon.gov](#) services for seniors and people with disabilities

[Incight](#) unlocks the potential of people through employment, education and independence.

City of Portland [LGBTQ+ resources](#)

[Q Center](#) is dedicated to their core values of safety, resilience, anti-oppression, learning & empowerment, inclusion, and transparency.

[PFLAG Portland Oregon](#) supports LGBTQ people, families, and allies.

[Prism Health](#) offers a safe, affirming, non-judgmental space where all members of the lesbian, gay, bisexual, transgender, and queer community can obtain the compassionate and culturally effective health care they need and deserve.

[OHSU Partnership Project](#) provides a comprehensive array of services to both persons who are living with HIV and to persons who are part of the transgender and gender non-conforming communities.

[OHSU Transgender Health Program](#) provides resources for patients, families and allies.

[City of Portland Diverse and Empowered Employees of Portland \(DEEP\)](#) is dedicated to enhancing a work environment that is inclusive and supportive of the City of Portland's diverse workforce that is committed of quality public service.



Nutrition Resources

[Dr. Milton Mills](#) is the Stanford and Georgetown trained Associate Director of Preventative Medicine with Physicians Committee for Responsible Medicine who advocates for using food as medicine and policy change to reinforce this.

[American Indian Health and Diet Project](#) is a website devoted to recovering health of all Indigenous peoples. It provides a source of history about Indigenous foods and includes recipes for a health protective pre-colonial diet.

[Food Heaven](#) Wendy Lopez MS, RD, CDE and Jessica Jones MS, RD, CDE are Health at Every Size (HAES)-informed “BFFs who love to eat, cook and nerd out about anything nutrition related.” A great resource for accessible and inclusive wellness.

[Rainbow Plant Life](#) Nisha Yora is exploding with great recipes and tasty tips for including more plants in your diet. She recently published The Vegan Instant Pot Cookbook and has a fun Youtube channel with cooking videos to follow along.

[Sweet Potato Soul](#) Join Jenne Claiborne and discover hundreds of delicious and easy-to-make vegan recipes.

[The Invisible Vegan](#) Actress and filmmaker Jasmine C. Leyva explores eating patterns in the African American diet, while sharing her own health journey in this 90-min. documentary.

Stress Management, Yoga

[Yoga NW](#) “We strive to create a healing and loving space where EVERYONE is welcome, valued, and celebrated.” BIPOC, Queer, Curvy (body-positive) Yoga classes offered.

[Bhakti Yoga Movement Center](#) Yoga resource, including ‘BIPOC only’ classes. “The community, business and teachers of The Bhakti Yoga Movement Center are deeply invested in staff training, meaningful self-education, and building the knowledge, skill and human resource necessary to invest in a more equitable and just world...to aim to make use of these skills in a broader capacity in yoga culture.”

[Shanti Om Yoga](#) “A safe, all-inclusive Yoga and Ayurveda healing space. We welcome all bodies, genders, ages, sexual orientation, religious and spiritual beliefs.” Spanish-language Yoga offered.

[Unfold](#) “Unconditionally Welcoming. We make Yoga classes accessible, utilizing concepts of partnership, social justice and compassion.”

[Humans of Color Movement Alliance](#) Facebook and Insta-gram BIPOC resource: “Our intention is to provide a safe space for those who identify as a person of color to come together to move, learn, talk, and create community with other humans like themselves. This will also be a gathering place for connecting and building communities of color. We will also address issues that people of color are facing in our current social climate using yoga as platform for release and restructuring.”



[Tracee Stanley](#), Radiant Rest Podcast “Join Tracee in spacious conversation for a deeper dive into all things yoga nidra, rest, sleep, and dreams.” Features BIPOC voices in Yoga.

[Dr. Gail Parker](#), Restorative Yoga for Ethnic and Race-Based Stress and Trauma. Explore the intersection of yoga, race and ethnicity and consider the psychological impact of race-based stress and trauma on all of us and how Restorative Yoga can be used as an effective self-care tool that helps you navigate the stresses and traumas that arise from daily lived experiences associated with race.

[Jessamyn Stanley](#) POC Yoga teacher, body positivity advocate, writer and podcaster.

[Black Yoga Magazine](#)

