



## Local Trans Support Groups (Youth/Families)

This is an informational resource that Family Tree provides the community and is not an endorsement of any organization. Please contact Addy at [awelch@familytreeclinic.org](mailto:awelch@familytreeclinic.org) or 612-454-0738 with questions, for rural or out of state resources, and/or to recommend a resource. Thank you!

### Fee-Based

- [RECLAIM](#) (📍 St. Paul 🖥️ Virtual 💰 Sliding fee or insurance accepted): Adolescent Gender Exploration group and One-on-One Parent and Caregiver Coaching and Consultation. Contact our team at [services@reclaim.care](mailto:services@reclaim.care) or 612-235-6743 x4 to set up a session. Most major health insurance plans are accepted, although coverage varies by therapist. We offer equity-based, sliding scale pricing for all our services.
- [Parents/Caregivers of Transgender Youth Group at Transcend Psychotherapy](#) (📍 Minneapolis 💰 \$25/session or sliding scale): Creating a safe and supportive atmosphere to foster collective healing. Contact Andrew (they/them) with questions or to schedule an intake at [andrew.vandenbroeke@transcendpsychotherapy.com](mailto:andrew.vandenbroeke@transcendpsychotherapy.com).
- [Sentier Psychotherapy](#) (📍 St. Paul 🖥️ Virtual 💰 \$40 per family/teen or sliding scale): Youth-only LGBTQ+ groups for middle schoolers, high schoolers, and young adults as well as a parenting group. Contact Ellie at [ellie@sentiertherapy.com](mailto:ellie@sentiertherapy.com) for more information and intake.

### Free

- [TIGERRS](#) (📍 Minneapolis 🖥️ Virtual 🗳️ Ages 19 and Under): TIGERRS (Transgender, Intersex, Gender-Expansive Revolutionary Resources & Services) is a nonhierarchical collective dedicated to delivering programs and resources that build solidarity and safety among transgender, intersex and gender-expansive Minnesotans. Programming for youth including young children and teens. The youth lead the program and plan their own activities! Contact [programs@tigerrrs.org](mailto:programs@tigerrrs.org) for more information.
- [Freeing Ourselves & Finding Community](#) (📍 Minneapolis 🗳️ Ages 13-24): A drop-in program for LGBTQ+ teens and young adults up to age 24 on Mondays at Family Tree. Participants will have a meal together, get free bus cards and have real conversations with our LGBTQ+ people in community. BIPOC led. Contact Taylor with questions at [tchambers@familytreeclinic.org](mailto:tchambers@familytreeclinic.org).
- [Transforming Families Minnesota](#) (📍 Twin Cities, Eagan, Mahtomedi, Mankato 🖥️ Virtual): Transforming Families is a community where transgender, gender non-conforming, and questioning youth and their families come together to support each other in a safe, welcoming space. At our monthly gatherings, separate breakout groups for parents, kids, siblings, and teens provide the opportunity to meet and learn from other people traveling the same path. Contact [info@tffmn.org](mailto:info@tffmn.org) for more information.



- [So What If I Am?](#) (📍 Minneapolis 🗺️ Ages 12-21): A weekly drop-in group for LGBTQ+ youth to find community and be who you are. Contact Andrew at [a.weston@bridgeforyouth.org](mailto:a.weston@bridgeforyouth.org) for more information.
- [MN Transgender Health Coalition](#) (📍 Minneapolis 🖥️ Virtual): BIPOC-led coalition committed to improving health care access and the quality of health care received by trans and gender non-conforming people through education, resources, and advocacy. Contact [director@mntransgenderhealth.org](mailto:director@mntransgenderhealth.org) for info on support groups and/or shot clinic by appointment only.
- [QUEERSPACE Collective](#) (📍 Minneapolis, St. Cloud 🖥️ Virtual 🗺️ Ages 12+): Hangouts, workshops, and 1:1 mentorships help youth build skills through art, STEM, and leadership with a focus on belonging, identity, and community. Opening a queer youth center in Minneapolis in fall 2024 with more programming! Contact [info@queerspacecollective.org](mailto:info@queerspacecollective.org) for more information.
- [Rainbow Club at Lynnhurst Rec Center](#) (📍 Minneapolis 🗺️ Ages 10-17): An empowering LGBTQ+ youth group dedicated to providing a safe and supportive environment for young individuals exploring their identities. This inclusive space offers a variety of activities, including peer-led discussions, educational workshops, and creative arts projects. Register through Minneapolis Parks & Rec.

### Virtual/National Resources

- TrevorSpace (🌐 [trevorspace.org](http://trevorspace.org) 🗺️ Ages 13-24): Online intentional community, discussion forums, etc. for LGBTQ youth.
- QChat (🌐 [qchatspace.org](http://qchatspace.org) 🗺️ Ages 13-19): Online chat space for LGBTQ+ youth. Pre-scheduled times focusing on certain topics each time, facilitated by staff from LGBTQ centers around the country.
- TransFamilies (🌐 [transfamilies.org](http://transfamilies.org)): Virtual, national support groups for adults of trans kids and adults. Specific groups for dads, parents of color, and more.
- Stand with Trans (🌐 [standwithtrans.org](http://standwithtrans.org)): Virtual, national support groups for trans youth, adults, and/or parents and caregivers.



RECOMMEND A provider

Do you have experience with a trans friendly provider or resource not on our list? Send us ideas or feedback on our referrals at [bit.ly/49PSjmN](https://bit.ly/49PSjmN)