

# Community Resources — LGBTQ+ and Allied Organizations

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## Abuse, Exploitation & Survivor Resources

**OutFront MN:** LGBTQ+ Anti-Violence Program advocates at OutFront Minnesota-- can connect you to resources or talk through options regarding your current situation

**Phone:** 800.800.0350

**Email:** [avp@outfront.org](mailto:avp@outfront.org)

**The Family Partnership: PRIDE:** Support services to sexually exploited women, teens, and their families. LGBTQIA+ specific advocacy.

<https://www.thefamilypartnership.org/programsservices/advocacy/pride/>

**Crisis Line:** 612-728-2061

**MN Q Youth:** support, referrals, resources, training and connections for LGBTQIA+ youth who are or have experienced abuse or mistreatment; and for their families, caregivers, professional and others who care about them.

<https://mngyouth.wordpress.com/>

**Location:** 4123 East Lake Street, Minneapolis, MN 55406

**Info Line:** (877) 452-8543

**Email:** Leigh Combs at [lcombs@thefamilypartnership.org](mailto:lcombs@thefamilypartnership.org)

**FORGE:** safety planning, resources & support to transgender and gender non-conforming survivors of sexual assault, violence, and domestic abuse. Resources are both local to Wisconsin and national. <https://forge-forward.org/>

**Tubman:** Safe shelter, legal services, counseling, elder care resources, and youth programming for people facing relationship violence and other forms of trauma. LGBTQIA+ friendly.

<https://tubman.org/>

**Crisis Line:** 612.825.0000

**Administrative Office:** 612-825-3333

**Sexual Violence Center:** Medical and legal advocacy, mental health services, support groups, resources, emergency hotline for people facing sexual violence. Serves Hennepin, Carver, and Scott Counties. <https://www.sexualviolencecenter.org/>

**Crisis Line:** 612-871-5111

**Upside:** Offers access to resources and support for people who need help in Minneapolis. Food, shelter, medical or mental health care, as well as resources for unsafe relationships, trading sex for survival, or isolation.

Call or text: 612-790-2460

## Advocacy & Legal

**OutFront MN:** Legal helpline, resources, and advocacy for the Minnesota LGBTQIA+ community. Legal support for to name and gender marker changes, workplace discrimination, harassment, and other issues. Up to date community resource list. <https://www.outfront.org/>

**Helpline:** 800-800-0350

**Email:** [avp@outfront.org](mailto:avp@outfront.org)

**Gender Justice:** MN and Dakotas legal organization that covers workplace discrimination, protecting healthcare, advocating for transgender and gender diverse people, and more.

Website: <https://www.genderjustice.us/our-work/>

Get legal assistance: <https://www.genderjustice.us/legal-assistance/>

Linktree: <https://linktr.ee/genderjustice>

- Name change and document resource:  
<https://docs.google.com/document/d/1DWQyKyS2PZykb0YMvaYyhkCb9uISXvGDCJOHqEB6iZE/edit?tab=t.0>

**Volunteer Lawyers Network LGBTQ+ Clinic:** name and gender marker changes, general legal advice, referrals

- Website: <https://www.vlnmn.org/help/clinics/>
- Form for queer/trans legal help:  
[https://docs.google.com/forms/d/e/1FAIpQLSe63PCfgMQcY5ZdZBdS4jjJTWzXlIk\\_dw0N2Dd7N4X0RXFpEA/viewform?c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSe63PCfgMQcY5ZdZBdS4jjJTWzXlIk_dw0N2Dd7N4X0RXFpEA/viewform?c=0&w=1)

### Disability case representation:

- Cooper Law, LLC: We handle initial applications, reconsiderations and Administrative Law Judge hearings. Whatever stage you are in with your social security disability claim, we'll take it from there. Whether you are just starting the process, or you have already applied and been denied, contact us for an initial consultation to determine next steps.
  - Website: <https://cooperlawmn.com/social-security/>
  - Attorney Lynn Mickelson

### Insurance navigation and advocacy from BlueCross BlueShield MN Gender Services:

Transgender individuals, their families and their employers are welcome to reach out to our Gender Services Team. All conversations are confidential and complimentary. Answer gender-related care questions, connect you to health plan benefits, understand your plan and coverage, find the right doctor and care, and submit claims for hair removal

- <https://www.bluecrossmn.com/find-care/gender-care-and-coverage-overview>
- Phone: (866) 694-9361
- Email: [gender.services@bluecrossmn.com](mailto:gender.services@bluecrossmn.com)

**Advocates for Trans Equality (A4TE) :** Advocacy, legal resources. State by state listing of how to change your name and gender marker.

<https://transequality.org/>

<https://transequality.org/issues/identity-documents-privacy>

**Sage Advocacy & Services for LGBTQ+ Elders:** The National Resource Center on LGBTQ+ Aging, a program of SAGE, is the country's first and only technical assistance resource center focused on improving the quality of services and support offered.

[www.lgbtagingcenter.org](http://www.lgbtagingcenter.org)

**Youth Pride Association:** The Youth Pride Association (YPA) is a national organization working to promote and foster the acceptance of Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) people in educational institutions.

<https://www.ypapride.org>

**University of Minnesota's Trans Advisory & Action Team (TAAT):** The University of Minnesota's Trans Advisory & Action Team, TAAT (formerly known as the Transgender Commission), is a coalition of students, faculty, staff, alumni and community members organizing across disciplines and departments for access and liberation for transgender and gender nonconforming people.

<https://gsc.umn.edu/programs/trans-advisory-action-team-taat>

**National LGBTQ Task Force:** The National LGBTQ Task Force is dedicated to achieving freedom and justice for lesbian, gay, bisexual, transgender, queer people, and their families through proactive, targeted, change-inducing initiatives.

<https://www.thetaskforce.org>

**Out & Equal:** Out & Equal is the premier global nonprofit organization working exclusively on LGBTQ+ workplace equality.

<https://outandequal.org>

**One Iowa:** One Iowa is a catalyst for improving the lives of LGBTQ Iowans. Legal resources, healthcare and wellness resources, events, and more <https://oneiowa.org/>

**Stand with Trans:** Stand with Trans is saving lives one person at a time, one day at a time. We help trans youth build resilience, gain confidence and find hope for a future filled with joy. Founded in 2015 by a passionate mom, the organization continues to grow, serving an international population of families. Support groups, library of resources, allyship programs, events, trans youth zines, and more.

<https://standwithtrans.org/>

**Campaign for Southern Equality:** The Campaign for Southern Equality is working to build a South where LGBTQ people are equal in every part of life. A South where your zip code doesn't determine your rights. Where all of us are free to be who we truly are and love who we truly love. Funding, resources, access to care, etc.

<https://southernequality.org/>

**Elevated Access:** We are a non-profit organization that enables people to access healthcare by providing flights on private planes at no cost. Our volunteer pilot network transports clients seeking abortion or gender-affirming care across the United States.

<https://www.elevatedaccess.org/>



**TRANS RESISTANCE NETWORK:** Growing community defense, mutual-aid, and alternative systems of care for gender diverse people. Relocation, accessing care out of state, mutual aid requests, etc.

<https://transresistancenetwork.wordpress.com/>

**Maps that track legislative changes in each state:**

- Movement Advancement Project: <https://www.lgbtmap.org/equality-maps>
- ACLU: <https://www.aclu.org/legislative-attacks-on-lgbtq-rights>
- Equality Federation: <https://www.equalityfederation.org/state-legislation>
- KFF: [https://www.kff.org/other/dashboard/gender-affirming-care-policy-tracker/?utm\\_campaign=KFF-Global-Health-Policy](https://www.kff.org/other/dashboard/gender-affirming-care-policy-tracker/?utm_campaign=KFF-Global-Health-Policy)

**Resources for folks outside of Minnesota:**

- ACLU Affiliates (state ACLU branches): <https://www.aclu.org/about/affiliates>
- Lambda Legal: <https://lambdalegal.org/>
- Human Rights Campaign
  - Funds for relocation: <https://www.hrc.org/resources/emergency-funds-for-relocating-families>
  - State of LGBTQ+ Rights: <https://www.hrc.org/campaigns/national-state-of-emergency-for-lgbtq-americans> ; <https://www.hrc.org/resources/national-state-of-emergency-know-your-rights-summer-2023>
- Advocates for Trans Equality
  - Trans legal Services Network Directory: <https://transequality.org/transgender-legal-services-network>
- One Iowa: One Iowa is a catalyst for improving the lives of LGBTQ Iowans. Legal resources, healthcare and wellness resources, events, and more
  - <https://oneiowa.org/resources/medicalcareban/>
  - <https://oneiowa.org/resources/legal-and-family/>
- Transformation Project South Dakota: Our mission is to support and empower transgender individuals and their families while educating communities in SD and the surrounding region about gender identity and expression.
  - <https://www.transformationprojectsd.org/>
- Out Nebraska: Advocating, celebrating and educating to improve the lives of LGBTQ+ people.
  - <https://outnebraska.org/>
- Trans Law Help Wisconsin: <https://www.translawhelp.com/resources>
  - WI name and gender marker change guide: <https://www.translawhelp.com/legal-guide>
- The LGBT Center of Southeast Wisconsin: <https://lgbtsewi.org/>
- Campaign for Southern Equality: The Campaign for Southern Equality is working to build a South where LGBTQ people are equal in every part of life. A South where your zip code doesn't determine your rights. Where all of us are free to be who we truly are and love who we truly love.
  - Funding, resources, access to care, etc.
  - <https://southernequality.org/>

adults & all ages

**J-Pride:** Social events, community gatherings, celebrations, and educational opportunities for the Jewish LGBTQ+ community.

**Facebook group:** J-Pride

**Minnesota Transgender Health Coalition:** Events, support groups, case management, shot clinic and needle exchange.

<https://www.facebook.com/MTHC3405/>

<https://www.mntransgenderhealth.org/>

**Phone:** 612-823-1152

**Out in the Backyard:** Community group offering workout classes and other activities, held on a hybrid model every week on Saturdays.

