



Trans 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:

Lyn-Lake Psychotherapy

📍 Family Tree: 1919 Nicollet Ave, Minneapolis
💰 Suggested donation \$10-\$40/session
📅 Thursdays 12-1pm 🖥️ Virtual option
✉️ dale@therapy-mn.com 📞 Text 760-486-2243

Tea Time at the Aliveness Project

📍 3808 Nicollet Ave, Minneapolis 🖥️ Virtual options
💰 Free 🏡 BIPOC led 📱 @teatimeataliveness
📅 Every other Thursday from 5:30-7pm
📞 612-822-7946 ext. 202 🌐 aliveness.org
✉️ luna@aliveness.org, sainte@aliveness.org

Transcend Psychotherapy

📍 1422 West Lake St. Minneapolis
💰 Insurance accepted or \$25/session or less
📅 Saturday mornings and Wednesday evenings
✉️ maxcabeln@transcendpsychotherapy.com
🌐 transcendpsychotherapy.com

All Trans and/or Non-Binary:

Lyn-Lake Psychotherapy

📍 Family Tree: 1919 Nicollet Ave, Minneapolis
💰 Suggested donation \$10-\$40/session
📅 Fridays 12-1pm 🖥️ Virtual option
✉️ dale@therapy-mn.com 📞 Text 760-486-2243

Gender Outlaws Twin Cities

📍 3808 Nicollet Ave, Minneapolis 🖥️ Virtual option
💰 Free ✉️ genderoutlawstwincities@gmail.com
📱 @genderoutlaws_tc 🌐 sharkylemon.com

MN Transgender Alliance

📍 St. Paul, Anoka, Duluth, Austin, TX 📞
612-787-2671
🖥️ Virtual option 💰 Free ✉️ mntgalliance@gmail.com
🌐 minnesotatransgenderalliance.com

Trans Masc:

Lyn-Lake Psychotherapy

📍 Family Tree: 1919 Nicollet Ave, Minneapolis
💰 Suggested donation \$10-\$40/session
📅 Wednesdays 12-1pm 🖥️ Virtual option
✉️ dale@therapy-mn.com 📞 Text 760-4862243

Transcend Psychotherapy

📍 1422 West Lake St. Minneapolis
💰 Insurance accepted or \$25/session or less
📅 Tuesday afternoons and evenings
✉️ maxcabeln@transcendpsychotherapy.com
🌐 transcendpsychotherapy.com

Edges Wellness

📍 730 E 38th Street Minneapolis 🌐
edgeswellness.com
💰 Insurance accepted or \$20-\$50/session 🏡 BIPOC led
✉️ jeongeun@edgeswellness.com

Transcend Psychotherapy

📍 1409 Willow St. Suite 600, Minneapolis
💰 Insurance accepted or \$25/session or less
📅 Mondays 5-6:30pm 🌐 transcendpsychotherapy.com
✉️ maxcabeln@transcendpsychotherapy.com

Cedar Hill Therapy

📍 3432 Lyndale Ave. S, Minneapolis 💰 Insurance
accepted or \$75/session 📅 Mondays 5:30-7pm

✉ info@cedarhilltherapy.com 🌐 cedarhilltherapy.com

Black, Indigenous, and/or People of Color:

Our Space/QT Castle

📍 2212 Colfax Ave S, Minneapolis 💰 Free 💜 BIPOC led

✉ hello@ourspacemn.com 🌐 ourspacemn.com

📱 @ourspacemn

Two Spirit Group at Indian Health Board

📍 2101 Minnehaha Avenue 💰 Free 💜 BIPOC led
📅 Mondays 12-1pm ☎ 612-721-9879

✉ dylan.daniels@indianhealthboard.com

Young Adults:

Freeing Ourselves & Finding Community

📍 Family Tree: 1919 Nicollet Ave, Minneapolis 💰 Free

👶 Ages 24 and Younger 💜 BIPOC led

📅 Monday evenings ✉ tchambers@familytreeclinic.org

🌐 familytreeclinic.org ☎ Call or text 612-900-2729

Older Adults/Elders:

Eli Coleman Institute

📍 1300 South 2nd Street, Minneapolis

💰 Accepts insurance ☎ 612-625-1500

✉ isgh@umn.edu

Transcend Psychotherapy

📍 1409 Willow St. Suite 600, Minneapolis 👶 Ages 50+

💰 Insurance accepted or \$25/session or less

📅 Weds 1:30-3pm 🌐 transcendpsychotherapy.com

✉ maxcabeln@transcendpsychotherapy.com

☎ 612-445-0225

New to Minnesota:

Twin Cities Queer Transplants

📍 Quatrefoil Library: 1220 E Lake St, Minneapolis

💰 Free 📅 Weds evenings 1x/month 📱 @tctransplants

✉ TCTransplants@gmail.com

🌐 tcqueertransplants.com

Transcend Psychotherapy

📍 1409 Willow St. Suite 600, Minneapolis

💰 Insurance accepted or \$25/session or less

📅 Weds 12-1:30pm 🌐 transcendpsychotherapy.com

✉ maxcabeln@transcendpsychotherapy.com

☎ 612-445-0225

Community Spaces/Centers:

Our Space/QT Castle

📍 2212 Colfax Ave S, Minneapolis

💜 BIPOC led 📱 @ourspacemn

✉ hello@ourspacemn.com

🌐 ourspacemn.com

Quatrefoil Library

📍 1220 E Lake St, Minneapolis

✉ info@qlibrary.org

☎ 612-729-2543 🌐 qlibrary.org

📱 @quatrefoilibrary

Queermunity

📍 3036 Hennepin Ave, Minneapolis

✉ contact@queermunitymn.com

☎ 612-208-7082

🌐 queermunitymn.com

📱 @queermunitymn

Are you looking for other types of LGBTQ+ affirming support groups, or support groups for trans youth? Please contact our Patient Resources Coordinator at navigator@familytreeclinic.org for more information.