

Fat Positive Resource List for Portland or Area

Last updated: June 2026

This guide gathers fat-positive, weight-neutral, and body-liberating resources for people in the Portland, Oregon area and beyond. Fat liberation is the movement to dismantle the systemic oppression of fat people. Health at Every Size (HAES) and Intuitive Eating are evidence-based frameworks that decouple health from weight. Body Trust is the practice of returning to your own body's wisdom. These aren't niche ideas — they are backed by research and centered here because fatphobia causes real harm. Most entries are Portland area or Oregon based unless otherwise noted.

 **How to use this guide:** Some entries include websites, phone numbers, or email addresses. For entries that don't, search the name along with any details provided (city, specialty, organization) and you should be able to find their current contact information, availability, and registration links online.

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Crisis Support

- **988 Suicide and Crisis Lifeline**, Call or text 988. Available 24/7 for mental health, substance use, and suicide crises.
- **Crisis Text Line**, Text HOME to 741741. Free, 24/7 text-based crisis support.
- **BlackLine**, Call (800) 604-5841. A 24/7 crisis support line prioritizing BIPOC individuals, providing a culturally affirming space for processing stress, trauma, and systemic discrimination.
- **Trans Lifeline**, Call (877) 565-8860. A peer support hotline run by and for trans individuals, with operators vetted for trauma-informed, size-friendly practices. Canada: (877) 330-6366.
- **National Alliance for Eating Disorders Helpline**, A specialized helpline for eating disorder support and referrals. Search “National Alliance for Eating Disorders helpline” for the current number.

Helpful Frameworks and Approaches

- **Health at Every Size (HAES)**: A movement and framework that prioritizes health-promoting behaviors for people of all sizes, decoupling health from weight.
- **Intuitive Eating**: An evidence-based approach developed by registered dietitians Evelyn Tribole and Elyse Resch that helps people rebuild a healthy relationship with food, hunger, and their bodies.
- **Body Trust**: Developed by Be Nourished PDX, Body Trust is a weight-neutral, trauma-informed healing framework centered on reclaiming innate body wisdom.
- **CREDN** (offers a provider search for both therapists and registered dietitians)

Books

- Intuitive Eating
- Intuitive Eating Workbook
- The Body Is Not an Apology
- Fearing the Black Body
- Reclaiming Body Trust
- What We Don't Talk About When We Talk About Fat
- This Is Body Grief

Apps

- **Rise Up and Recover**, Won Most Interactive in eating disorder recovery app awards.
- **Recovery Record**, Won Best Overall Eating Disorder Recovery App.

- **Fig**, Designed for folks managing food allergies.
- **AllGo**, A lifestyle and accessibility review app designed by and for plus size people. Lets users rate the comfort, size inclusivity, and accessibility of public spaces such as restaurants, theaters, gyms, and airlines, with reviews written by fat people who have actually visited. Available on the App Store and Google Play.

Podcast Episodes

- **Jonathan Van Ness Podcast**: Episode with Dr. Sabrina Strings, “How F*cked Up Is Fatphobia?”

Podcasts

- **Maintenance Phase**, Hosted by Aubrey Gordon and Michael Hobbes. Debunks the junk science behind health fads, wellness scams, and nonsensical nutrition advice. Available on Apple Podcasts.
- **SwipeFat Podcast**, Two fat, white, cisgender women discuss their dating experiences in Chicago.
- **She’s All Fat**, Hosted by Sophie Carter-Kahn. A fat positivity podcast covering pop culture, current events, and the intersection of fatness and feminism, with a radical self-love, chill vibes ethos.
- **Fatspo Podcast**, Hosted by Jessica Blair (@lovejessicablair) and Kat Lyon (@pranksbykat). Two friends discuss fatness, history, and fat icons. Instagram and TikTok @fatspopod.
- **The Fat Joy Podcast**, Hosted by professional coach Sophia Apostol. Conversations with fat guests about flourishing in a fatphobic world, exploring the harms of diet culture while centering joy, fat activism, and body positivity. Each episode closes with a poem.
- **The Body Trust Podcast**, Hosted by Dana Sturtevant, Hilary Kinavey, and Sirius Bonner. Explores collective healing and body reclamation, challenging dominant narratives about food, weight, and health, and examining how social justice intersects with body liberation.

Articles

- **Grieving the Thin Ideal**
- **Having a Better Body Image Won’t End Body-Based Oppression**, By Aubrey Gordon for Self.
- **Practicing Body Neutrality**, Guide from Hilton Head Health ONDEMAND.
- **Health at Every Size Health Library**, PDF library on the HAES approach to common health conditions.

Treatment Programs and Higher Level of Care

- **Hello Me Therapy** (*Portland area*), Outpatient therapy.

