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Another connection was our free parent education event featuring Dr. Chelsea Johnson, feminist sociologist and co-author of the book Love Without Bounds. The event was hosted by Family Tree’s Director of Community Engagement, Jacki Trelawny.

**SAVE THE DATE**

Please mark your calendars and join us on June 28, 2023 for Give Out Day.

Support our commitment to improving the health of LGBTQ+ folks through affordable, respectful sexual health care and education.

**GIVE OUT DAY**

06.28.2023

Thanks for supporting Family Tree Clinic!
“We had a deep and thorough time. Parents reflected and shared tools to support communication and coming together in our families,” said Jacki. “A highlight was a portion in Chelsea’s book that uplifted the many ways families can be separated: through incarceration, living in different countries, working away from home, etc. It got emotional with parents expressing sadness when separated from their families. As a group, we all shared tools we could use with our children to feel a loving presence, even when a physical presence isn’t available. Writing love notes, sending “hugs,” or video dinner dates all helped the group get through times of familial separation.”

In April, we participated in the first ever Minneapolis Public Schools (MPS) Gender Resource Fair, organized by MPS’ Out4Good program. The Out4Good initiative aims to make schools safe and supportive for LGBTQ students, families, teachers, and staff. During the Gender Resource Fair, Family Tree staff spoke to parents about gender inclusive and age-appropriate sex education. We also recommended books and shared information about our hormone care program. It was an excellent opportunity to connect with community members and share supportive resources for families.

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Family Tree Clinic is also now a part of the Minneapolis Urban Initiative (MUI). MUI is a collective of organizations providing comprehensive sex education for families and teens. Sex education is essential to health care and should be available to all genders, sexualities, races, ethnicities, and abilities. MUI gives teens the knowledge, skills, and confidence to grow into happy and healthy adults.

Community connections, no matter how big or small, help amplify our work and provide space for community members to connect with our organizational vision.

In this moment, Family Tree has stepped up as a sanctuary and a beacon for our communities far and wide. We’re here for families and individuals seeking refuge from their home states where gender care is threatened. We’re advising educators asking us how they can provide inclusive sex education to their students if their district bans it. We’re collaborating with rural providers through our Midwest Trans Health Education Network, providing training to ensure gender care is accessible to people across the Upper Midwest - no matter where they call home.

Most importantly, we’re doing this together. We’re partnering with people most impacted by these barriers and asking, “Where do you find your healing?” And we’re building on this collective wisdom to meet our community needs. As we have for 51 years, we’re centering the voices of our communities as our guiding light leading us into the future. And the beautiful thing - the thing that gives us hope - is that our community continues to grow and expand as our light shines into places where Family Tree’s essential services become increasingly restricted.

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We know these are challenging times. But our incredible team of providers, educators, and engagement specialists are charting a path forward with our deeply held values - compassion, listening, bodily autonomy, collaboration, consent, and a deep commitment to justice.

Thank you for joining us. For seeking care with us. For supporting us.

In partnership,

Annie Van Avery
Executive Director, Family Tree Clinic
Enter into our

INTEGRATIVE HEALTH WING!

Family Tree Clinic intentionally designed its building as a welcoming community oasis. As part of our commitment to advancing equity in health care, we built the Integrative Health Wing on the ground floor as a space where community members can access a variety of integrative health modalities on site. We subsidize tenant space for BIPOC and Trans integrative health practitioners to bring mental health, wellness care, and other culturally responsive modalities of healing to our collective communities. Services are offered on a sliding fee scale, sometimes billable to insurance, and focused on racial justice and anti-oppression.

THE OSHUN CENTER FOR INTERCULTURAL HEALING

Named after the Yoruba goddess of the sweet waters, abundance, and ease, the Oshun Center for Intercultural Healing is an integrative health clinic + training center specializing in heart, soul, and womb healing, trauma-informed care, and allyship training for health and wellness workers.

Co-founded by Ihotu Ali and Malia Burkhart, the Oshun Center is home to eight bodywork therapists of color offering therapeutic and somatic massage, myofascial release, acupressure, craniosacral, energy work, and cultural and spiritual care modalities for all ages. The Oshun Center provides care in the spirit of cross-cultural appreciation, rather than cultural appropriation.