**Facebook group:** OUT in the Backyard – OIBY

**For email updates and location information:**

<https://groups.google.com/g/dallassaturdaymorningyoga>

**7 rivers LGBTQ Connection:** Events, support groups, advocacy, resources, healthcare directory, and business directory for the LGBTQ community in LaCrosse, WI and Winona, MN. Online calendar. <https://7riverslgbtq.org/>

**Telling Queer History:** Storytelling gatherings connecting LGBTQ people across generations and identities.

Website: <http://tellingqueerhistory.com/>

Facebook: <https://www.facebook.com/tellingquistory>

**Trans Northland:** Duluth based social, support, and advocacy group for the transgender community. Resources, support groups, and community events. Serves northern MN and Wisconsin. <https://transnorthland.org>

**Quatrefoil Library:** Volunteer run LGBTQIA+ library. Book clubs, space for community events, and an online calendar. <https://www.qlibrary.org/>

**Moon Palace Books:** Independent bookstore in South Minneapolis. See community events calendar for queer book club and other LGBTQIA+ events.

<https://www.moonpalacebooks.com/?q=h.calevents>

**Trans Book Club at Boneshaker Books:** <https://www.boneshakerbooks.com/>

**OneVoice Mixed Choir:** Twin Cities LGBTQIA+ and allies community choir. Limited information about if the group is still running.

**Website:** <http://onevoicemn.org/>,

**Facebook:** <https://www.facebook.com/onevoicemn/>

**Telephone:** 651.298.1954

**Upside:** Offers access to resources and support for people who need help in Minneapolis. Food, shelter, medical or mental health care, as well as resources for unsafe relationships, trading sex for survival, or isolation.

Call or text: 612-790-2460

**MKE LGBT Community Center:** Milwaukee based LGBT community center. Local events, services, and programs for LGBTQ people of all ages.

<https://www.mkelgbt.org/>

**Address:** 315 West Court Street, Milwaukee, WI, 53212

**Phone:** 414-271-2656

**Black Transmen Inc:** Community resources, support groups, financial resources, and mentoring for Black/African American trans-masculine identified people. National.

<https://blacktransmen.org/>

**Missions Inc.:** Provide housing, support, and safety to people experiencing domestic abuse, substance use disorders, housing instability, problematic substance use, and disabilities.

Hart House and Mission Heights Supportive Housing for trans and nonbinary folks

24/7 Domestic violence crisis line: 763-559-4945

Website: [www.missionsinc.org](http://www.missionsinc.org) ; contact information for each program can be found here:

<https://www.missionsinc.org/contact/>

**Transgender, Intersex, Gender-Expansive Revolutionary Resources and Services (TIGERRS):**

Cooperative non-profit that supports transgender, intersex, and gender-expansive people in MN. Creates safe, affirming spaces and resources where we connect, empower, process, and grow together on the journey to liberation

Website: <https://tigerrs.org/>

Teen TIGERRS: weekly social gathering for teens (ages 13-19)

Little TIGERRS: monthly playgroup for gender-creative kids (12 and under)

Intersex resources

**Friends & Co Let's Do Lunch Café:** Brings together older LGBTQ+ community members for lunch and connection.

Website: <https://friendsco.org/lets-do-lunch-and-lets-do-coffee/>

**Transmission Ministry Collective:** An online community dedicated to the spiritual care, faith formation, and leadership potential of transgender and gender-expansive Christians.

Website: <https://transmissionministry.com/>

**The Neighborhood:** A Virtual Hub for LGBTQ+ families with virtual events for kids and families of all ages. <https://www.familyequality.org/neighborhood/>

**Facebook Groups:**

- MN Queer Crafting
- MN Outdoor Queer Adventures
- Twin Cities Queer Families
- Minnesota Queers DO WORK
- Queer Exchange MPLS/St. Paul
- Minnesota Queer Exchange
- QueerFriends Minnesota: Twin Cities Metro
- Trans/Nonbinary Exchange Minnesota

**Patchwork:** Patchwork strives to provide all those who exist under the transgender, non-binary, gender non-conforming, and intersex umbrella free access to peer-led, peer-focused support. We offer support groups, informational seminars, and resources to meet the needs of a diverse and beautiful community. Through our work, we hope to foster emotional wellness and social equity for TNBGNCI adults, youth, and families.

**Website:** <https://www.transpatchwork.org/>

**One Iowa:** One Iowa is a catalyst for improving the lives of LGBTQ Iowans. Legal resources, healthcare and wellness resources, events, and more

<https://oneiowa.org/>

**Stand with Trans:** Stand with Trans is saving lives one person at a time, one day at a time. We help trans youth build resilience, gain confidence and find hope for a future filled with joy. Founded in 2015 by a passionate mom, the organization continues to grow, serving an international population of families. Support groups, library of resources, allyship programs, events, trans youth zines, and more.

<https://standwithtrans.org/>

**RECLAIM!:** one-on-one parent and caregiver coaching and consultations: open to all parents, caregiver, and family members who are seeking to support queer and trans youth in their lives. Sessions are one-hour meeting with a RECLAIM staff member and can be scheduled in-person or online.

Contact: [services@reclaim.care](mailto:services@reclaim.care) or 612-235-6743 (extension 4)

Fee: \$75/session

**Grrrlscout:** GRRRL SCOUT is a queer and trans-owned events company committed to providing safe entertainment spaces for the LGBTQIA+ community and its allies. They host pop-up events throughout the Minneapolis Area.

<https://www.grrrlscout.com>

**Tea Time:** Tea Time is a peer support network for trans femme identifying individuals living in the Twin Cities and Greater Minnesota. They host semi-weekly meetings which focus on connecting trans femme identifying individuals and providing resources (including HRT injection supplies, PrEP clinic, and discussion space).

<https://aliveness.org/tea-time-at-aliveness-project>



**The Intentional Man Project:** I.M.P. currently offers multiple in-person experiences and virtual programming. Since 2017, we have been hosting our flagship program, Camp Lost Boys, a transformative event that takes place several times a year, creating life-changing experiences for our community. Virtual Programming.

**Website:** <https://theintentionalmanproject.org/>

**Solcana Fitness:** Solcana is a queer, woman-owned gym designed for all bodies. They offer small group strength and conditioning classes and are very beginner friendly.

<https://solcanafitness.com>

**Team Trans Ice Hockey:** Team Trans is an international collective of all Trans and Non-Binary hockey players. Team Trans Twin Cities is the first state chapter and has over 100 players with 50 of them actively skating year-round. They welcome Trans and Non-Binary players of all skill levels to skate with them and host a variety of events throughout the year.

<https://teamtranstc.org>

**Stonewall Sports:** Stonewall Sports - Twin Cities is a LGBTQ+ community-based sports league that values each player for who they are and what they bring to our community. They strive to develop a well-connected and diverse community through organized competition, social events, and fundraisers to help serve those in need. They offer registration for their social and competitive sports teams via their website. Different sports are offered year-round based on the season.

<https://leagues.teamlinkt.com/stonewallsportstwincities/Home>

**Lavendar Magazine 2024 LGBTQ+ Sports Directory:** The Twin Cities metro is home to a remarkable number of athletes who identify as LGBTQ+ and Allies. The sports that they participate in are wide-ranging—basketball to broomball to bocce and more—and the teams are all welcoming and inclusive to new members as well as to spectators. Whether you want to join in as a member of a team or simply cheer on these athletes from the sidelines, here's a listing of what is out there in our community sports scene and where to find out more details about the leagues.

<https://lavendermagazine.com/our-scene/sports/2024-lgbtq-sports-directory/>

**Rainbow Wardrobe:** A part of Twin Cities Pride's year-round programming division, Rainbow Circle. Our wardrobe is made up of new and gently used items donated by community members. Access to free gender affirming resources is LIFE CHANGING for some individuals. Rainbow Wardrobe provides individuals access to Masc and Femme presenting clothing as well as gender affirming items from TomBoyX.

<https://tcpride.org/rainbow-wardrobe/>

**Queermunity:** Queermunity is a resource center and social club committed to bringing the LGBTQ+ community together in Minneapolis. <https://www.queermunitymn.com/>

## Education

**Minneapolis Public Schools Out4Good:** Resources for LGBTQIA+ families, parent advisory panels, and student engagement programs for Minneapolis Public Schools.

<https://equity.mpls.k12.mn.us/out4good>

Email: [jason.bucklin@mpls.k12.mn.us](mailto:jason.bucklin@mpls.k12.mn.us)

**Saint Paul Public Schools Out for Equity:** Student, family, and staff resources for LGBTQIA+ services, advocacy, and events at St. Paul Public Schools. <https://www.spps.org/outforequity>

**PFund Foundation Scholarship Fund:** Provides scholarships to LGBTQ+ learners from the upper Midwest at all stages of education. Can fund: 2- and 4-year institutions, trade schools, advanced degrees, professional development opportunities, and more. Must be 17+ years old.

Website: [www.pfundfoundation.org](http://www.pfundfoundation.org)

Contact: 612-870-1806

**Youth Pride Association:** The Youth Pride Association (YPA) is a national organization working to promote and foster the acceptance of Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) people in educational institutions.

<https://www.ypapride.org>

**University of Minnesota's Trans Advisory & Action Team (TAAT):** The University of Minnesota's Trans Advisory & Action Team, TAAT (formerly known as the Transgender Commission), is a coalition of students, faculty, staff, alumni and community members organizing across disciplines and departments for access and liberation for transgender and gender nonconforming people.

<https://gsc.umn.edu/programs/trans-advisory-action-team-taat>

**MN Department of Education:** Ensuring Safe and Supportive Schools page, includes the Minnesota Department of Education Transgender Toolkit, for best-practice recommendations for schools to address the concerns confronting trans and gender diverse students.