- **Meghan's Place Outpatient + Eating Disorder Therapy** (*Portland, accepts OHP*), Eating disorder groups and individual therapy for adults. Accepts OHP. 971-205-0408, eatingdisorders@meghansplacecounseling.com
- **Monte Nido Eating Disorder Treatment Center** (*National*), Higher level of care. 888-826-2320
- **Equip Health** (*National, virtual*), Fully virtual, evidence-based eating disorder treatment for people of all ages across all 50 states, including those without a formal diagnosis. Uses a multidisciplinary team including therapist, dietitian, medical provider, and peer mentors, drawing from family-based treatment, CBT-E, ERP, and other approaches to build personalized treatment plans.
- **Project HEAL** (*National*), A national organization helping people access eating disorder treatment, prioritizing those in marginalized bodies including larger bodies. Services include: Treatment Placement (free and sliding scale treatment options for people facing financial, insurance, or weight discrimination barriers); Cash Assistance (one-time grants for individuals with demonstrated financial need); Case Management (short-term, personalized support for navigating care systems); Meal Support (free virtual drop-in daily meal support groups at the outpatient level, ages 16+, held multiple times daily); and BIPOC Community Care (an eight-week virtual program combining body liberation education and peer support for people of color navigating disordered eating and systemic barriers). Search Project HEAL online to access current program registration and eligibility details.

Fat-Affirming Therapists

Tags indicate whether the provider is available in-person, virtually, or both, and the general service area.

- **Meredith Noble Counseling** (*Virtual, Oregon*), Fat positive therapy for adults in Oregon, focusing on fat liberation, binge eating, and breaking free from diet culture.
- **Annahita Ghaboussi, Aurora Counseling** (*Portland, in-person and virtual*), In-person and virtual therapy with a focus on fat liberation, anti-fatphobia, and LGBTQIA2S+ affirming care.
- **Tenderwood Counseling** (*Virtual, Oregon*), Fat positive, weight-neutral care combined with neurodivergent-affirming practices and complex trauma support.
- **Danielle Maveal, Empowered Fulfillment Therapy** (*Oregon*), Hosts specialized body diversity groups centering the experiences of fat people and others navigating appearance-based stigma. Listed on Psychology Today.
- **Mick James, LPCA** (*Portland, in-person*), Drama therapist and fat-affirming clinician working with kids, teens, and families. Real Work Wellness. Cash only, sliding scale options available.
- **Wil Horsley, Trauma Center NW** (*Portland area*), A fat, queer, and nonbinary therapist creating an intersectional, safe space where clients can build resilience against societal pressures and body discrimination.
- **Aimee Amodio, LICSW** (*Virtual, Oregon/WA*), Queer, nonbinary social worker. Individual therapy on a sliding scale of \$50 to \$125 per session. Not accepting insurance.
- **La Saechao, LCSW** (*Portland, in-person and virtual, OR/WA*), Warm, supportive approach with a focus on gentle growth and healing. In-network with PacificSource, Providence,

Regence, most BCBS plans, Aetna, United Health Care, and Moda. Private pay \$150 per 50 minutes.

- **Ash Isenhower, LMFT** (Virtual and in-person, Portland, OR) Fat, Queer therapist and Certified Body Trust Provider who specializes in treating eating disorders, body image distress, and anxiety disorders. Work is rooted in fat liberation, body trust, and anti-carceral values, supporting people in reclaiming agency, embodiment, and healing beyond systems of control. In network with OHP and CareOregon. Private pay. Hello Me Therapy.

Alternatives to Therapy

- **1:1 Fat Self Care and Grief Coaching with Anna Chapman** (*Virtual*), A body grief and fat liberation focused coaching option for those seeking healing support outside of a clinical therapy framework. fatselfcare.com/body-grief-coaching

Eating Disorder and Body Image Support Groups

The following groups are organized by community. Most are free and virtual. To find current registration links, schedules, and availability, search the organization name online.

High-Weight and Larger Bodies

- National Alliance for Eating Disorders, Larger Bodied Individuals Support Group
- ANAD, People in Larger Bodies Support Group
- VERY, In This Body. In This Life.
- Liberating Jasper, Fat Liberation Support Group
- NAAFA, Fat Fridays Social Club

LGBTQ+

- National Alliance for Eating Disorders, LGBTQ+ Pro-Recovery Group
- ANAD, LGBTQ+ Eating Disorder Support Group
- FEDUP Collective, Closed Support Group for Gender-Diverse Folx
- FEDUP Collective, Closed Support Group for QTBIPOC with Eating Disorders
- Liberating Jasper, Queer Peer Eating Disorder Support Group
- The ED Foundation, Trans+ and Nonbinary Support Group
- The ED Foundation, Support Group for LGBTQ+ Individuals (18+)
- Eating Recovery Center, LGBTQ+ Eating Disorder and Body Image Support Group

