



## Support 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](#) (📍 Minneapolis 🖥️ Virtual 💰 Free): Peer support network for trans femme identifying individuals living in the Twin Cities and Greater Minnesota. Includes access to HRT injection supplies and a free PrEP clinic. Contact luna@aliveness.org, amber@aliveness.org, sainte@aliveness.org, or 612-822-7946 ext. 202 to learn more.
- [Trans Feminine Group at Transcend Psychotherapy](#) (📍 Minneapolis 💰 Insurance accepted or \$25/session or less): Creating a safe and supportive atmosphere to foster collective healing. Contact ezra.horton@transcendpsychotherapy.com or andrew.vandenbroeke@transcendpsychotherapy.com for intake information.
- [Trans Fem Group at Lyn-Lake Psychotherapy/Family Tree](#) (📍 Minneapolis 🖥️ Virtual 💰 Suggested donation \$10-\$40/session): Contact Dale@therapy-mn.com or text (760) 486 2243!

### Trans Masc

- [Trans Masculine Group at Transcend Psychotherapy](#) (📍 Minneapolis 💰 Insurance accepted or \$25/session or less): Creating a safe and supportive atmosphere to foster collective healing. Contact levi.sable@transcendpsychotherapy.com for intake information.
- [Trans Masc Group at Lyn-Lake Psychotherapy/Family Tree](#) (📍 Minneapolis 🖥️ Virtual 💰 Suggested donation \$10-\$40/session): Contact Dale@therapy-mn.com or text (760) 486 2243!

### All Trans and/or Non-Binary

- [Gender Expansive Group and Parents/Caregivers Group at Lyn-Lake Psychotherapy/Family Tree](#) (📍 Minneapolis 🖥️ Virtual 💰 Suggested donation \$10-\$40/session): Contact Dale@therapy-mn.com or text (760) 486 2243!
- [Gender Outlaws Twin Cities](#) (📍 Minneapolis 🖥️ Virtual 💰 Free): Our group is for anyone who considers themselves Non-Binary, Two-Spirit, Gender non-conforming, GenderQueer, or any other label outside the gender binary. Peer led. Contact genderoutlawstwincities@gmail.com.
- [MN Transgender Alliance](#) (📍 St. Paul, Minneapolis, Anoka, Texas 🖥️ Virtual 💰 Free): This group was started by a group of trans people who came together to create a new type of support group - one that is based on topics and resources. Members of the group include trans women, trans men, and n.b. people, all seeking and sharing information of all ages. In-person and virtual options. Contact mntgalliance@gmail.com or 612-787-2671.
- [Two Spirit Support Group at Indian Health Board](#) (📍 Minneapolis 💰 Free): Weekly support group (18+) centering Two Spirit and Indigenous LGBTQIA+ voices. Questions? Contact (612) 721-9879.
- [Trans/Nonbinary Group at Edges Wellness](#) (📍 Minneapolis 💰 Insurance accepted or \$20-\$50/session): This group is for trans and non-binary people living in Minnesota. This group is affirming, trauma-informed, and inclusive. BIPOC led. Contact jeongeun@edgeswellness.com.



- [Non-Binary Support Group at Transcend Psychotherapy](#) (📍 Minneapolis 💰 Insurance accepted or \$25/session or less): Creating a safe and supportive atmosphere to foster collective healing. Contact sam.atkins@transcendpsychotherapy.com with questions.
- [MN Transgender Health Coalition](#) (📍 Minneapolis 💰 Free): Committed to improving health care access and the quality of health care received by trans and gender non-conforming people through education, resources, and advocacy. Contact director@mntransgenderhealth.org for updates on statuses of support groups and/or shot clinic by appointment only. BIPOC led.
- [TIGERRS Intersex Peer Support Group](#) (📍 Minneapolis 🖥️ Virtual 💰 Free): Monthly peer support group for intersex and questioning adults in MN to build community, access support and resources, talk strategy for intersex healing and liberation, and just vibe. Contact intersex@tigerr.org for more information.

#### Young Adults

- [Freeing Ourselves & Finding Community](#) (📍 Minneapolis 💰 Free 🎂 Ages 24 and Younger): A drop-in program for LGBTQ+ teens and young adults at Family Tree. Participants will have a meal together, get free bus cards and have real conversations with our LGBTQ+ people in community. BIPOC led. Contact tchambers@familytreeclinic.org with questions.

#### Elders

- [Trans Elders Group at Eli Coleman Institute](#) (📍 Minneapolis 💰 Accepts insurance): For trans and gender diverse older adults. Contact 612-625-1500 or isgh@umn.edu for more information on group availability and cost.
- [Trans 50+ Group at Transcend Psychotherapy](#) (📍 Minneapolis 💰 Insurance accepted or \$25/session or less): Creating a safe and supportive atmosphere to foster collective healing. Contact Max with questions or to schedule an intake at maxcabeln@transcendpsychotherapy.com

#### New to Twin Cities?

- [Twin Cities Queer Transplants](#) (📍 Minneapolis 💰 Free): Connecting Queer newcomers and locals in the Twin Cities. Contact TCTransplants@gmail.com for more information.
- ["Trans"plants Group at Transcend Psychotherapy](#) (📍 Minneapolis 💰 Insurance accepted or \$25/session or less): Creating a safe and supportive atmosphere to foster collective healing. Contact Max with questions or to schedule an intake at maxcabeln@transcendpsychotherapy.com

#### Community Centers

- [Our Space](#) (📍 Minneapolis): Community-driven campaign to create, build, and dream up physical and virtual spaces for queer and trans and LGBTQ+ communities in the Twin Cities and greater Minnesota. Specifically centering BIPOC folks and survivors of trauma. Contact hello@ourspacemn.com for upcoming gatherings and events.
- [Quatrefoil Library](#) (📍 Minneapolis): Quatrefoil Library is more than a place to find LGBTQIA+ books. We're also an event space where the community comes together. They host queer book clubs/support groups/makers' spaces and more.
- [Queermunity](#) (📍 Minneapolis): Queermunity is a small business committed to bringing the LGBTQ2SIA+ community together in Minneapolis. Cafe and lounge, work and chill space, events, and more support groups for queer adults. Contact them at contact@queermunitymn.com.

