



Trans Support and Social Groups (Adults)

This is an informational resource list that Family Tree provides the community and is not an endorsement of any organization.

Trans Femme:

Tea Time at the Aliveness Project

📍 3808 Nicollet Ave, Minneapolis 🖥️ Virtual options
💰 Free 📞 @teatimeataliveness
📅 Every 2nd and 4th Thursday of the month 5:30-7pm
☎ 612-822-7946 ext. 202
🌐 aliveness.org/tea-time-at-aliveness-project/
✉ max@aliveness.org

Transcend Psychotherapy

📍 1422 West Lake St. Minneapolis
💰 Insurance accepted or \$25/session or less
📅 Thursdays 6-7:30 pm
✉ ezra.horton@transcendpsychotherapy.com or
josh.januschka@transcendpsychotherapy.com
🌐 transcendpsychotherapy.com/groups-workshops/

Trans Masc:

Transcend Psychotherapy

📍 1422 West Lake St. Minneapolis
💰 Insurance accepted or \$25/session or less
📅 Saturdays 2-3:30 pm
✉ alex.ostrom@transcendpsychotherapy.com
🌐 transcendpsychotherapy.com/groups-workshops/

Brocialize @ Queermunity

📍 3036 Hennepin Ave, Minneapolis 💰 Free
📅 1st and 3rd Thursdays 6-8 pm
✉ brocializetwincities@outlook.com
18+ Peer-led discussion group for trans masculine folks

All Trans and/or Non-Binary:

MN Transgender Alliance

📍 St. Paul, Duluth, Austin, TX ☎ 612-787-2671
🖥️ Virtual option 💰 Free ✉ mntgalliance@gmail.com
🌐 minnesotatransgenderalliance.com

Transcend Psychotherapy

📍 1422 West Lake St. Minneapolis
💰 Insurance accepted or \$25/session or less
📅 Saturdays 12-1:30 pm
🌐 transcendpsychotherapy.com/groups-workshops/
✉ alex.ostrom@transcendpsychotherapy.com

Edges Wellness

📍 730 E 38th Street Minneapolis 🌐
🌐 edgeswellness.com
💰 Insurance accepted or \$20-\$50/session
📅 Tuesdays 6:30-8 pm ✉ eli@edgeswellness.com

Interna Mental Health

🖥️ Virtual 💰 \$280 or less ☎ 612-314-6704
📅 Mondays, 6:30-8:30 pm
🌐 internamentalhealth.com/groups/trans-nonbinary-peer-support-group

Black, Indigenous, and/or People of Color Centered:

QTBIPOC Groups at Our Space/QT Castle

📍 2212 Colfax Ave S, Minneapolis 💰 Free
💖 BIPOC led
✉️ hello@ourspacemn.com 🌐 ourspacemn.com
📱 @ourspacemn

Two Spirit Group at Indian Health Board

📍 2101 Minnehaha Avenue 💰 Free 💖 BIPOC led
📅 17 Mondays 12-1pm ☎️ 612-721-9879
✉️ dylan.daniels@indianhealthboard.com

Young Adults:*

Freeing Ourselves & Finding Community

📍 Family Tree: 1919 Nicollet Ave, Minneapolis 💰 Free
👶 Ages 13-24 💖 BIPOC led
📅 17 Monday evenings ✉️ dropin@familytreeclinic.org
🌐 familytreeclinic.org ☎️ Call or text 612-900-2729

Segundo Sabado @ Queermunity

📍 3036 Hennepin Ave, Minneapolis 💰 Free
📅 17 2nd Saturdays 12:30-2:30 pm
Peer-to-peer, Spanish-language, informal social support space for Latine LGBTQIA+ identified folks.

Older Adults/Elders:

Eli Coleman Institute

📍 1300 South 2nd Street, Minneapolis
💰 Accepts insurance ☎️ 612-625-1500
✉️ isgh@umn.edu

Let's Do Coffee @ Queermunity

📍 3036 Hennepin Ave, Minneapolis 💰 Free
📅 17 1st and 3rd Thursdays 9:30-11 am 🎂 Ages 60+
For LGBTQ+ folks 60+ to connect.

New to Minnesota:

Twin Cities Queer Transplants @ Queermunity

📍 3036 Hennepin Ave, Minneapolis
💰 Free 📅 17 4th Wednesdays 6-8 pm 📱 @tctransplants
✉️ TCTransplants@gmail.com
🌐 tcqueertransplants.com

Community Spaces/Centers:

Our Space/QT Castle

📍 2212 Colfax Ave S, Minneapolis
💖 BIPOC led
📱 @ourspacemn
✉️ hello@ourspacemn.com
🌐 ourspacemn.com

Quatrefoil Library

📍 1220 E Lake St, Minneapolis
✉️ info@qlibrary.org
☎️ 612-729-2543 🌐 qlibrary.org
📱 @quatrefoillibrary

Queermunity

📍 3036 Hennepin Ave, Minneapolis
✉️ contact@queermunitymn.com
☎️ 612-208-7082
🌐 queermunitymn.com
📱 @queermunitymn