Neurodivergent

- Liberating Jasper, Neurodivergent Eating Disorder Support Group
- The ED Foundation, Neurodivergent Folx

BIPOC

- Project HEAL, BIPOC Community Care
- National Alliance for Eating Disorders, BIPOC Pro-Recovery Support Group
- ANAD, BIPOC Eating Disorder Support Group

- FEDUP Collective, QTBIPOC Eating Disorder Support Group
- Sage and Spoon, BIPOC Support Group (18+)
- Sunrise Nutrition, Community Table BIPOC Meal Support
- Eating Recovery Center, Mental Health and Eating Disorder Support Group for People of Color

Clinicians in Recovery

- The ED Foundation, Mental Health Professionals in Recovery
- Eating Recovery Center, Clinicians in Eating Disorder Recovery

Age-Specific

- Alaska Eating Disorders Alliance, Adult Support Group (18+)
- ANAD, Teens and Young Adults (13 to 24) Eating Disorder Support Groups
- ANAD, Older Adults Eating Disorder Support Groups
- Eating Recovery Center, 30+ Eating Disorder Support Group
- MEDA, Adult Body Image Group (18+)
- Renewed, Co-ED: College Women's Support Group
- Renewed, SupportED: Women's 40+ Support Group
- The ED Foundation, Support Group for Individuals 18+
- The ED Foundation, Support Group for Individuals 30+
- The ED Foundation, Support Group for Individuals 50+

General Eating Disorder Support

- National Alliance for Eating Disorders, Pro-Recovery Support Group
- Alsana, Eating Disorder Recovery Support Group
- ANAD, General Eating Disorder Support Group
- BALANCE, Contemplating Recovery Support Group
- Carolina Resource Center for Eating Disorders, Adult Support Group
- Center for Discovery, Individuals in Recovery
- Eat Breathe Thrive, Yoga for Eating Disorder Recovery (free monthly course)
- Eating Recovery Center, General Eating Disorder Support Groups
- Eating Recovery Center, Body Image Support Group
- EDRC, Body Image and Eating Disorder Support Group
- Many Roads Recovery, Eating Disorder Recovery Peer Group
- MEDA, Getting Unstuck Group
- Starting Point, Eating Disorder Support Group
- The ED Foundation, Art Journaling Support Group
- The Lotus Collaborative, Eating Disorder Recovery Support Group
- The New Beginnings Center, Eating Disorder Support Group
- Well Behavioral Health, In-Person Eating Disorder Support Group
- Well Behavioral Health, Virtual Adult Eating Disorder Support Group

Spanish-Speaking

- Center for Discovery, Spanish-Speaking Individuals in Recovery

Men

- Eating Recovery Center, Men's Support Group
- Renewed, EmpowerED: Men's Support Group
- ANAD, Men's Support Group

Meal Support

- Center for Discovery, Community Meal Support Group
- Center for Discovery, Alumni Meal Support Group
- Nutrition Hive, Daily Meal Support through partnership with Project HEAL
- Sunrise Nutrition, Community Table BIPOC Meal Support

Family, Friends, and Support People

- Alaska Eating Disorders Alliance, Family and Friends Support Group
- ANAD, Caregivers with F.E.A.S.T.
- ANAD, Siblings with F.E.A.S.T. (15+)
- National Alliance for Eating Disorders, Friends and Family Group
- Center for Discovery, Eating Disorder Support Group for Loved Ones
- Eating Recovery Center, Caregivers and Loved Ones Support Group
- EDRC, Family and Friends Support Group
- F.E.A.S.T., Around the Dinner Table Online Forum
- FEDUP Collective, Support Group for Support People
- Renewed, Families Supporting Families: Family and Friends Support Group
- The ED Foundation, Support Group for Family and Friends
- The Emily Program, Friends and Family Sessions

Disability and Chronic Illness

- ANAD, Chronic Illness and Long Term Disability
- SupportedED Spoonies, Navigating Eating Disorder Recovery with Chronic Illness

Athletes

- ANAD, Athletes Peer Support Group
- The ED Foundation, Monthly Connection for Athletes

Community Events

- **Fat Hours at Common Ground Wellness**, Affinity sessions for people living in larger bodies. Common Ground Wellness on Instagram. 2026 dates: Tuesday, July 29 and Tuesday, December 30. 7:00 PM to 10:00 PM, with the last hour kept silent. Online booking is not available, reserve by calling (503) 238-1065, or email frontdesk@cgwc.org if needed for accessibility.
- **Summer Park Silent Reading Club**, Hosted by FGHPDX, casual reading meetups in Portland area parks. 2026 dates include July 7 and August 4.