<https://education.mn.gov/MDE/dse/safe/>

**Minnesota School Outreach Coalition:** A collection of organizations committed to the wellbeing, joy, and successes of LGBTQIA+ youth in Minnesota.

<https://www.mnschooloutreach.org/>

**Human Rights Campaign Foundation Welcoming Schools:** Educator-friendly resources and training to support and affirm students across the gender spectrum.

<https://welcomingschools.org/resources/gender>

**GLSEN:** Resources for educators and students to create safer, more LGBTQ-inclusive schools and supporting LGBTQ+ students in K-12 schools. <https://www.glsen.org/>



**Gender Spectrum:** Resources for educators and schools to create gender inclusive schools, including Gender Support Plan for student, parent/caregivers, and school to create together to support student.

<https://www.genderspectrum.org/resources>

## Family Building and Fertility

**HealthPartners Patient Education:** [Resources for LGBTQ+ Family Building](#)

**Thrive Midwives** offers in-home care for some fertility-related procedures

Address: 3226 19<sup>th</sup> Ave. S. Minneapolis, MN 55407 & 6 6<sup>th</sup> Ave. N. Hopkins, MN 55343

Email: [kari@thrivemidwives.com](mailto:kari@thrivemidwives.com)

Phone: 763-350-6909

Website: <https://thrivemidwives.com>

**Mandala Midwifery:** queer owned and Janine, the midwife, is one of the cofounders of Queer Birth Project. Janine does in-home IUI.

Website: <https://mandalamidwiferycare.com/>

Phone: 612-616-5509

Email: [janine@mandalamidwiferycare.com](mailto:janine@mandalamidwiferycare.com)

**Queer Birth Project:** community building for queer and trans prospective parents and also have queer and trans birth education, classes, and other resources.

Website: <https://www.queerbirthproject.org/>

**Family Equity Council – Trans Family Building:** <https://www.familyequality.org/family-building/trans-family-building/>

**Family Equity Council – Family Building for the Trans Community - Family Building Handbook:** <https://www.familyequality.org/resources/family-building-for-the-trans-community/>

**Fertility IQ - Trans Feminine Fertility:** <https://www.fertilityiq.com/trans-feminine-fertility>

**Fertility IQ – Trans Masculine Fertility:** <https://www.fertilityiq.com/trans-masculine-fertility>

**The Neighborhood :** <https://www.familyequality.org/neighborhood/>

A virtual hub for parent-LGBTQ+-identified families has a list of virtual events for kids and families of all ages.

### Online Groups:

**Family Equality Parents Meetup:** <https://www.familyequality.org/event/biweekly-trans-non-binary-and-gender-non-conforming-parents-meetup/2022-09-28/>

Peer support space for any and all parents & caregivers who identify as transgender, non - binary, gender nonconforming or anywhere on the genderqueer spectrum.

**Family Equality TTC/Fertility Peer Support Space:**

<https://www.familyequality.org/event/biweekly-ttc-fertility-peer-support-space/2022-08-24/>

Biweekly peer support space supported by the LGBTQ+ Perinatal Wellness Center for anyone under the LGBTQ+ rainbow who are working to create children to grow their families.



**Family Equality Parenting Peer Support Space:**

<https://www.familyequality.org/event/parenting-the-early-days-peer-support-space/2022-10-25/>

Peer support space for new parents, whether preparing to welcome a child or have already added to their family.

**Family Equality National Network of LGBTQ Family Groups:**

<https://www.familyequity.org/family-support/national-network-lgbtq-family-groups/>



## Housing and Homelessness – Adults

**Agate Housing and Services:** Provides for people in Hennepin County who are staying in shelters, living unsheltered, fleeing domestic violence, and experiencing long-term homelessness. Offers emergency shelter, street outreach, housing programs, food center and food shelf.

Website: [www.agatemn.org](http://www.agatemn.org)

Address: 2309 Nicollet Ave. Minneapolis, MN



## Housing and Homelessness - Youth

**Avenues for Homeless Youth – ConneQT Host Home Program:** Emergency shelter, short term housing, and support services for LGBT youth. Foster care / homelessness alternative. Youth are placed with families in volunteer host homes.

<https://avenuesforyouth.org/host-home-youth-support/>

**Email:** Rosie Benser at [rbenser@avenuesforyouth.org](mailto:rbenser@avenuesforyouth.org)

**Phone:** 612-968-1672

**The Link Project Live Out Loud:** LGBTQIA+ rapid rehousing, ages 18-24. Must be referred by Hennepin County Coordinated Entry. <https://thelinkmn.org/project-live-out-loud/>

**Contact:** Jazz Sharif, Program Manager, 612-287-1644

**Email:** [jsharif@thelinkmn.org](mailto:jsharif@thelinkmn.org)

**Youth Services Network:** Up to date, searchable database of homelessness resources. Includes outreach workers, shelter listings, crisis lines, and other resources. <https://ysnmn.org/>

**The Bridge for Youth:** Crisis resources for youth experiencing homelessness, including drop-in center, shelter, and intermediate term housing. Also provides healthcare access and support groups. <https://bridgeforyouth.org/>

**Address:** 1111 West 22nd Street Minneapolis, MN 55405, off bus route 6

**Telephone:** 612-377-8800

**Text:** 612-400-SAFE (7233)

**Business Line:** 612-230-6601

**Fax:** 612-377-6426

**Face 2 Face:** Safe Zone drop-in center and Arcade health clinic. Provides meals, showers, case management, HIV/STI testing, healthcare, and counseling for youth ages 11-24, as well as in-home counseling and other services. <https://face2face.org/>

**Arcade Health Clinic:** Appointments and walk-ins

**Appointment Line:** 651-772-5555

**Address:** 1165 Arcade Street, Saint Paul, MN 55106

**SafeZone:** Drop in center

**Phone:** 651-224-9644

**Address:** 130 East 7th Street, Saint Paul, MN 55101

**Street Works:** Street outreach. Free HIV testing, safer sex supplies, health education, and on-site emergency assistance for those living on the streets.

**Phone:** 612-354-3345 to connect with an outreach worker

**Duluth & North Shore Youth Resources:** Housing, truancy, health center, foster care, clothing.

<https://www.lssmn.org/services/youth-homelessness/duluth>



## Harm Reduction

**Southside Harm Reduction:** Naloxone, clean syringes, & works, HIV testing / counseling, hepatitis vaccination, community resources. Mostly delivered resources. Call/text during open hours to access supplies & services.

**Website:** <https://southsideharmreduction.org/>

**Phone:** (612) 615-9725

**Hours:** Mon-Wed, 2-8pm.

**Indigenous Peoples Task Force syringe exchange:** Needles, syringes, and works. Please text before coming. Online calendar of multiple Twin Cities syringe exchange programs.

**Hours:** 1pm-4pm Mon, Weds, and Fri

**Phone (text only):** 651-808-3965

**Location:** 1335 East 23<sup>rd</sup> Street, Minneapolis

<https://indigenouspeoplestf.org/syringe-exchange-program/>

**Clinic 555:** Small and personal sexual and reproductive health clinic located in downtown Saint Paul. Clinic 555 offers sexual and reproductive health services for adults and teens. Services range from low cost to free. Fees are determined by a sliding fee scale based on family size and income. We accept public insurance and some private insurances. No one will be turned away for lack of funds. If available, please bring photo ID and insurance card.

<https://www.ramseycounty.us/residents/health-medical/clinics-services/sexual-reproductive-health>

**Northpoint Health:** The Harm Reduction & Testing Services Program provides services to reduce the harm of drug use and prevent HIV and viral hepatitis infections.

Everyone can use these services. Services do not need an appointment except HIV testing. Please call 612-267-0305 for an HIV test appointment.

<https://www.northpointhealth.org/helping-our-neighbors/help-with-addiction/harm-reduction-testing>

**Rural AIDS Action Network:** provides free, confidential or anonymous HIV and Hepatitis C testing, medical case management, medical transportation assistance, support groups, and a syringe exchange in Duluth and Mankato. They also provide Narcan kits.

**Website:** <https://raan.org/>



**Clare Housing:** Long term independent and semi-independent housing for people living with HIV. <https://www.clarehousing.org/>

**Clinic 555:** Clinic 555 offers confidential, low-cost, quality sexual and reproductive health services for adults and teens. Services range from low cost to free. Fees are based on family size and income. No one will be turned away for lack of funds. Confidential HIV testing services, support and care for those newly diagnosed, HIV prevention education, PrEP and PEP. Walk-in service is available, but appointments are recommended.

**Website:** <https://www.ramseycounty.us/residents/health-medical/clinics-services/sexual-reproductive-health>

**Appointments:** 651-266-1255

**Location:** 555 Cedar Street Saint Paul, MN 55101

**Hours:** See website

**Red Door Clinic:** HIV-oriented sexual health services, walk-in or appointment based. HIV/STI testing and counseling; ongoing care; discussion groups for MSM, transgender/gender-nonconforming individuals, & people living with HIV; needle exchange; Narcan; birth control; safer sex supplies; health education. <https://www.reddoorclinic.org/>

**Email:** [reddoor@hennepin.us](mailto:reddoor@hennepin.us)

**Appointments:** 612-543-5555

**Location:** 525 Portland Ave South, Minneapolis

**Hours:** Mon 8am-4pm, Tues 8am-4pm, Wed 8am-4pm, Thurs 10am-4pm, Fri 8am-4pm

**Rural AIDS Action Network:** provides free, confidential or anonymous HIV and Hepatitis C testing, medical case management, medical transportation assistance, support groups, and a syringe exchange in Duluth and Mankato. They also provide Narcan kits.

