



Trans Affirming Therapists (Adult)

This is an informational list that Family Tree provides to our patients and is **not an endorsement** of any provider. While we attempt to relay accurate information in good faith, we are not able to extensively vet all providers and patient experiences and provider availability varies. Please contact your insurance company for questions about cost.

If you would like to ask questions, get help scheduling your first appointment, or provide feedback, please contact our Patient Resources Coordinator at prc@familytreeclinic.org or 612-454-0738. Thank you!

Individual/Couple/Group Therapy

Transcend Psychotherapy

📍 Minneapolis 🖥️ Virtual 📞 (612) 445 - 0225

🌐 transcendpsychotherapy.com

Psychotherapy services to ALL people with a particular focus on working with transgender and queer-identified members of our community.

👥 Groups: Trans Feminine, Trans Masculine, Non-Binary

Cedar Hill Therapy

📍 Minneapolis, St. Louis Park 🖥️ Virtual

🌐 cedarhilltherapy.com 📞 (612) 284 - 4291

Therapists have extensive training in areas of mental health, sexuality, identity, and knowledge of how those pieces intersect with other aspects of the human experience. ADHD & ASD testing and med management.

Edges Wellness Center

📍 Minneapolis, Menomonie, WI 🖥️ Virtual

🌐 edgeswellness.com ✉️ info@edgeswellness.com

We provide couple, individual, relational and family therapy; gender specialist services across the lifespan; and sex therapy services.

👥 Groups: Trans &/or Non-Binary, Queer & Trans DBT Skills

RECLAIM

📍 St. Paul 🖥️ Virtual 🎂 Ages 12-25

🌐 reclaim.care 📞 (612) 235 - 6743 ext. 4

Mission is to increase access to mental health care for queer and trans youth ages 12-25 so they may reclaim their lives from oppression in all its forms.

Pathways Counseling

📍 St. Paul 📞 651-641-1555

🌐 pathwayscounselingcenter.org/

We specialize in supporting clients at the intersection of LGBTQIA+ identity and neurodivergence.

👥 Groups: Art Therapy, LGBTQ+ Self Compassion

Canopy Mental Health

📍 Minneapolis, Richfield 🖥️ Virtual

🌐 canopymhc.com 📞 (612) 712 - 7200

We are a values-based mental health organization offering outpatient and online therapy options to best meet your needs. We provide culturally informed therapy services for historically underserved and marginalized populations in the Twin Cities.

👥 Groups: Interpersonal Wellness & Skills

The Luminous Mind

📍 Roseville 🖥️ Virtual

🌐 theluminousmind.com 📞 (651) 300 - 1112

Mental health clinic that is dedicated to empowering community through the delivery of strength-based, culturally-responsive, professional services through a de-colonized lens. Services available in 9+ languages.

Dandelion Spirit Psychology

📍 Eagan, New Hope 🖥️ Virtual

🌐 dandelionspiritpsych.com 📞 (651) 212 - 5104

We are neurodiversity and LGBTQ+ affirming, trauma-informed providers who work with children, adolescents, and adults.



Interna Mental Health & Wellness

📍 Minneapolis, Eagan, Inver Grove Heights 🖥️ Virtual
🌐 internamentalth.com ☎️ 612-314-6704

Woman and queer owned group collective private practice dedicated to fostering a vibrant and inclusive mental health community.

👥 Groups: Trans/Nonbinary Peer Support Group, additional skills groups

Cascade Therapy Group

📍 St. Paul 🖥️ Virtual
🌐 cascadetherapygroup.com ☎️ 651-358-2227

A group of helping professionals committed to racial and gender justice and human rights, eliminating health disparities, and improving relationships, health, and well-being.

👥 Groups: Skills and Connection groups

Lyn-Lake Centers for Wellbeing

📍 Minneapolis, St. Paul 🖥️ Virtual
🌐 therapy-mn.com/ ☎️ (612) 979 - 2276

We're a large, diverse group of experienced psychotherapists, dietitians, testing psychologists and more. Some therapists and support groups are located in Family Tree's building.

👥 Groups: Queer Adults

Walk-In Counseling Center

📍 Minneapolis 🖥️ Virtual 🌐 walkin.org ☎️ Call Zoom at 1-312-626-6799. Meeting ID: 458-270-804.

Free, first-come-first-serve walk-in counseling provided by volunteer, licensed mental health professionals.

Hamm Clinic

📍 St. Paul 🖥️ Virtual 🌐 hammclinic.org/
☎️ 651-224-0614

Hamm's mission is to promote mental health with culturally responsive, relational care, especially for those facing financial barriers.

👥 Groups: Interpersonal process, Spanish-speaking Latina Women, Grief & Loss, Managing Life Skills, Women's Trauma Info & Connection

Birch Counseling

📍 Golden Valley (Accepts walk-ins in Minnetonka)
🖥️ Virtual ☎️ (866) 522-2472
🌐 <https://www.birchcounseling.com/>
🌐 <https://www.birchcounselingwalk-in.com/> (Walk-in appointments)

Our mission is to promote the growth and development of our clients. Our team also specializes in LGBTQ+ affirming therapy, harm reduction-based addiction counseling, and person-centered psychotherapy for clients seeking mental health services.

Additional Therapist Directories

- MN LGBTQ+ Therapists' Network 🌐 lgbttherapists.wildapricot.org
- National Queer & Trans Therapists of Color Network 🌐 nqttcn.com/

Therapist Mad Libs

1. *I am looking for a therapist to help me with:*
2. *My financial / insurance situation is:*
3. *My scheduling needs are:*
4. *I would like a therapist who shares some / all of these identities:*