- **Fat Joy Summer Celebration**, A three-day weekend of body-positive celebration across Portland, August 7 through 9, 2026, including Sizable Shenanigans, the Body Positive Block Party, and the Big Splash Pool Party.
- **Body Positive Block Party**, August 9, 12:00 PM to 5:00 PM at Curious Comedy Theater. Features vendors, community organizations, and social spaces.
- **2026 Big Splash Pool Party**, August 8, 7:30 PM to 10:30 PM. An inclusive sunset pool party. Tickets are released only through an email list in advance.
- **Fat Dance and Movement Classes**, Offered by organizations like Body Home Fat Dance, including workshops and trust-building movement sessions for fat artists and individuals.

Upcoming Virtual Events

These events have specific dates in Summer 2026. Search the event or organization name to find current registration links.

- **Superfat Chat with Angel Austin and Amanda Evans**, Saturday, June 20, 2026, 1:00 PM PT, 90 minutes. A virtual affinity meet-up for adults living at the largest end of the size spectrum, including those who identify as supersize, superfat, and infinifat. Search the event name to find current registration.
- **Fat Fridays Virtual Social Club**, Friday, June 26, 2026, 5:30 PM PT, 2 hours. A Zoom affinity space for people who identify as fat, ages 18 and up. Search NAAFA Fat Fridays to find current registration.

Fat Positive Shows and Entertainment

- **Sizable Shenanigans**, A body-positive comedy and variety show celebrating fat performers, created by Heather English. Locally hosted in Portland by Chub Hub PDX, often at Curious Comedy Theater. Serves as the anchor event for the Fat Joy Summer Celebration.
- **Easy Bake Coven**, A Portland-based fat-positive and queer musical improv group performing around town. Follow @easybakecovenpdx on Instagram for the show schedule.
- **All My Friends Are Hot**, A variety show hosted by comedian Georgia GA.
- **Tell Tale PDX**, Also known as Telltale Presents, a Portland-based storytelling production company hosting community-driven, curated live shows centered on vulnerability and fierce community building. Shows typically feature 8 to 10 performers around a monthly theme, combining storytelling with comedy, music, drag, and essays, alongside makers markets, raffles, and live music. Founded by hosts Jasmine Nothing and Zane Thomas.

Portland Area HAES Fitness

- All Bodies, fat and queer owned gym
- Prism Moves, HAES and queer owned gym
- beckbeverage.com
- mindfullyactive.com/one-on-one

- flexiblefitnesspdx.com
- trainrecoverrebuild.wixsite.com/bodypositive
- Instagram @cathartic.kinesis

Fat Self Care Products

Belly Fold Liners

- **Sweet Belly Belle**, sweetbellybelle.com

Anti-Chafing Sticks and Balms

- **Megababe Thigh Rescue**, A popular vegan stick enriched with aloe and vitamin E that glides on smoothly without a greasy feel.
- **Body Glide Original Anti-Chafe Balm**, Trusted by athletes for extreme, sweat-proof protection, and also great for everyday wear.
- **Zone Naturals Chub Rub Stick**, Features a dry powder finish that lasts all day without rubbing off.

Gels and Creams

- **Monistat Chafing Relief Powder Gel**, A budget-friendly, fragrance-free, non-greasy gel that also doubles as a face primer.

Barrier Patches

- **The Chub Rub Patch**, Water-resistant, breathable, hypoallergenic tape patches that adhere directly to the skin to absorb friction all day.

Anti-Chafing Shorts

- **Snag Tights Stay Cool Chub Rub Shorts**, Breathable, lightweight slip shorts with cooling yarn, a good option for flowy dresses or anyone who prefers not to apply creams.

For Children

Books that depict fat bodies and body-positive themes, organized by age range. Available at Powell's Books (powells.com), Bookshop.org (which supports independent bookstores), or Amazon.

Picture Books

- **Francis Discovers Possible** by Ashlee Latimer (All ages)
A fat girl feels good in her body until classmates tease her, and her fat dad helps her reconnect with that confidence. Includes a memorable fat mermaid illustration.
- **Abigail the Whale** by Davide Cali (Ages 5+)
A fat girl dreads swim lessons because of teasing from other kids, until a supportive teacher helps her find her strength and confidence in the water.
- **The Belly Book** by Fran Manushkin (Ages 2+)
A playful, illustrated celebration of all kinds of bellies.

- **Bodies Are Cool** by Tyler Feder (All ages)

A vibrant, body-positive picture book showing a wide range of bodies, including many fat and disabled bodies.