“We believe that no one should have to choose between Western, Eastern, or Indigenous medicines. Our pain and illnesses are wide and varied, as should our medicines be, and we deserve options, informed choice, and affordable access to them all,” said Ihotu. “We deserve care that heals broken hearts as well as broken bones. We try to imagine what U.S. health care would look like if it had developed evenly and fairly, acknowledging the influences of folk medicine, midwives and homeopaths, Indigenous healers, techniques brought over by enslaved African doctors/healers, bonesetters, and spiritual guides. By telling the history of medicine’s colonization and imagining its re-integration, we hope to bring healing and new medicines to all.”

All Oshun Center practitioners identify as Black, Indigenous, or people of color; several identify as non-binary or LGBTQ. All have experience working with and warmly welcome clients of all identities.

TRANSCEND PSYCHOTHERAPY

Transcend Psychotherapy was founded in January 2020 by co-owners Max Abeln, LMFT (they/them), and Emily Abeln, MA, LP (she/her). The organization provides individual, relational, family, and group psychotherapy services to ALL people, focusing on working with transgender and queer-identified community members.

“We are a team composed entirely of transgender, non-binary, and queer-identified providers committed to responding to the ever-expanding need for safe and accessible gender-affirming mental health care. As our community continues to be under attack on a national level, these needs are rising dramatically. We are striving to create space in Minnesota for those already here and others seeking refuge,” said Max and Emily.

Transcend Psychotherapy has grown its practice and vision to include a diverse and experienced group of providers. Together as a group, they bring decades of combined personal and professional experience to their work while sharing a deep gratitude for the ability to walk with folks as they navigate life’s challenges.

They are also dedicated to de-pathologizing emotional suffering often caused by systemic oppression. Transcend Psychotherapy is actively working to dismantle mental health care practices formed from and upheld by systemic privilege from the industry centered in a dominant white, heteronormative, patriarchal, gender-binary narrative. Ultimately, the goal is to help those seeking care find healing, meaning, and connection through culturally affirming practices.
Family Tree Clinic’s Health Education department continues to provide healthy sexuality presentations that are dynamic, fun, and inclusive in schools and community settings across the Twin Cities metro.

Sawyer Plotz, one of the Educators at Family Tree, is also a new Health Mentor at Loring Nicollet Alternative School (LNAS). He provides on-site education and mentorship for students, including classroom presentations, small group learning, and one-on-one guidance with students.

“LNAS is a progressive, close-knit school community just five minutes from Family Tree Clinic. Our educators have presented there as guest speakers for years, but as a Health Mentor, I’m now based at the school 2.5 days a week,” said Sawyer. “I’m looking forward to building a consistent, ongoing relationship with the students and staff at LNAS and to continue providing education to the broader community as well. It’s a unique opportunity that I’m excited about.”

The department is still busy with parent classes, puberty lessons, and sex education at local schools, juvenile detention centers, and community locations. Family Tree’s drop-in program for LGBTQ youth (Freeing Ourselves/Finding Community) is also thriving with skills workshops, resume building, and hosting local artists.

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We’ve launched the first cohort of our new Midwest Trans Health Education Network! Funded by a grant from the Bush Foundation, Family Tree is training a network of providers in rural communities to offer competent hormone care for transgender and gender-expansive people across the Upper Midwest. Project manager Dylan Flunker is enthusiastic about the first cohort.

“This group of 20 providers are inquisitive and excited about learning how to offer gender-affirming hormone care,” said Dylan. “Being able to access hormone care closer to home will have a huge impact on transgender and gender-expansive people in the region, and it’s especially important to build strong networks of support for trans health with the wave of legislation restricting access to care in other states.”

The Midwest Trans Health Education Network is designed as an engaging cohort experience. Providers attend monthly virtual sessions for six months, followed by care conferences. Providers are also invited to visit Family Tree. Participants receive prescribing guidelines, sample forms and letters, patient education information, resource and referral guides, and more. Activities are eligible for AMA PRA Category 1 Credit.”

For more information, contact Dylan Flunker at dflunker@familytreeclinic.org.

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It’s Easy to get your sexual health questions answered

Contact the MN Family Planning + STI Hotline
www.sexualhealthmn.org

Established in 1976, the Minnesota Family Planning & STI Hotline serves the entire state of Minnesota. The Hotline provides reliable, medically accurate, and confidential information for free via phone, text, and webchat. All our health educators are nonjudgmental, sex positive, and LGBTQ+ competent. The hotline services are sponsored by the Minnesota Department of Health, and operated by Family Tree Clinic.
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FAMILY TREE’S HEALTH EDUCATION DEPARTMENT IS EXPANDING ITS REACH ACROSS THE TWIN CITIES

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