**Website:** <https://raan.org/>

**Locations:**

**Saint Cloud:** 300 East St. Germain Street, Suite 220, St. Cloud, MN 56304

**Phone:** 320.257.3036

**Duluth:** 18 West First Street, Duluth, MN 55802

**Phone:** 218.481.7225

**Grand Rapids phone:** 888.647.7226

**Mankato:** 2500 9th Ave #2, Mankato, MN 56001

**Phone:** 507.345.1011

**Moorhead:** 715 11th St N, Suite 304A, Moorhead, MN 56560

**Phone:** 877.403.1815

**The Aliveness Project:** HIV testing & counseling, case management, food shelf, free meals, workshops and activities. Become a member to access services. <https://aliveness.org/>

**Telephone:** 612-824-5433

**For testing hours and membership information:** <https://aliveness.org/member-services/>



**Youth and AIDS projects:** HIV testing, case management, prevention services, sexual health education for youth in the Twin Cities metro area.

<https://www.yapmn.org/>

**Location:** 2929 4<sup>th</sup> Ave South, Suite 203, Minneapolis

**Drop-in Hours:** 10am-4pm Mon-Fri

**Phone:** 612-231-4849

**Email:** [yap@umn.edu](mailto:yap@umn.edu)

**Folx Health:** Online medical care for estrogen, testosterone, PrEP, and other virtual health care. Offers appointments for letters of support. HRT grants through the HRT Care Fund. Online library with many resources.

Website: <https://folxhealth.com/>

## Low-cost healthcare options, scholarships and grants

**University of Minnesota transgender voice and communication services:** Fee-based voice coaching with sliding scale options. Part of the Julia M. Davis Speech-Language-Hearing Center. Runs on a semester schedule of offers both individual and small group sessions.

**Telephone:** 612-624-3322

**TransVoiceLessons:** Online voice coaching. <https://www.transvoicelessons.com/>

**Point of Pride Electrolysis support program:** Provides free or greatly discounted permanent hair removal services. Recipients are paired with providers in their area.

<https://pointofpride.org/electrolysis-support-program/>

**TransLifeline microgrants:** Funding for legal name and gender marker changes on passports, driver's license and state IDs, court orders, and immigration documents.

<https://www.translifeline.org/microgrants>

**Point of Pride Annual Transgender Surgery Fund:** Scholarship fund for gender-affirming surgeries. Annual grant cycle. <https://pointofpride.org/annual-transgender-surgery-fund/>

**Jim Collins Foundation Grants:** The Jim Collins Foundation provides funding for gender-affirming surgeries. Annual grant cycle. 2020 grant cycle opens May 15<sup>th</sup>, 2019.

<https://jimcollinsfoundation.org/apply/>

**Stealth Bros Support Fund:** Stealth Bros is a for-profit business run by and for trans people that sponsors funding grants for name and gender marker changes, bulk injection supplies, packer/STP, and masculinizing top surgery. Grant cycles every three months.

<https://www.stealthbroscos.com/pages/copy-for-chelsy-of-stealth-bros-support-fund>

**Black Transmen Inc. Top Surgery Grant:** \$1,000 grant to partially cover the cost of top surgery. Applicants must be Black/African American and identify as a trans man.

<https://blacktransmen.org/top-surgery-grant/>

**SAGE** – low cost or free mammograms. Call 1-888-643-2584 to schedule or see if you qualify.

<https://www.health.state.mn.us/diseases/cancer/sage/services/index.html>

**Folx Health:** Online medical care for estrogen, testosterone, PrEP, and other virtual health care. Offers appointments for letters of support. HRT grants through the HRT Care Fund. Online library with many resources.

Website: <https://folxhealth.com/>

**Genderbands:** Trans-fem, trans-masc, BIPOC, and youth (non-medical/surgical transition-related needs) grants

Website: <https://www.genderbands.org/grants>

**Rainbow Wardrobe:** A part of Twin Cities Pride's year-round programming division, Rainbow Circle. Our wardrobe is made up of new and gently used items donated by community

members. Access to free gender affirming resources is LIFE CHANGING for some individuals. Rainbow Wardrobe provides individuals access to Masc and Femme presenting clothing as well as gender affirming items from TomBoyX.

Website: <https://tcpride.org/rainbow-wardrobe/>

**Point of Pride:** free clothing resources for trans folks

Website: <https://www.pointofpride.org/blog/free-clothing-resources-for-trans-folks>

**Stay Gold Garments:** a free and open closet for transgender people. Built through donations, providing gender affirming clothing for their journey with care packages. Safe Delivery Options Available.

Website: <https://www.staygoldfund.org/staygoldcloset>

#### Health insurance application assistance:

- **Out 2 Enroll:** <https://www.out2enroll.org/>
  - State-by-state guides: <https://www.out2enroll.org/trans-guides>
- **Minnesota residents:**
  - **Family Tree Clinic MNSure Navigation** (state plans MA/PMAP/MNCare):  
<https://www.familytreeclinic.org/mnsure/>
  - **MNSure marketplace** (private plans):
    - Colton Stedman, Meyer-Peltier Agency
      - Email [colton@mpagent.com](mailto:colton@mpagent.com)
      - Phone (651) 457-5454
      - <https://meyer-peltierinsurance.com/our-team/>
- **Wisconsin residents:**
  - **ABC for Health:** ABC for Health is a Wisconsin-based, nonprofit public interest law firm dedicated to linking children and families, particularly those with special needs, to health care benefits and services. (Polk, Barron, and St. Croix county)
    - <https://www.safetyweb.org/intake.html>
    - Contact: Email: [info@safetyweb.org](mailto:info@safetyweb.org) or (608) 261-6939
  - **Covering Wisconsin:** We help anyone in Wisconsin secure health insurance coverage, seek timely care, and navigate the healthcare system with a focus on communities most at risk. Our expert Health Insurance Navigators are federally licensed to provide free help year-around.
    - List of navigators by county
    - <https://coveringwi.org/what-we-do>

**GLMA National Provider Directory:** National directory of LGBTQIA+ friendly healthcare providers.

[https://glmainpak.networkats.com/members\\_online\\_new/members/dir\\_provider.asp](https://glmainpak.networkats.com/members_online_new/members/dir_provider.asp)

**OutCare OutList:** National directory of LGBTQIA+ friendly healthcare providers.

<https://www.outcarehealth.org/outlist/>

**WPATH provider search:** National directory of transgender care providers.

<https://www.wpath.org/provider/search>

**Harbor Health Initiative:** This is the LGBTQ+ Directory and includes all LGBTQ+ organizations and LGBTQ+ affirming healthcare practitioners. Mostly located in South Dakota, North Dakota, and the western border of Minnesota.

<https://harborhealthinitiative.org/directory/>

**Family Tree Clinic:** Sexual health and hormone care across the lifespan. STI hotline. All services are offered on a sliding fee scale.

<http://www.familytreeclinic.org/>

**Appointment Line:** 612-473-0800

**STI Hotline:** (800)-78FACTS

**MDH Syringe Access & Disposal:** searchable list of pharmacies that will sell sharps over the counter and/or accept sharps for disposal.

<https://www.health.state.mn.us/people/syringe/index.html>

**Center for Changing Lives Duluth teen health center:** Sexual health, health insurance, medical advocacy, referrals & community resources. Call for walk-in hours & appointments.

<https://www.lssmn.org/services/youth-homelessness/duluth/teen-health-center>

**Phone:** 218-529-2224 OR 218-529-2230

**Southside Community Health Services:** Sliding scale clinic: primary care, behavioral health, and dental. MNSure navigators available.

<https://www.southsidechs.org/>

**Southside Harm Reduction:** Naloxone, syringes, and works deliveries. Call to schedule a delivery. Safer sex supplies and referrals are also available.

**Website:** <https://southsideharmreduction.org/>

**Phone:** (612) 615-9725

**Hours:** Mon-Weds, 2-8pm.

**Folx Health:** Online medical care for estrogen, testosterone, PrEP, and other virtual health care. Offers appointments for letters of support. HRT grants through the HRT Care Fund. Online library with many resources.

**Website:** <https://folxhealth.com/>

**One Iowa:** One Iowa is a catalyst for improving the lives of LGBTQ Iowans. Legal resources, healthcare and wellness resources, events, and more

<https://oneiowa.org/>

**TransCare:** Find a transgender care provider. Also has comprehensive resource lists.

Website: <http://transcaresite.org/>

**Minnesota Community Care Trans Health Center:** Providers—Brandi Reilly, NP

<https://www.mncare.org/minnesota-health-care-services/gender-care/>

Appointment scheduling: (612) 602-7500

**Elevated Access:** We are a non-profit organization that enables people to access healthcare by providing flights on private planes at no cost. Our volunteer pilot network transports clients seeking abortion or gender-affirming care across the United States.

<https://www.elevatedaccess.org/>

**Planned Parenthood:** Planned Parenthood believes you deserve high-quality, compassionate health care — no matter your gender identity. Most of our health centers provide hormone therapy and other gender-affirming services for transgender and nonbinary patients.