- **Beautifully Me** by Nabela Noor (All ages)

A South Asian fat girl navigates her family's negative body talk and helps them learn to appreciate their own bodies.

Middle Grade Books

- **Some Places More Than Others** by Renee Watson (Ages 8+)

A fat Black girl travels with her father to Harlem to meet his side of the family for the first time, exploring family history and connection.

- **The Supervillain's Guide to Being a Fat Kid** by Matt Wallace (Ages 8+)

A fat boy seeks advice from a fat supervillain on handling school bullies, told with a surprisingly nuanced villain character.

- **Alice Austen Lived Here** by Alex Gino (Ages 9+)

A fat nonbinary kid researches queer history in Staten Island for a school project, in a story full of queer friendship and joy.

- **Dear Sweet Pea** by Julie Murphy (Ages 9+)

A fat girl starts an advice column while navigating friendships and her parents' divorce.

- **Starfish** by Lisa Fipps (Ages 9+, content warning recommended)

A novel in verse following a fat girl who is bullied at school and pressured by her mother to lose weight, based on events from the author's own childhood. Content warning for fatphobia and bullying recommended before sharing with fat kids.

- **The Glass Witch** by Lindsay Puckett (Ages 8+)

A fantasy about a fat girl witch without powers trying to break a family curse, recommended for fans of Harry Potter and Witchlings.

Young Adult Books

- **If It Makes You Happy** by Claire Kann (Ages 13+)

A fat, Black, queer girl unexpectedly becomes her small town's Summer Queen in this lighthearted read.

- **Undead Girl Gang** by Lily Anderson (Ages 14+)

A fat Latinx witch teams up with her resurrected former mean girls to solve her best friend's murder.

- **Fat Chance, Charlie Vega** by Crystal Maldonado (Ages 14+)

A fat Latinx teen navigates her relationship with her mother and a new romance while growing into self-acceptance in a mostly white suburb.

- **A Dark and Starless Forest** by Sarah Hollowell (Ages 12+)

A bisexual fat girl must enter a dangerous forest to save her siblings in this dark fantasy.

- **Love Is a Revolution** by Renee Watson (Ages 13+)

A fat Black girl falls for an activist and grapples with small lies she's told to impress him, learning the value of being herself.

- **The (Other) F Word** by Edited by Angie Manfredi (Ages 13+)
An anthology of essays, poetry, and art from a diverse group of fat authors, including Samantha Irby and Renee Watson.
- **No Filter and Other Lies** by Crystal Maldonado (Ages 14+)
A fat Latinx teen creates a fake online persona using a friend's photos, then navigates the fallout after befriending a fat follower in real life.
- **The Kindred** by Alecia Dow (Ages 13+)
A fat Black girl mind-paired with a Duke accused of murder goes on the run with him in this science fiction romance.
- **Out of the Blue** by Jason June (Ages 14+)
A fake dating story between a fat boy and a nonbinary mermaid who must help a human as part of a Merfolk ritual.
- **Scout's Honor** by Lily Anderson (Ages 14+)
A group of scouts protects their town from monsters, and a girl who quit after losing a friend returns to steal a memory-altering tea to ease her grief.

Clothing Resources

- **Rogue Trans Outreach Open Clothing Closet**, Free gender-affirming clothing.
roguetransoutreach.org/staging/6694/open-clothing-closet

Sonny's House Clothing Swap

- Sonny's House of Tattoos & Treasures is a multifaceted space containing a tattoo studio, art gallery, bookstore, micro press, art for sale by local artists, and a venue for various community events, in addition to hosting the clothing swap below.
- Recurring clothing swap, masks required.
- Location: Sonny's House, 2504 NE Sandy Blvd, Portland, OR 97232. sonnyshouse.com
- Bring clothes you no longer wear, size XL or larger.
- Use body neutral or body-positive language while there.
- Clean clothes only, three pieces maximum.
- Try items on at Sonny's before taking them.

Fem Clothing

- MaryRose Boutique, inclusive minimalist clothing, a portion of profits supports eating disorder treatment access
- Altar, every piece made in sizes XS to 6X, designed in Portland and made in LA
- Torrid
- Lane Bryant
- Target
- ASOS
- Boohoo
- Nasty Gal

- Lucy & Yak
- J.Crew
- IvyCity
- JessaKae
- Anthropologie
- Old Navy

Masc Clothing

- Kingsize, up to 10X and 4X Tall
- JohnnyBigg, up to 8X and 4X Tall
- Poshmark (resale), up to 5X and 5X Tall
- Carhartt, up to 6X and 5X Tall
- Target, up to 6X and 3X Tall
- Kohl's, up to 5X and 4X Tall
- Belk, up to 6X and 5X Tall
- Dickies, up to 5X and 5X Tall
- Boohoo, up to 5X and 2X Tall
- ASOS, up to 5X and 5X Tall

