



## Local Support Resources

**Transforming Families (Metro/virtual)**- Transforming Families is an organization that hosts meetings where transgender, gender non-conforming, and questioning youth and their families come together to support each other in a safe, welcoming space. At monthly gatherings there are separate breakout groups for parents, kids, siblings, and teens that provide the opportunity to meet and learn from other people on the same path. No cost but \$5-10 donations appreciated. Local in person meetings for Minneapolis, St. Paul, and Eagan as well as a virtual option via Zoom.

*\*Contact: For location/time of monthly meetings: email [info@tffmn.org](mailto:info@tffmn.org), [www.tffmn.org](http://www.tffmn.org)*

**Teen TIGERRs (Minneapolis/virtual)** - Free group hangouts for trans, intersex, and gender-expansive 13-19 year olds. Participants can access information, discuss issues, socialize with peers, make crafts, play games and go on outings in community. Meets virtually via Zoom Sundays 12:30-3pm. Discord server also available.

*\*Contact: Email [programs@tigerr.org](mailto:programs@tigerr.org) for info on how to join & locations, [www.tigerr.org](http://www.tigerr.org)*

**Little TIGERRS (Minneapolis)** - Free group hangouts for trans, intersex, and gender-expansive kids age 12 and under and their parents/caregivers to connect with peers, families, and resources. Meetings are the 4th Sunday of each month in person, COVID vaccination required.

*\*Contact: Email [programs@tigerr.org](mailto:programs@tigerr.org) for info on how to join, [www.tigerr.org](http://www.tigerr.org)*

### RECLAIM (St. Paul)

- Gender Exploration Group - For youth ages 12-18. The group is run by a therapist and focuses on the influence that socialization has on identity, exploring each person's core self, and generating healthy relationships. In person group meets Thursdays from 4pm - 5:45pm, the virtual group meets Wednesdays from 4:15pm - 6pm. Groups usually run for 13 weeks. Takes most insurance or sliding fee scale.

*\*Contact: To do an intake to join the group, call 612-235-6743 x4 or fill out an intake form on the website: [www.reclaim.care](http://www.reclaim.care)*

- Monthly Caregiver Drop In - Monthly drop-in space for adults to ask questions or get information about supporting queer and trans youth, as well as to meet other families who may be on a similar journey with youth in their lives. Groups are held Wednesdays from 5:30-7:30pm at the RECLAIM office. The fee for this group is \$20 (sliding scale options are available). RSVP preferred.

*\*Contact: 612-235-6743 x4, RVSP preferred, or fill out an intake form on the website: [www.reclaim.care](http://www.reclaim.care)*



- Caregiver Group: Understanding Our Identity Journey - This is a 12-week education group run by a therapist designed to support caregivers' understanding of their child's identity development and facilitate community connections. This group requires advance registration and includes a \$300 fee.

*\*Contact: For more information or to sign up, call 612-235-6743 x4 or fill out an intake form on the website: [www.reclaim.care](http://www.reclaim.care)*

**Family Tree Clinic LGBTQ+ Meeting Group** - Free group for teens age 13-17 and young adults ages 18-24, meets weekly on Tuesdays 3-6pm in person at Family Tree Clinic. Free food and bus cards offered.

*\*Contact: Email Taylor at [tchambers@familytreeclinic.org](mailto:tchambers@familytreeclinic.org) to RSVP*

### **Sentier Therapy (St. Paul)**

LGBTQ therapy/support group for 14-17yos as well as a Middle School (grades 6-8) LGBTQ support group that start quarterly. \$40/per session with sliding fee available or superbill offered for insurance.

- Also offers a therapy group for parents of trans/non-binary teens. Check website for dates/times or email [ellie@sentiertherapy.com](mailto:ellie@sentiertherapy.com)

*\*Contact: Email [mdevorak@sentiertherapy.com](mailto:mdevorak@sentiertherapy.com) or [agroshek@sentiertherapy.com](mailto:agroshek@sentiertherapy.com)*

[www.sentiertherapy.com](http://www.sentiertherapy.com)

### **Queer Space Collective**

Twin cities based organization that pairs LGBTQ young adults with LGBTQ youth (ages 12-17) for 1:1 mentoring, meeting 1-3 hours a week. Also offers monthly group hang outs for youth and their mentors to meet mentor/mentee pairs and build more relationships through activities like games, art, BBQ's, theater, etc. No cost.

*\*Contact: [info@queerspacecollective.org](mailto:info@queerspacecollective.org), [www.queerspacecollective.org](http://www.queerspacecollective.org)*

**The Bridge for Youth (Minneapolis)** - So What if I Am? - a free support group for any LGBTQ youth ages 12-21. Every Tuesday 4:30-6:30 in person.

*\*Contact: Email Andrew at [a.weston@bridgeforyouth.org](mailto:a.weston@bridgeforyouth.org) for more info*

### **Camp True Colors**

Summer Camp for LGBTQ+ youth ages 14-17 and family camp  
Willow River, MN

*\*Contact: [Oneheartland.org](http://Oneheartland.org)*



PFLAG Twin Cities: [pflagtc.com](http://pflagtc.com)

## National Support Resources

**Gender Spectrum** - free online support groups for trans and non-binary pre-adolescent/adolescents, BIPOC trans and non-binary pre-adolescents/adolescents, and parents. Look for sign up availability at [www.genderspectrum.org/articles/gender-spectrum-groups](http://www.genderspectrum.org/articles/gender-spectrum-groups)

**QChat** - online chat space for LGBTQ+ youth ages 13-19. Pre-scheduled times with focussing on certain topics each time, facilitated by staff from LGBTQ centers around the country.  
[www.qchatspace.org](http://www.qchatspace.org)

**TrevorSpace** - online community, discussion forums, etc. for LGBTQ youth aged 13-24  
[www.trevorspace.org](http://www.trevorspace.org)

**Trevor Project Hotline** - 24/7 confidential crisis and mental health hotline for LGBTQ+ young people. Call 1-866-488-7386, text START to 678-678, or chat online at [www.trevorproject.org](http://www.trevorproject.org)

**Trans Lifeline** - (877)-565-8860 (Oprime 2 para hablar con unx operadrx en español) 24/7 crisis and general mental health hotline run by and for trans people, fully anonymous and confidential. No non-consensual active rescue (police, emergency services, etc.)

**Trans Lifeline Family and Friends** - 24/7 hotline for friends, partners, family, and professionals to support trans loved ones. Call the main Trans Lifeline number (877)-565-8860) and ask for the Family & Friends Line (Oprime 2 para hablar con unx operadrx en español). A Family & Friends operator will call you back who has lived experience supporting trans people.