<https://www.plannedparenthood.org/get-care/our-services/gender-affirming-care>

#### Health insurance application assistance:

- **Out 2 Enroll:** <https://www.out2enroll.org/>
  - State-by-state guides: <https://www.out2enroll.org/trans-guides>
- **Minnesota residents:**
  - **Family Tree Clinic MNSure Navigation** (state plans MA/PMAP/MNCare):  
<https://www.familytreeclinic.org/mnsure/>
  - **MNSure marketplace** (private plans):
    - Colton Stedman, Meyer-Peltier Agency
      - Email [colton@mpagent.com](mailto:colton@mpagent.com)
      - Phone (651) 457-5454
      - <https://meyer-peltierinsurance.com/our-team/>
- **Wisconsin residents:**
  - **ABC for Health:** ABC for Health is a Wisconsin-based, nonprofit public interest law firm dedicated to linking children and families, particularly those with special needs, to health care benefits and services. (Polk, Barron, and St. Croix county)
    - <https://www.safetyweb.org/intake.html>
    - Contact: Email: [info@safetyweb.org](mailto:info@safetyweb.org) or (608) 261-6939
  - **Covering Wisconsin:** We help anyone in Wisconsin secure health insurance coverage, seek timely care, and navigate the healthcare system with a focus on communities most at risk. Our expert Health Insurance Navigators are federally licensed to provide free help year-around.
    - List of navigators by county
    - <https://coveringwi.org/what-we-do>



**Insurance navigation and advocacy from BlueCross BlueShield MN Gender Services:**

Transgender individuals, their families and their employers are welcome to reach out to our Gender Services Team. All conversations are confidential and complimentary. Answer gender-related care questions, connect you to health plan benefits, understand your plan and coverage, find the right doctor and care, and submit claims for hair removal

- <https://www.bluecrossmn.com/find-care/gender-care-and-coverage-overview>
- Phone: (866) 694-9361
- Email: [gender.services@bluecrossmn.com](mailto:gender.services@bluecrossmn.com)

**Walk-In Counseling Center:** Walk in therapy services for free. Some clinics are now in-person. Open hours and instructions for connecting with a therapist listed online.

<https://walkin.org/>

**Minnesota LGBTQIA+ Therapists' Network:** Directory of LGBTQ-friendly therapists.

<http://lgbttherapists.org/>

**Trans Lifeline:** A volunteer-based crisis lifeline staffed by transgender people for transgender people.

<http://www.translifeline.org/>

**Hotline:** (877) 565-8860.

**The Trevor Project:** 24/7 crisis intervention and suicide prevention hotline for LGBTQIA+ identified individuals via phone, text, or online chat. Also hosts an online community and support center. <http://www.thetrevorproject.org/>

**Hotline:** 1-866-488-7386

**Thrive: Thriving Harnesses Respect, Inclusion, and Vested Empathy:** A text-based crisis line staffed by people in STEMM with marginalized identities. Please text “THRIVE” to begin your conversation with us 24/7/365, from anywhere: +1.313.662.8209

<https://thrivelifeline.org/>

**DeHQ: LGBTQ Helpline for South Asians:** 100% Confidential Support For South Asian Lesbian, Gay, Bi, Queer, Trans, Non-Binary, Questioning Individuals In The United States

**Hotline:** 908-367-3374

<https://www.deqh.org>

**NAMI Minnesota:** Mental health directory, support groups, and resources. LGBTQIA+ specific listings. <https://namimn.org/>

**Folx Health:** Online medical care for estrogen, testosterone, PrEP, and other virtual health care. Offers appointments for letters of support. HRT grants through the HRT Care Fund. Online library with many resources.

Website: <https://folxhealth.com/>

**National Queer & Trans Therapists of Color Network:** A directory of mental health providers whose goal is to advance healing justice by transforming mental health for queer and trans Black, Indigenous and People of Color.

<https://nqttcn.com/en/>

**Therapy for Queer People of Color:** A group of psychologists, professional counselors, social workers, and administrative specialists who provide quality mental healthcare exclusively to queer and trans people of color. They center anti-racism, social justice, and the intersectional identities of every client we serve.

<https://therapyforqpoc.com>



**Harbor Health Initiative:** This is the LGBTQ+ Directory and includes all LGBTQ+ organizations and LGBTQ+ affirming healthcare practitioners. Mostly located in South Dakota, North Dakota, and the western border of Minnesota.

<https://harborhealthinitiative.org/directory/>

### **Eating Disorder Programs and other resources**

- Cultivate Counseling
  - [Mental Health Cultivate Counseling and Wellness Minneapolis, MN, USA \(cultivatecounselingmn.com\)](https://cultivatecounselingmn.com)
- HealthPartners Melrose Center
  - Scheduling: 952-993-6200
  - [Eating disorder treatment and care | Melrose Center \(healthpartners.com\)](https://healthpartners.com)
- Children's MN
  - <https://www.childrensmn.org/services/care-specialties-departments/eating-disorders/>
- FedUp Collective
  - FEDUP | Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective (fedupcollective.org)
    - <https://fedupcollective.org/resources>
  - Facebook Groups
    - Closed group for Gender Diverse Folx:  
<https://www.facebook.com/groups/1472759929621399/?fref=ts>
    - Support Group for Caregivers and Loved Ones of Trans & Intersex People with Eating Disorders:  
<https://www.facebook.com/groups/1072375060168354/>
    - Closed Support Group for QTBIPOC with Eds:  
<https://www.facebook.com/groups/qtbipoc.ed.support>
- List of virtual support groups:  
[https://docs.google.com/document/d/11sP3yKZlUwW\\_hP4180BFLN8dOFvy6faxiTwCkZ6x4Q/edit?fbclid=IwAR2tW8Xlu3G\\_3lMxSi4YXXIYZsCEC0iRmiv9tyEcOloFda1Q\\_AkTy5B6ldw](https://docs.google.com/document/d/11sP3yKZlUwW_hP4180BFLN8dOFvy6faxiTwCkZ6x4Q/edit?fbclid=IwAR2tW8Xlu3G_3lMxSi4YXXIYZsCEC0iRmiv9tyEcOloFda1Q_AkTy5B6ldw)
- Clinical and Developmental Services
  - Scheduling: 952-955-4714
  - Provider: Georgia Banks
  - <http://www.clinicalanddevelopmentalservices.com/>
- Twin Cities Therapy and Counseling
  - Scheduling: 612-202-8703
  - Provider: Cindy Wiltgen
  - [Twin Cities Therapy and Counseling | Mental Health Clinic](#)
- Walden Eating Disorders: LGBTQIA+ Eating Disorder Treatment Program
  - [LGBTQIA+ Eating Disorder Treatment Program | Walden Eating Disorders](#)



- Twin Cities Eating Disorder Counseling-- Confluence Counseling
  - Scheduling: (612) 441-5515
  - <https://www.confluencecounseling.com/>

## Peer Support for Gender Affirmation Surgery

**Transbucket:** Online forum for surgeon reviews and before and after photos.

[www.transbucket.com](http://www.transbucket.com)

### **Reddit:**

Transgender Surgeries: Mostly trans-femme oriented. Large, detailed Wiki with surgeon reviews by state. [www.reddit.com/r/transgender\\_surgeries](http://www.reddit.com/r/transgender_surgeries)

- <https://www.reddit.com/r/TransSurgeriesWiki/wiki/srs/usa-midwest/com>

Metoidioplasty: <https://www.reddit.com/r/Metoidioplasty/>

Phalloplasty: <https://www.reddit.com/r/phallo/>

### **Facebook groups**

Top Surgery Support (removal/reduction)

Non-Binary Top Surgery

Gender affirmation surgery support & aftercare

Metoidioplasty Discussion

Phalloplasty discussion

All About our Dicks (FTM)

### **In person**

**MN Transgender Alliance:** Active transition-based support group. It's common for both surgeons to present about what they offer and community members to present about their experiences with surgery. MN Transgender Alliance volunteers will also have one on one conversations about their surgery experiences, give surgeon recommendations, point towards community resources, and talk through the surgery process. Call or Email for more information. Good resource for people interested in feminizing surgery.

**Website:** <http://www.minnesotatransgenderalliance.com/>

**Phone:** 612-787-2671

**Email:** mntgalliance@gmail.com



## Older Adult Resources

**Spirit on Lake:** Affordable housing for LGBTQ+ seniors. <https://spiritonlake.trellismn.org/>

**Address:** 2930 13<sup>th</sup> Ave south, Minneapolis

**Telephone:** (612) 724-3029

**SAGE Milwaukee:** services & support, case management, counseling, social programs, discussion groups.

<https://www.mkelgbt.org/>

**Address:** MKE LGBT Community Center, 315 WEST COURT STREET, MILWAUKEE, WI, 53212

**Contact:** 414-271-2656

**SAGE Table:** Virtual hangouts and Facebook group for LGBTQ elders.

<https://www.sageusa.org/what-we-do/sage-table/>

Facebook community: <https://www.facebook.com/groups/sagetable/>

**SAGE national LGBTQ elder hotline:** crisis hotline and national LGBTQ elder resources directory

<https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

**Call:** 877-360-5428

**National Resource Center on LGBTQ Aging:** National and local resources for LGBTQ elders.

<https://lgbtagingcenter.org/>

**PrimeTimers:** Social organization for gay and bisexual men of all ages to meet and socialize

**Website:** <https://chapters.theprimetimerswww.com/minneapolisstpaul/>

**Friends & Co.:** Organization for older adults to connect and receive support. Phone companions, visiting companions, coffee talks, and “Let’s Do Lunch” gatherings

**Website:** <https://friendsco.org/>

## Sexual Health

### In person

**Smitten Kitten:** 3010 Lyndale Ave South, Minneapolis, [www.smittenkittenonline.com](http://www.smittenkittenonline.com)

**Tool Shed Toys:** 2427 N Murray Ave, Milwaukee, WI 53211, <http://www.toolshedtoys.com/>

### Online

**New York Toy Collective:** [www.newyorktoycollective.com](http://www.newyorktoycollective.com)

**Babeland:** [www.babeland.com](http://www.babeland.com)

**Scarleteen:** Inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults. [www.scarleteen.com](http://www.scarleteen.com)

**Good Vibes:** <https://www.goodvibes.com>

## Shapewear, Binders, and Equipment

**Transgender Map's Directory of Shapewear and Prosthetics:** Transgender Map also provides their own list of shapewear and Prosthetics for both femme and masc folk

- Shapewear: <https://www.transgendermap.com/social/clothing-accessories/shapewear/>
- Masc Prosthetics: <https://www.transgendermap.com/medical/prosthetics/masculinization/genital/>
- Femme Bottom Prosthetics: <https://www.transgendermap.com/medical/prosthetics/feminization/genital/>
- Femme Top Prosthetics: <https://www.transgendermap.com/medical/prosthetics/feminization/breasts/>

