



Trans Affirming Therapists (Youth/Families)

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, learn more about medical self-advocacy resources for trans/non-binary folks, or provide feedback, please contact our Patient Resources Coordinator at prc@familytreeclinic.org or 612-454-0738. Thank you!

Individual/Family/Group Therapy

RECLAIM

📍 St. Paul 🖥️ Virtual
🌐 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.

Sentier Psychotherapy

📍 St. Paul 🖥️ Virtual
🌐 sentiertherapy.com ☎️ (763) 913 - 8261

We are proud to be a hub in the Twin Cities for gender diverse kids, adolescents, adults, parents, and families and provide individual and group therapy tailored to gender expansive populations. Practice does not accept insurance, sliding scale available.

👥 Groups: Teen LGTBQ, Queer Parents

The Luminous Mind

📍 Roseville 🖥️ Virtual
🌐 theluminousmind.com ☎️ (651) 300 - 1112

Mental health clinic that is dedicated to empowering community through the delivery of culturally-responsive therapy through a de-colonized lens. Services in Arabic, Punjabi, Oromo, Hindi, Urdu, Amharic, Tibetan, Tigrinya.

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.

Minneapolis Nature-Based Therapy

📍 Minneapolis, St. Paul 🌐 naturebased.care
☎️ 612-504-9139

Psychotherapy for children, families and adults in outdoor settings, engaging with nature as a therapeutic partner.

Cascade Therapy Group

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

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



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 to live easier, better, more fulfilled lives.

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.

Walk-In Counseling Center

📍 Minneapolis 🖥️ Virtual
🌐 walkin.org ☎️ Call Zoom at 1-312-626-6799.
When prompted, enter the meeting ID: 458-270-804.

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

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, psychiatric nurse practitioners, acupuncturists, neuropsychologists and testing psychologists, yoga therapists, wellness coaches, trauma specialists, and more. Some therapists have their offices at Family Tree.

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.

Additional Therapist Directories

- MN LGBTQ+ Therapists' Network 🌐 lgbttherapists.wildapricot.org
- NAMI Youth Resources 🌐 <https://namimn.org/resources/>
- 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:*