Shoes

- Vans, available in wide sizing up to size 19.5
- XL Feet, available in wide sizing up to size 20

Size-Inclusive Services

- **Toni PNW** (*Vancouver, WA*), Fat, queer, Latina tattoo artist based in the Portland metro area, specializing in “bold ink for bold bodies” and advocating for fat liberation and size inclusivity in the tattoo industry. Studio: Muse Tattoos, 8311 NE Hwy 99, Suite 101, Vancouver, WA. Booking by text at (503) 564-8661. Flat-rate pricing by piece size. Station includes a chair rated to 500 lbs and a bed rated to 800 lbs. Creator of HeavySpace, an online plus-size community directory.
- **Chameleon Salon** (*Portland, Sellwood*), Fat-positive, queer-affirming, size-inclusive hair salon in the Sellwood neighborhood of Portland. Salon chairs are extra wide and hydraulically rated to 800 lbs, with dimensions and cape sizes listed on their website. Wheelchair accessible with step-less back entrance. Specializes in gender-affirming cuts. Mask optional, but stylists will mask on request.
- **Be Abundant Care Collective** (*Portland*), Fat-inclusive care collective offering craniosacral therapy, electrolysis, hair care, massage, and amma therapy. Providers hold a variety of marginalized identities. Masks required.
- **Sam Por Vida** (*Portland*), QTPOC fat hair stylist offering fat-inclusive seating. Masks required. Also runs a pay-what-you-can Fat Closet.

- **Iridescent Daydream** (*Portland*), A shop selling art made by several local artists who hold various marginalized identities. Fat Magic Clothing Company, a curated plus-size thrift clothing vendor, sells alongside the shop's other treasures.

Weight-Neutral Healthcare Providers

ila Health

- **Dr. Katie Pickworth**, *ila Health*
- **Dr. Angela Hardin**, *ila Health*
- **Dr. Monica Kendall**, *ila Health*

Oregon Providers

City	Provider	Phone	Practice
Albany	Olivia Danforth	(541) 768-5418	Samaritan Family
Albany	Karen Devereux	(541) 754-1150	Corvallis Clinic
Astoria	Shannon Marsh	(503) 325-5300	Pacific Family Medicine
Clackamas	Emma G. Fite-Wassilak	1-800-813-2000	Kaiser Permanente
Eugene	John Holtzapple	(541) 687-6353	PHMG Barger Clinic
Eugene	Laurel Stiedmann	(541) 746-6816	Oregon Medical Group
Eugene	Meg Hamilton	(541) 687-1668	Southtowne Medical Clinic
Eugene	Rebecca Reveal	(541) 686-1711	Westmoreland Medical Clinic
Eugene	Lindsey Wilson	(541) 687-8581	Valley Medical Primary Care
Eugene	Lauren Buse	(503) 972-0235	Oregon Integrative Health, Eugene
Forest Grove	Benjamin Burton	(503) 359-4773	Mountain View Medical
Forest Grove	Erika Horner	(503) 359-4773	Mountain View Medical
Forest Grove	Cassie Evanetich	(503) 359-4773	Mountain View Medical
Hermiston	Mary Swihart	(509) 942-3125	
Oakridge	Joseph Volpi	(541) 782-8242	Kaiser Permanente
Pendleton	Jacqueline Brown	(541) 276-1700	Pendleton Family Practice
Portland	Audrey Ann Crist	1-800-813-2000	Kaiser Permanente
Portland	Jencina M. Butler	1-800-813-2000	Kaiser Permanente
Portland	Margaret Black	(503) 215-9700	Providence Health
Portland	Susan M. Vockert-Burke	(503) 288-0083	Family Medical
Portland	Richard Bruno	(503) 228-4533	
Portland	Anna M. Urbanc	(503) 203-0700	Providence
Portland	Diana Umene	(503) 221-0161	The Portland Clinic
Portland	Valerie Lynn Cecil	(503) 418-3900	OHSU Primary Care, Richmond