### In person

**UnderDARE:** underDARE offers a physical location for LGBTQ+ folks to shop for gender-affirming and other community specific garments they would otherwise have to find online. With multiple brands and inclusive sizing, underDARE offers a comfortable, safe, nurturing, appointment only setting for people to touch, try on, and purchase affirming undergarments. <https://underdare.me/#>

**Smitten Kitten**, 3010 Lyndale Ave South, Minneapolis, [www.smittenkittenonline.com](http://www.smittenkittenonline.com)

**Tool Shed Toys**, 2427 N Murray Ave, Milwaukee, WI 53211, <http://www.toolshedtoys.com/>

### Online

**GC2B:** <https://www.gc2b.co/>

**Underworks:** [www.underworks.com](http://www.underworks.com)

**Cantiqla** (Binders): <https://www.cantiqla.com/collections/gathr-by-cantiq>

**T-Kingdom:** <http://www.t-kingdom.com/>

**Spectrum Outfitters** (Binders): <https://www.spectrumoutfitters.us/collections/spectrum-binders>

**Genderbands** (Binders): <https://www.genderbands.org/binders>

**Babeland:** [www.babeland.com](http://www.babeland.com)

**New York Toy Collective:** [www.newyorktoycollective.com](http://www.newyorktoycollective.com)

**Origami Customs:** <https://origamicustoms.com/>

**Point of Pride free chest binder program:** <https://pointofpride.org/chest-binder-donations/>

**Brother 2 Brother Binder Program for Black Trans Men:** <https://blacktransmen.org/binder-program/>



**Point of Pride free trans femme shapewear program:** <https://pointofpride.org/trans-femme-shapewear/>

**Danae:** [www.trans-missie.com](http://www.trans-missie.com)

**GenderCat:** Breast forms, packers, and prosthetic nipples. <https://gendercat.com/>

**Trans Essentials (Packers, Gaffs, and Binders):** Formerly FTM Essentials, Trans Essentials offers products catering to all trans people, though with a largely selection catering to trans masc people. <https://www.ftm essentials.com>

**Rubies:** <https://rubyshines.com/>

**The Bridge For Youth:** (People under 18, local)

Website: <https://bridgeforyouth.org/>

Item Request Form: [Gender Affirming Item Request Form \(Page 1 of 4\) \(office.com\)](#)

**Good Vibes:** <https://www.goodvibes.com>



## Social Transition (Makeup, Clothing)

### Makeup and hair:

- **An Introduction to Makeup: Types of Makeup:**  
<https://www.makeupartistessentials.com/an-introduction-to-makeup-types-of-makeup/>
- **r/asktransgender-- \*Actually\* fundamental make-up tutorials?:**  
<https://www.reddit.com/r/asktransgender/comments/a00bhk/comment/ea8t2b/>
- **YouTube:**
  - NikkiTutorials: <https://www.youtube.com/watch?v=gUI-WHAL9go>
  - Casey Blake: <https://www.youtube.com/@CaseyBlake>
  - Stef Sanjati: <https://www.youtube.com/watch?v=V1V8Qo5v8Uc>
- **Feminizing Eyebrows:** <https://feminizationsecrets.com/feminize-male-to-female-eyebrows/>
- **13 essential makeup items for transgender women:** <https://ourtransitionallife.com/13-essential-makeup-items-for-transgender-women/>
- **Sephora—Trans is Beautiful Forum:** <https://community.sephora.com/t5/Trans-is-Beautiful/bd-p/trans-beauty-tips-forum-board>
- **The Green Room:** The Green Room's owner Brook Carl is a hair stylist and advanced makeup artist whose services include makeup services specifically for transgender people.
  - <https://www.thegreenroom.salon>
- **Foxden Salon:** Foxden Salon services include hair, color, and makeup application and the salon is very LGBT+ friendly. In addition to makeup application, they offer instruction and education services regarding makeup at an affordable price.
  - <https://foxdensalon.com>
- **The Dresscode Project:** “Find a Gender Affirming Salon Near You. Our DCP Member Salons have been vetted to ensure they are upholding the DCP Pledge to create gender affirming spaces”
  - <https://www.dresscodeproject.com/dcp-directory>
- **Strands for Trans:** Strands For Trans is a global network of hair, beauty, and wellness industries and organizations that seek to create and inspire safe and positive experiences for all guests, especially guests from the trans community.
  - <https://strandsfortrans.org/>

### Clothing and Shoes:

- **Transgender Teen Survival Guide on clothing: (for anyone):**  
<https://transgenderteensurvivalguide.com/post/165875846665/clothing-finding-clothes-our-large-feminine>
- **En Femme:** <https://enfemmestyle.com/>
- **Glamour Boutique:** <https://www.glamourboutique.com>
- **Xdress:** <https://xdress.co.uk/pages/about-us-1>
- **Transgender-friendly clothing retailer guides**
  - <https://www.transgendermap.com/social/clothing-accessories/retailers/>





- <https://www.thehomoculture.com/2022/09/26/top-trans-friendly-fashion-brands/#:~:text=Top%20Trans%20Friendly%20Fashion%20Brands%201%20Gc2b%20This,7%20Origami%20Customs%20...%208%20Toni%20Marlow%20>
- **Pinterest**-- search for different clothing styles to see that you like the most, then look for clothing based on those ideas.
- **Thrift stores**-- great place to start cultivating a new wardrobe so that you can experiment
- **Clothes Mentor (Femme)**: Clothes Mentor believes that women are more than one size and cater to all women sizes 0-26. They take pride in offering handpicked, fashion-forward items, offered at up to 70% off original retail prices. Their mission is to allow every woman to express her unique style without breaking the bank.
  - <https://clothesmentor.com>
- **J.Crew (Both)**: J.Crew offers clothing at a variety of sizes for different body types. In addition, their styles include a lot of essential everyday clothing that some other brands don't provide.
  - <https://www.jcrew.com>
- **Lane Bryant (Femme)**: Not only does this store focus on more diverse clothing sizes than some other stores, they have a history of being very supportive of the local trans community.
  - <https://www.lanebryant.com>
- **Long Tall Sally (Femme)**: In addition to clothing in larger sizes (especially useful for those of us who are a bit taller), Long Tall Sally sells shoes in up to a U.S. women's size 15. This includes many well-known brands at affordable prices.
  - <https://www.longtallsally.com>
- **Pleasers (Femme)**: Pleasers is a common brand in the adult-entertainment industry, and their shoes reflect this. They offer shoe sizes up to women's 16 in a variety of styles.
  - <https://www.pleaserusa.com>
- **Lonia Shoes (Femme)**: Lonias is addressing the need for stylish shoes in extended sizes, which is wonderful for women who typically struggle to find fashionable options in larger sizes. By offering shoes in US women's sizes 10 through 16, Lonias is providing a wider range of choices for women with bigger feet.
  - <https://loniashoes.com/shop>
- **Girlfriend Collective (Femme)**: Girlfriend Collective focuses on creating activewear for diverse body types.
  - <https://girlfriend.com>
- **Mango (Both)**: Stylish clothing for different body types at a moderate price point.
  - <https://shop.mango.com/us>
- **Both & Apparel (Masc)**: Designed specifically with transmasculine people in mind, Both & Apparel makes essential clothing and swimwear with transmasculine bodies in mind.
  - <https://www.bothandapparel.com>
- **Dapper Boi (Masc)**: Another brand designed specifically with transmasculine bodies in mind, Dapper Boi offers sizes and inseams that are well suited for people with diverse bodies.
  - <https://www.dapperboi.com>



- **Rainbow Wardrobe:** A part of Twin Cities Pride's year-round programming division, Rainbow Circle. Our wardrobe is made up of new and gently used items donated by community members. Access to free gender affirming resources is LIFE CHANGING for some individuals. Rainbow Wardrobe provides individuals access to Masc and Femme presenting clothing as well as gender affirming items from TomBoyX.
  - <https://tcpride.org/rainbow-wardrobe/>
- **Point of Pride:** free clothing resources for trans folks
  - <https://www.pointofpride.org/blog/free-clothing-resources-for-trans-folks>
- **Stay Gold Garments:** a free and open closet for transgender people. Built through donations, providing gender affirming clothing for their journey with care packages. Safe Delivery Options Available.
  - <https://www.staygoldfund.org/staygoldcloset>
- **UnderDARE:** underDARE offers a physical location for LGBTQ+ folks to shop for gender-affirming and other community specific garments they would otherwise have to find online. With multiple brands and inclusive sizing, underDARE offers a comfortable, safe, nurturing, appointment only setting for people to touch, try on, and purchase affirming undergarments.
  - <https://underdare.me/#>

#### General:

- **r/asktransgender-- Still trying to figure myself out and I've got a bunch of questions about mtf stuff...:**  
<https://www.reddit.com/r/asktransgender/comments/9l1d39/comment/e7lq2bv/>
- **r/Trans\_Resources-- transfem presentation:**  
[https://www.reddit.com/r/Trans\\_Resources/wiki/presentation/index/#wiki\\_transfeminine\\_presentation](https://www.reddit.com/r/Trans_Resources/wiki/presentation/index/#wiki_transfeminine_presentation)
- **FTM Passing Tips Site:** Another plaintext site like Transgender Map, FTM Passing Tips is a simple looking site that includes a variety of tips on it. In addition to tips though, Andy also provides a more comprehensive list of stores that sell clothing with transmasculine bodies in mind.
  - <http://ftmpassingtips.com/index.html>
- **Stand with Trans—Trans Lifeline Library:** <https://standwithtrans.org/gender-affirming-shopping/>
- **Crossdressing:**
  - **Hannah McKnight**
    - <https://hannahmcknight.org>
    - Beginners guide to crossdressing
    - MN T-Girls Group
  - **La Femme Mystique**
    - <https://www.lafemmemystique.net/copy-of-about>
    - Creative portraiture exploring and celebrating the feminine within since 2013
  - **Grinkie Girls LLC, Grinkie Girls Photography LLC**
    - [www.grinkiegirls.com](http://www.grinkiegirls.com)



## Substance Use & Recovery

**PRIDE Institute:** Substance use disorder treatment. inpatient and outpatient recovery services for the LGBTQIA+ community. Inpatient services are in Eden Prairie. Outpatient services are in Minneapolis.

