



Support Groups (Youth/Families)

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

Fee-Based

- [RECLAIM](#) (📍 St. Paul 🖥️ Virtual 💰 Insurance accepted or \$75/session or less): Our one-on-one coaching sessions are open to all parents, caregivers, and family members who are seeking to support queer and trans youth in their lives. Sessions are one-hour meetings with a RECLAIM staff member and can be scheduled either in-person or online. Contact our team at services@reclaim.care or 612-235-6743 x4 to set up a session.
- [Sentier Psychotherapy](#) (📍 St. Paul 🖥️ Virtual 💰 \$40 per family/teen or sliding scale): Youth-only LGBTQ+ groups for middle schoolers, high schoolers, and young adults as well as a parenting group. Contact ellie@sentiertherapy.com for more information and intake.
- [Lyn-Lake Psychotherapy](#) (📍 Minneapolis 🖥️ Virtual 💰 Suggested donation \$10-\$40/session): Support group for parents/caregivers of trans and gender expansive folks, located at Family Tree! Contact Dale@therapy-mn.com or text (760) 486 2243 for info.

Free

- [Transforming Families Minnesota](#) (📍 Twin Cities, Eagan, Mahtomedi, Mankato 🖥️ Virtual): Transforming Families is a community where transgender, gender non-conforming, and questioning youth and their families come together to support each other in a safe, welcoming space. At our monthly gatherings, separate breakout groups for parents, kids, siblings, and teens provide the opportunity to meet and learn from other people traveling the same path. Contact info@tffmn.org for more information.
- [TIGERRS](#) (📍 Minneapolis 🖥️ Virtual 🗳️ Ages 19 and Under): TIGERRS (Transgender, Intersex, Gender-Expansive Revolutionary Resources & Services) is a nonhierarchical collective dedicated to delivering programs and resources that build solidarity and safety among transgender, intersex and gender-expansive Minnesotans. Programming for youth including young children and teens. The youth lead the program and plan their own activities! Contact programs@tigerrrs.org for more information.
- [QUEERSPACE Collective](#) (📍 Minneapolis, St. Cloud 🖥️ Virtual 🗳️ Ages 12+): Hangouts, workshops, and 1:1 mentorships help youth build skills through art, STEM, and leadership with a focus on belonging, identity, and community. Contact info@queerspacecollective.org for more information.
- [Freeing Ourselves & Finding Community](#) (📍 Minneapolis 🗳️ Ages 13-24): A drop-in program for LGBTQ+ teens and young adults up to age 24 on Mondays 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.

- [So What If I Am?](#) (📍 **Minneapolis** 🗓️ **Ages 12-21**): A weekly drop-in group for LGBTQ+ youth to find community and be who you are. Contact a.weston@bridgeforyouth.org for more information.
- [MN Transgender Health Coalition](#) (📍 **Minneapolis** 🖥️ **Virtual**): BIPOC-led coalition 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 info on support groups and/or shot clinic by appointment only.
- [Rainbow Club at Lynnhurst Rec Center](#) (📍 **Minneapolis** 🗓️ **Ages 10-17**): An empowering LGBTQ+ youth group dedicated to providing a safe and supportive environment for young individuals exploring their identities. This inclusive space offers a variety of activities, including peer-led discussions, educational workshops, and creative arts projects. Register through Minneapolis Parks & Rec.

Virtual/National Resources

- **TrevorSpace** (🌐 trevorspace.org 🗓️ **Ages 13-24**): Online intentional community, discussion forums, etc. for LGBTQ youth.
- **QChat** (🌐 qchatspace.org 🗓️ **Ages 13-19**): Online chat space for LGBTQ+ youth. Pre-scheduled times focusing on certain topics each time, facilitated by staff from LGBTQ centers around the country.
- **TransFamilies** (🌐 transfamilies.org): Virtual, national support groups for adults of trans kids and adults. Specific groups for dads, parents of color, and more.
- **Stand with Trans** (🌐 standwithtrans.org): Virtual, national support groups for trans youth, adults, and/or parents and caregivers.
- **Trans Wellbeing** (🌐 transwellbeing.com 💰 **Private pay**): Virtual, therapist-led parent program for families/caregivers of trans youth.



RECOMMEND A PROVIDER

Do you have experience with a trans friendly provider or resource not on our list? Send us ideas or feedback on our referrals at bit.ly/49PSjmN