Portland	Julie Yeggy	(503) 413-4340	
Portland	Robyn Ann Liu	(503) 285-9321	Kaiser Permanente
Portland	Katie Pickworth, ND	(503) 855-4341	Northwest Integrative Medicine
Portland	Casey Carpenter, ND	(503) 719-5000	Asha Integrative
Portland	Eliza Hofkosh-Hulbert, ND		CNM Wellness
Portland	Jasminka Mujcic	(800) 813-2000	Kaiser Permanente
Portland	Denise Palke	(503) 772-4335	Yakima Valley Farm Workers Clinic
Portland	Talia Buchsbaum		Hillsboro Medical Center, Orenco Station (OHSU partner)
Portland	Naghme Moshtael, MD	(503) 595-9300	Sellwood Medical Clinic
Portland	Wendy Leigh White, ND	(503) 956-9396	HeartSpring Health
Roseburg	Multiple providers	(541) 671-2248	Two Rivers Integrative Medicine
Salem	Grace Kao	(503) 391-1110	
Salem	Dennis Barnett	(503) 399-2424	Salem Clinic
Salem	Kendall Henery	(503) 391-1110	Salem Health Medical Clinic
Silverton	Phoenix North	(503) 874-6026	Legacy Silverton Medical Center
Springfield	Jason Keister	(541) 222-6005	
The Dalles	Shaylynn Murphy	(541) 296-9151	Mid-Columbia Medical
Tigard	Andrea Tremaine	(503) 603-9087	Bridgeport Family Medicine
Tigard	Alicia Hart	(503) 386-5424	SW Family Physicians
Tigard	Gillian Rosicky	(503) 216-0700	Providence Medical Group

Pregnancy, Reproductive, and Birth Care

- **FemForward Health** (*Portland*), 5633 SE Division St, Portland. Board-certified OB-GYNs including Dr. Mary Afsari-Howard, DO. Routine gynecology, infertility, PCOS treatment, and custom care plans in a judgment-free environment.
- **Dr. Jill M. Shaw, DO, Gynecology** (*Portland*), Women's Health Today, 5050 NE Hoyt Suite 362, Portland, OR 97213. (503) 239-6800. Personable, affirming care that recognizes bodies come in all sizes. Waiting room includes a variety of seating types.
- **Jesica Dolin, CPM, LDM** (*Portland to Eugene, Tualatin birth center*), Licensed midwife. Home appointments and delivery from Portland to Eugene, and births at Andaluz Birth Center in Tualatin. (503) 702-5392, jesicadolins@yahoo.com. Self-referred. Weigh-ins are optional and discussed with each client. VBAC welcome.
- **Alma Midwifery** (*Portland*), Laura Erickson, CPM, LM and Laurie Perron-Mednick, CPM. 1608 SE Ankeny St, Portland, OR 97214. (503) 233-3001. Fat-friendly, emphasizing

health and good habits over the scale. Weigh-ins optional, food journaling not required. Clients report feeling respected and safe.

- **N.W. Community Midwives** (*Portland*), Susan Moray, LDM, CPM. Homebirth midwifery services, Portland. (503) 230-9559, smoray@qwest.net, nwmidwives.com. Individualized prenatal care for women of all ages, sizes, and backgrounds.

Know Your Rights: Weight Discrimination in Oregon

- Oregon is one of only a small number of states with explicit legal protection against weight discrimination. Under Oregon Revised Statutes Chapter 659A, it is unlawful to discriminate against someone in employment, housing, or public accommodations on the basis of their weight or height.
- If you have experienced weight discrimination in Oregon, you can file a complaint with the Oregon Bureau of Labor and Industries (BOLI) at boli.oregon.gov or by calling (971) 673-0764.
- Weight discrimination in healthcare settings, including being denied treatment, receiving unsolicited weight loss advice, or facing barriers to care due to body size, may also be reportable depending on the context. The Oregon Health Authority Patient Advocate office can be a starting point.
- Nationally, the Obesity Action Coalition (OAC) and the National Association to Advance Fat Acceptance (NAAFA) both provide resources on navigating weight discrimination and advocating for rights.

Financial Access to Care and Food

- Oregon Health Plan (OHP): Oregon's Medicaid program. Visit OregonHealthPlan.gov or call 1-800-699-9075 to check eligibility and apply. OHP covers many of the healthcare providers and programs listed in this guide.
- SNAP (Food Benefits): Oregon's food assistance program. Apply at OregonHealthPlan.gov (combined application) or through your local Department of Human Services office. 211info.org can help connect you to local application support.
- 211info.org: A free Oregon and SW Washington resource helpline that connects people to food, housing, healthcare, and financial assistance. Call or text 211, or visit 211info.org.