<https://pride-institute.com/>

**Intake:** 952-900-4325

**Meridian Behavioral Health - Latitudes:** LGBTQIA+ specific inpatient program and intensive outpatient program in St. Paul, MN. Dual diagnosis.

<https://www.meridianprograms.com/program/latitudes-lgbt/>

**Meridian Behavioral Health help line:** 855-283-7835

**Latitudes:** 612-454-2016

**Roots recovery:** Mental health, dual diagnosis, and substance use programs. Trans competent and social justice oriented.

<https://mncarepartner.com/roots/>

393 Dunlap St N, Suite 300, Saint Paul, MN 55104

**Phone:** 1-833-ROOTSMN OR 612-564-5933

**M Health Fairview:** Dual diagnosis and substance use disorder treatment. Inpatient, Lodging Plus, intensive outpatient, and step-down programs.

**Website:** <https://mhealthfairview.org/specialties/substance-use>

**Scheduling:** 1-855-FAIRVIEW

**Progress Valley:** Inpatient, outpatient, and supportive housing. Gender segregated programs, but they will place clients in the gender group that most closely aligns with their identity.

<http://progressvalley.org/>

**Call Central Access Team:** 952-956-3100

**DBT & Mental Health Services (MHS):** Dual disorder DBT based intensive outpatient program & individual therapy.

<https://www.mhs-dbt.com/>

**Contact:** 952-835-2002

**Recovery in Action / Coordinated Recovery:** Minneapolis-based sober residential living. Two LGBTQ homes – Grand House and Park House. Discounted rent with program participation. Contact the houses directly for current openings.

<https://www.coordinatedrecovery.com/home>

Contact: [inquire@coordinatedrecovery.com](mailto:inquire@coordinatedrecovery.com) OR 612-421-0909

- Park House
- Grand House
- Dayton House

**Sonder Recovery:** Queer peer-led online recovery community, similar to Discord. Could be good to do in tandem with outpatient services as it can be accessed on-demand from home.

<https://sonderrecovery.org/about-us>



Sign up for the online Circle.so community with Sonder for chats, content, links, daily processing calls, and workshops:

[https://login.circle.so/sign\\_up?request\\_host=sonder.circle.so&user%5Binvitation\\_token%5D=148d2908a90fd4870fef4cbe7e09a7bd55c519b2-25e471e2-ee68-4cbf-8657-efdae60811f3#email](https://login.circle.so/sign_up?request_host=sonder.circle.so&user%5Binvitation_token%5D=148d2908a90fd4870fef4cbe7e09a7bd55c519b2-25e471e2-ee68-4cbf-8657-efdae60811f3#email)

**Out & Sober Minnesota:** Online listing of LGBTQIA+ sober activities around Minnesota.

<https://outsobermn.org/>

**MN Recovery Connection LGBTQ+ resource list:** Recovery oriented resources for the LGBTQIA+ community. <https://minnesotarecovery.org/category/lgbtq/>

**Smart Recovery:** SMART Recovery is unique. Our science-based approach emphasizes self-reliance and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. **Online and in-person**

**Website:** <https://www.smartrecovery.org/lgbtq/>

**In-person meetings:**

<https://meetings.smartrecovery.org/meetings/?coordinates=50&location=Minneapolis>

**Recovery toolbox:** <https://www.smartrecovery.org/smart-recovery-toolbox/>

**Recovery Dharma:** Recovery Dharma is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom. We believe that recovery means empowerment, and we support each other as partners walking the path together. We believe that recovery is rooted in finding our own inner wisdom and individual journeys. In-person and online meetings

**Website:** <https://recoverydharma.org/>

**Book:** <https://recoverydharma.org/book/>

**Meetings:** <https://recoverydharma.org/find-a-meeting/>



**LGBTQ+ NA/AA Meetings:**

Meeting	Location	Time
Trans & Queer AA	All God's Children Metro Community Church 3100 Park Ave. Minneapolis, MN	Sundays-- 8:15PM
Sky's The Limit Young Person's NA	2218 1 <sup>st</sup> Ave. S Minneapolis, MN 55404	Wednesdays—6PM
Pride in Recovery AA (closed as of 3/27/22)	2500 Hudson Place St. Paul, MN 55119	Thursdays—6PM
Blaisdell Women's Group AA	Virtual Zoom meeting ID: 838 9177 2518 Passcode: 101521	Fridays—6:15PM
Queer Ideas of Fun AA	Mount Olive Lutheran Church 3045 Chicago Ave. Minneapolis, MN	Fridays—7:30PM

GLBT & Friends Clarity NA Contact: Jackson O. 847-912-7298	Clare Housing NE 929 Central Ave. NE Minneapolis, MN 55413	Fridays—7PM
Queer, Trans, & Friends NA Contact: Max A. 612-559-4773	The Aliveness Project 3808 Nicollet Ave. Minneapolis, MN 55409	Saturdays—10AM
LGBTQ & Friends NA	Bryn Mawr Presbyterian 420 Cedar Lake Rd. S Minneapolis, MN 55405	Saturdays—7:30PM
LGBTQ&A MA	Virtual <a href="https://umn.zoom.us/j/94258227355">https://umn.zoom.us/j/94258227355</a>	Sundays—11AM

## Support Groups – Adults

**Minnesota Transgender Alliance:** Support groups by and for the transgender community. Minneapolis, Anoka, St. Cloud, and Mankato locations. Online calendar of events. Groups are currently being held both online and face to face.

<http://www.minnesotatransgenderalliance.com/>

Email: [mntgalliance@gmail.com](mailto:mntgalliance@gmail.com)

Phone: (612) 787-2671

**Minnesota Transgender Health Coalition:**

All support groups are currently being held online. Check MN Transgender Health Coalition Facebook group to find out when groups are meeting.

<https://www.mntransgenderhealth.org/>

**NAMI Minnesota LGBT Connection:** Mental health-oriented support group for LGBT identified people. Follow link for a list of online support groups and information on how to join.

<https://namimn.org/education-public-awareness/lgbtq-community/>

**Two Spirit Group:** Social and mental health-based support group for two spirit identified Indigenous people. <https://www.miwrc.org/>

**Trans Northland:** Social, support, advocacy group for trans/gender diverse people in Northern MN and Wisconsin. Support groups for individuals and family/friends/allies. Website includes resource list for the area.

<https://transnorthland.org/>

**M Health Fairview Gender and Sexual Health Clinic Older Adult Support group:** A therapeutic support group for older adults. Must contact M Health Fairview to sign up for the group.

Payment is via insurance. <https://www.mhealthfairview.org/locations/m-health-fairview-sexual-and-gender-health-clinic>

**TransPlus:** transgender support group, transgender youth support group, trans allies support group. \*Virtual\* <https://transplus.wordpress.com/>

EMAIL: [transplusmn@gmail.com](mailto:transplusmn@gmail.com)

**Stand with Trans:** Stand with Trans is saving lives one person at a time, one day at a time. We help trans youth build resilience, gain confidence and find hope for a future filled with joy. Founded in 2015 by a passionate mom, the organization continues to grow, serving an international population of families. Support groups, library of resources, allyship programs, events, trans youth zines, and more.

<https://standwithtrans.org/>

**McLeod County LGBTQAI+ Support Groups:** They have youth drop-in support groups and adult support groups.

Email for dates & location: [prideofmcLeodcounty@outlook.com](mailto:prideofmcLeodcounty@outlook.com)

**Tea Time:** Tea Time is a peer support network for trans femme identifying individuals living in the Twin Cities and Greater Minnesota. They host semi-weekly meetings which focus on

connecting trans femme identifying individuals and providing resources (including HRT injection supplies, PrEP clinic, and discussion space).

<https://aliveness.org/tea-time-at-aliveness-project>

**Bi-weekly Support Group (Twin Cities Trans) PEER LED:** Meet with other likeminded trans, non-binary, and questioning people to find community and support. We meet every other week and spend our time discussing whatever it is the group feels is important that day. We also drink tea and have cookies. <https://www.twincitiestrans.com/home>

**WeARE Support Groups:** WeARE is now offering the following FREE and VIRTUAL support groups each month. The goal is to foster connection and community for trans, gender non-conforming, gender expansive, and questioning individuals of all ages, as well as their parents and guardians, across the Brainerd Lakes Area. <https://www.wearebrainerd.org/lgbtq-resources>

[https://www.wearebrainerd.org/files/ugd/d9f67c\\_6a91caffc66b468693fa4448820437f9.pdf](https://www.wearebrainerd.org/files/ugd/d9f67c_6a91caffc66b468693fa4448820437f9.pdf)

**Patchwork:** Patchwork strives to provide all those who exist under the transgender, non-binary, gender non-conforming, and intersex umbrella free access to peer-led, peer-focused support. We offer support groups, informational seminars, and resources to meet the needs of a diverse and beautiful community. Through our work, we hope to foster emotional wellness and social equity for TNBGNCI adults, youth, and families.

**Website:** <https://www.transpatchwork.org/>



## Support Groups – Youth/Adolescents

**Freeing Ourselves & Finding Community:** LGBTQI+ youth meeting group through Family Tree Clinic and Avenues for Youth. For teens ages 13-17 and young adults ages 18-24 every Thursday  
Address: Family Tree Clinic

1919 Nicollet Ave. Minneapolis

Contact: [tchambers@familytreeclinic.org](mailto:tchambers@familytreeclinic.org)

**QUEERSPACE collective:** Provides mentorship to LGBTQ+ youth through creating space for youth to feel safe and empowered to be their true selves. Ages 12-17, based in Twin Cities Metro Area, group hangouts and 1:1 mentorship offered.

