

this zine was made for mpls 2024 people's pride and was last updated in fall 2024 by patient resources at family tree clinic. its purpose is to share local resources for the trans community, broadly. it is not extensive and may reflect inaccuracies due to gaps in knowledge & connections as well as changes in resources. family tree does not endorse any of these resources.

if you would like to ask questions, provide feedback, or get help finding more trans friendly resources, contact: patient resources coordinator avelch@familytreeclinic.org call or text 612-454-0738

**\*about/disclaimer\***

**hair removal**

- |  |  |
|--|--|
| electrolysis   | laser  |
| <ul style="list-style-type: none"> <li>goddess</li> <li>electrolysis (trans owned) *</li> <li>bev breeding *</li> <li>aesthetic therapies *</li> <li>permanent choice</li> </ul> | <ul style="list-style-type: none"> <li>permanent choice</li> <li>aesthetic therapies</li> <li>m health fairview</li> <li>tc skin &amp; laser</li> <li>zel skin &amp; laser</li> <li>*pre-surgical</li> </ul> |

**legal name/gender changes**

download forms at [mncourts.gov](http://mncourts.gov)  
[familytreeclinic.org](http://familytreeclinic.org) for step by step instructions, free legal clinics

**MNSure navigation** 

- [familytreeclinic.org/mnsure](http://familytreeclinic.org/mnsure)
- Family Tree, Indian Health Board of Minneapolis, Annex Teen Clinic, Face to Face, Portico Healthnet

**mental health crisis**

- trans lifeline: (877) 565-8860\*
  - REP for MN: 952-737-3730\*
- \*no police, no non-consensual active rescue

open zine up for map →



2024



**minneapolis  
 trans  
 resources  
 guide**

**local surgeons**

**top surgery (removal)**  
 dr. buckley, dr. kong, dr. kayan, dr. luong, omni cosmetic, hennepin health, healthpartners, mpls plastic, mayo clinic

**hysterectomy**  
 m health fairview, park nicollet, mayo clinic, dr. mark elias, allina

**phalloplasty/metoidioplasty**  
 mayo clinic, m health fairview (2nd/3rd)



**top surgery (breast aug)**  
 dr. suszynksi, dr. kayan, dr. luong, dr. buseman, omni, healthpartners, mayo clinic, mpls plastic, dr. witzke

**orchiectomy**  
 dr. bodie, dr. elliot, dr. lavien, dr. rieder, dr. warner

**vaginoplasty**  
 dr. pariser, dr. martinez-jorge, dr. fahradyan

**ffs**  
 dr. rolfes, mpls plastic, mayo clinic

**gender affirming hormones**

the following clinics prescribe hrt under an informed consent model


- family tree clinic \*v#
- hennepin healthcare gender clinic

- \*v#
- m health fairview \*v#
- park nicollet/healthpartners gender services \*v#
- north memorial \*v#
- allina health \*v#
- children's mn \*v#
- indian health board of mpls
- mn community care \*
- northpoint v#
- cuhcc #

\*pediatric care v BPOC providers # gender expansive providers



**basic needs**

- youth under 25**
- [ysnmn.org](http://ysnmn.org) - queer outreach workers
  - bridge for youth: 612-377-8800
  - avenues for youth: 612-968-1672
- adult shelter/housing**
- hennepin county adult shelter connect: (612) 248-2350
  - outfront helpline: 800-800-0350
  - higher ground shelter: (651) 647-2330, 435 dorothy day place, st. paul
  - women's advocates if escaping abuse/exploitation: 651-227-8284
- food**
- hungersolutions.org - map
  - harvest from the heart: 3817 pleasant ave
- mutual aid**
- @tctransmutualaid 
- safe drug use/hrt supplies**
- southside harm reduction: (612) 615-9725
- clothing**
- people's closet (george floyd square)
  - twin cities pride rainbow wardrobe
  - underDARE: binders, shapewear & more

**support groups**

- youth under 25**
- freeing ourselves & finding community at family tree/avenues ^
  - TIGERRS ^
  - RECLAIM ^
  - queerspace collective ^
- trans femme**
- tea time at aliveness project ^
  - transcend psychotherapy
- trans masc**
- transcend psychotherapy
- more community-led**
- mn transgender alliance
  - gender outlaws twin cities
  - mn transgender health coalition ^
  - twincitiestrans.com
  - twin cities queer transplants
- more therapist-led**
- edges wellness ^
  - cedar hill therapy
  - interna mental health
  - trans elders group at eli coleman
- ^ BIPOC led



**youth-centered:**  
 RECLAIM v#  
 dandelion spirit #  
 sentier psychotherapy v#  
 v BIPOC therapists  
 # gender expansive therapists

some therapists at these clinics also write letters of support for gender affirming surgeries

# transcend psychotherapy  
 edges wellness center v#  
 canopy mental health v#  
 cedar hill therapy v#  
 the luminous mind v#  
 arubah emotional health v#  
 lyn-lake centers for wellbeing v#  
 interna mental health v#

**therapy clinics**



there is room enough for you here

★ north memorial

★ dandelion spirit

★ the luminous mind

★ northpoint

★ avenues for youth

★ canopy mental health

★ reclaim!

- tc pride rainbow wardrobe
- reviving roots
- transcended psychotherapy

- hennepin health
- eli coleman institute
- red door clinic

- bridge for youth
- goddess electrolysis
- qt castle

- family tree clinic
- lyn lake
- pyschotherapy
- oshun center
- freeing ourselves & finding community
- park nicollet

★ cuhcc

★ m health fairview

- quatrefoil library
- trans picnic
- mpls people's pride
- southside harm reduction

★ curiosity studio: queer open studio

- cedar hill therapy
- aliveness project
- gender outlaws
- harvest from the heart

- people's closet/george floyd square
- edges wellness

★ mondo queer beach party

MACALESTER - GROVELAND

HIGHLAND PARK

# Minneapolis

St Louis Park

UPTOWN

POWDERHORN

Minneapolis

COMO PARK

Arden Hills

Columbia Heights

Robbinsdale

New Hope

NORTH MINNEAPOLIS

St Anthony

Roseville

Golden Valley