Fat Artists to Support

- **Tiana Conyers**, Instagram and TikTok @tianaconyersart, linktr.ee/tianaconyersart, Illustration
- **Kathryn L. Hack**, Instagram @kathrynhack, TikTok @fatmystic, Etsy: FatMystic, Mixed media art
- **Dina Rodriguez**, Instagram @lettershoppenation, TikTok @lettershoppe, Hand lettering and illustrated art apparel
- **Sanne Thijs**, Instagram @full_of_freckles_illustrations, Illustration

- **Mx. André Terrel Jackson**, Instagram @andreterreljackson, linktr.ee/Andreterreljackson, Mixed media and collage
- **Elisabeth Walden**, Instagram @elisabeth.b.walden, Printmaking, painting, and ceramics
- **Naima Lowe**, Instagram @trial_and_error_dot_art, linktr.ee/naimalowe, Video, performance, drawing, and sculpture
- **Wendy Masters**, Instagram and TikTok @artbywendymasters, Painting
- **Jillian Marie Browning**, Instagram and TikTok @jillianmariebrowning, Photography
- **Jesse Egner**, Instagram @jesseegner, Photography and video
- **Mollie**, Instagram @Art.Brat.Comics, Illustration and comics
- **Shoog McDaniel**, Instagram @Shooglet, Photography
- **Beto França**, Instagram @Beto2Franca, Illustration
- **Tara O'Brien**, Instagram @TaraOBrienIllustration, Illustration
- **Rochelle Brock**, Instagram @RochelleFatLeopard, Photography and fashion
- **Ronny Hernandez**, Instagram @RonnyHernandes, Illustration
- **Jonquel Norwood**, Instagram @JonquelArt, Fashion illustration and textile design

Visual Artists and Creatives, Portland Area

- **Jess**, Instagram @fat.designer, Graphic design, logos, prints, and stickers celebrating fat joy and community
- **Fat Femme Creative**, Queer, fat-positive brand making small-batch crafts, pop-up items, and joyful art pieces

Performance and Movement Artists, Portland Area

- **Body Home Fat Dance**, Founded by performance artist KT Kusmaul, a community-driven dance company creating performance pieces, including the acclaimed MASS MOVEMENT, centering expressive movement and body liberation for larger-bodied individuals
- **Fat Chance**, A performance troupe and community initiative producing plus-size beauty and talent showcases at local venues like the Echo Theater

Body-Positive Tattoo Artists, Portland Area

- **Liz Love**, Instagram @fatbabyalien, Birdhouse Tattoo, Queer tattoo artist focused on fat liberation

Fat Positive Content Creators to Follow

Body Neutral Influencers

- **@thebodyisnotanapology**, Author
- **@sassyconfetti**, Co-creator of the dating podcast Swipe Fat/Fashion
- **@scarrednotscared**, Author, known as the “Queen of Boundaries”
- **@livedexperienceeducator**, Queer, disabled, autistic, ADHD, and BPD identified
- **@glitterandlazers**, Plus size fashion and travel

- **@jameelajamil**, Actress and podcaster, host of I Weigh
- **@make_love_not_diets**
- **@torii.block**, Plus size street fashion
- **@natalieinthecity_**, Fat and petite fashion writer

HAES Therapists on Social Media

- **@bodyimagewithbri**, Fat-positive body grief coach
- **@thefatsextherapist**, Specializes in trauma, Somali, fat, and queer identified
- **@heytyffanyroe**, Intuitive eating speaker
- **@drcolleenreichmann**, Clinical psychologist and eating disorder specialist
- **@hannahtalksbodies**, Fat liberation and HAES advocate
- **@mollybcounseling**, Florida-based therapist specializing in EMDR and ACT

Anti-Diet Registered Dietitians

- **@benourishedpdx**, Creators of Body Trust, based in Portland
- **@evelyntribole**, Creator of Intuitive Eating
- **@find.food.freedom**, RD and podcaster of What the Actual Fork?
- **@the_adhd_rd**, Specializes in ADHD
- **@empowered.palate**, Intuitive eating and body image, queer identified
- **@rachaelharleyrd**, Author of Gentle Nutrition, an intuitive eating cookbook
- **@dieticiananna**, RD and disabled
- **@adhd.nutritionist**, Specializes in binge eating and adults with ADHD
- **@intuitive.eating.men**, Male nutritionist focused on intuitive eating
- **@thewellful**, Intuitive eating and body image support
- **@the.mama.well**, Podcast creators of The Mama Well, focused on mothers
- **@bravespacenutrition**, Seattle-based RD specializing in eating disorders
- **@feedinglittles**, RD and occupational therapist specializing in infants and small children

Fitness and Movement

- **@flexiblefitnesspdx**, Portland-based HAES personal trainer
- **@prismmoves**, NE Portland gym, queer, BIPOC, and fat safe, HIIT and weightlifting
- **@doc_heidcooke**, Doctor of physical therapy
- **@justinagustin**, Fitness trainer with true beginner videos
- **@fatgirlshiking**, Community hiking group with no diet talk

TikTok Creators

- **@coastalflicks**
- **@drake.andrews**
- **@carpe_dmg**

- @andrasjacobs