Website: <https://www.queerspacecollective.org/>

Fill out interest form at: <https://www.queerspacecollective.org/youth-mentee-interest-form>

**Dandelion Spirit Psychotherapy:** Offers in-person playgroups for transgender and gender nonconforming kids, as well as online support groups for caregivers of trans/GNC kids. \$40 and \$50/group respectively

Contact: Dr. Kai Gunty ([kai@kaigunty.com](mailto:kai@kaigunty.com))

Website: [www.kaigunty.com](http://www.kaigunty.com)

Address: 3459 Washington Dr., Suite 102 Eagan, MN 55122

**Sam & Devorah Trans Mentor Project:** National e-mentoring program that pairs trans and nonbinary (TGNB) youth and young adults with TGNB adult mentors. Its mission is to provide trans and nonbinary mentees with supportive, identity-affirming mentors who will empower them to meet their personal goals and thrive.

Website: <https://www.samdevorah.org/trans-mentor-project>

Mentee application:

[https://www.mentorcity.com/en/sign\\_up?invitation\\_token=3314b7d0f6c87f361495cf18cab88d35&role=mentee](https://www.mentorcity.com/en/sign_up?invitation_token=3314b7d0f6c87f361495cf18cab88d35&role=mentee)

**Stand with Trans:** Stand with Trans is saving lives one person at a time, one day at a time. We help trans youth build resilience, gain confidence and find hope for a future filled with joy. Founded in 2015 by a passionate mom, the organization continues to grow, serving an international population of families. Support groups, library of resources, allyship programs, events, trans youth zines, and more.

<https://standwithtrans.org/>

**RECLAIM!:** one-on-one parent and caregiver coaching and consultations: open to all parents, caregiver, and family members who are seeking to support queer and trans youth in their lives. Sessions are one-hour meeting with a RECLAIM staff member and can be scheduled in-person or online.

Contact: [services@reclaim.care](mailto:services@reclaim.care) or 612-235-6743 (extension 4)

Fee: \$75/session

**Reclaim:** In-person and virtual group offerings for ages 12-25, including Adolescent Gender Exploration group and BIPOC group, in St. Paul. <https://www.reclaim.care>



**TransFamily Support Services—Navigation for the Journey:** TransFamily Support Services guide transgender/non-binary youth and their families through the gender transitioning process to help make it the most positive experience possible. We provide family coaching, assistance with healthcare and insurance issues, help navigating the legal system, and support at schools. All services are provided at no fee.

Website: <https://linktr.ee/transfamilysos>

Contact: Amy Mudd (She/her)—insurance and medical navigator

**McLeod County LGBTQAI+ Support Groups:** They have youth drop-in support groups and adult support groups.

Email for dates & location: [mcsuppgroup@outlook.com](mailto:mcsuppgroup@outlook.com)

**WeARE Support Groups:** WeARE is now offering the following FREE and VIRTUAL support groups each month. The goal is to foster connection and community for trans, gender non-conforming, gender expansive, and questioning individuals of all ages, as well as their parents and guardians, across the Brainerd Lakes Area. <https://www.wearebrainerd.org/lgbtq-resources>

[https://www.wearebrainerd.org/files/ugd/d9f67c\\_6a91caffc66b468693fa4448820437f9.pdf](https://www.wearebrainerd.org/files/ugd/d9f67c_6a91caffc66b468693fa4448820437f9.pdf)

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Website: <https://www.transpatchwork.org/>

**Transgender Teen Survival Guide :** Created by trans folks with information on how to navigate the world as a trans person. <https://transgenderteensurvivalguide.com/>

**Transforming Families:** Minnesota volunteer-based support groups for parents/caregivers and families of trans and gender diverse youth. <https://tffmn.org/>

Meeting dates and locations are shared via email newsletter and private facebook group. Email [info@tffmn.org](mailto:info@tffmn.org) to get connected.

**TIGERRS:** In-person and virtual activity-based social support groups for trans, intersex, and gender diverse youth, through age 19. <https://tigerrs.org/>

**The Bridge for Youth:** Support and leadership development for LGBTQ+ youth, ages 12-21, experiencing family rejection, conflict, bullying, emotional distress, in Minneapolis. <https://www.bridgeforyouth.org/>

**Transcend Psychotherapy:** Transgender adolescent support group, located inside of the Family Tree Clinic, in Minneapolis. <https://transcendpsychotherapy.com>  
<https://transcendpsychotherapy.com/groups-workshops/>

**Family Tree Clinic:** Freeing Ourselves and Finding Community- free, drop-in support group for LGBTQ+ youth ages 13-24, in Minneapolis.

<https://www.familytreeclinic.org/services/community-education/drop-in/>

**Dandelion Spirit Psychotherapy:** Playgroups for trans and gender diverse kids ages 3-11, in Eagan. [www.kaigunty.com](http://www.kaigunty.com)

**Sentier Psychotherapy:** Support groups for LGBTQ+ and questioning youth ages 6-17, in St. Paul. <https://sentiertherapy.com/counseling-services/lgbtqia-therapy/>



## Workbooks, Media, and Print Resources

Hennepin County Library 2024 Pride Book Lists: General link to pride workgroup --

<https://hclib.bibliocommons.com/lists/show/1128868807>

- Two Spirit:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2522334029\\_2024\\_hcl\\_pride\\_two-spirit\\_titles](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2522334029_2024_hcl_pride_two-spirit_titles)
- Queer Families:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2522007539\\_2024\\_hcl\\_pride\\_queer\\_families\\_titles](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2522007539_2024_hcl_pride_queer_families_titles)
- Asexual and/or Aromantic:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2521605119\\_2024\\_hcl\\_pride\\_asexual\\_andor\\_aromantic\\_titles](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2521605119_2024_hcl_pride_asexual_andor_aromantic_titles)
- Nonbinary:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2521510499\\_2024\\_hcl\\_pride\\_nonbinary\\_titles](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2521510499_2024_hcl_pride_nonbinary_titles)
- Transgender:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2521502579\\_2024\\_hcl\\_pride\\_transgender\\_titles](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2521502579_2024_hcl_pride_transgender_titles)
- Bisexual and Pansexual:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2521496339\\_2024\\_hcl\\_pride\\_bisexualpansexual\\_titles](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2521496339_2024_hcl_pride_bisexualpansexual_titles)
- Lesbian:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2521488699\\_2024\\_hcl\\_pride\\_lesbian\\_titles](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2521488699_2024_hcl_pride_lesbian_titles)
- Gay:  
[https://hclib.bibliocommons.com/list/share/1128868807\\_hcl\\_pride\\_workgroup/2521265359\\_2024\\_hcl\\_pride\\_gay\\_lists](https://hclib.bibliocommons.com/list/share/1128868807_hcl_pride_workgroup/2521265359_2024_hcl_pride_gay_lists)

Bornstein, Kate (2013). *My New Gender Workbook*. New York, NY: Routledge.

Brill, Stephanie & Pepper, Rachel (2008). *The Transgender Child: A handbook for families and professionals*. San Francisco, CA: Cleis Press.

Iantaffi, Alex & Barker, Meg-John (2018). *How to Understand Your Gender: A practical guide for exploring who you are*. Philadelphia, PA: Jessica Kingsley Publishers.

Kreiger, Irwin (2011). *Helping Your Transgender Teen, 2<sup>nd</sup> ed.: A guide for parents*. Philadelphia, PA: Jessica Kingsley Publishers.

Mills, Matthew & Stoneham, Gillie (2017). *The Voice Book for Trans and Non-Binary People: A practical guide to creating and sustaining authentic voice and communication*. Philadelphia, PA: Jessica Kingsley Publishers.

PFLAG (2015). *Our Trans Loved Ones: Questions and Answers for Parents, Families, and Friends of People who are Transgender and Gender Expansive*. <https://pflag.org/ourtranslovedones>

Sing, Anneliese (2018). *The Queer and Transgender Resilience Workbook: Skills for navigating sexual orientation & gender expression*. Oakland, CA: New Harbinger Publications.



Testa, Ryan Jay (2015). *The Gender Quest Workbook: A guide for teens and young adults exploring gender identity*. Oakland, CA: New Harbinger Publications.

The Trevor Project. *Guide to being an ally to transgender and nonbinary youth*. Follow link from <https://www.thetrevorproject.org/resources/> to access PDF.

Hill, Mel Reiff; Mays, Jay & Mack, Robin (2014). *The Gender Book*.  
<https://thegenderbook.com/>

Thorn, Theresa. *It feels good to be yourself: A book about gender identity*. (Age range 4-8 years)

Music: Trans & Nonbinary Kids Mix by Ants on a Long. <https://www.antonalogmusic.com/>

Queer Kids Stuff: <http://queerkidstuff.com/> LGBTQ+ and social justice Web series for kids. They explain queer topics through a vlog-style conversation with young viewers focused on love and family. The short videos are a tool for parents, teachers, and LGBTQ+ adults to help them explain these words and ideas to young children in their lives, recommended for all ages.

Trans Youth Equality. Resources for Parents: <http://www.transyouthequality.org/for-parents>

Vaid-Menon, Alok (2020). *Beyond the Gender Binary*. New York, Pocket Change Collective.

Gallagher, Sidhbh (2020). *Affirmed: An Inclusive Guide to Medical and Surgical Transition*

*Gender Identity Workbook for Teens: Practical Exercises to Navigate Your Exploration, Support Your Journey, and Celebrate Who You Are* by Andrew Maxwell Triska, MSW, LCSW  
<https://triskapsychotherapy.com/about>

*Who are You? The Kid's Guide to Gender Identity* by Brook Pessin-Whedbee  
<https://kidsguidetogender.com/>