

Links:

- [The Importance of Gender Affirming Care for Transgender and Gender Expansive Youth](#)
- [Resources for Transgender College Students](#)
- [LGBTQ+ Student Experiences at HBCUs](#)
- [Emphasizing and Empowering the T in LGBTQ for Allies and Transgender People in Tech](#)

Minnesota:

Healthcare

- [The Aliveness Project](#)
Based in Minneapolis, the Aliveness Project provides meals, a foodshelf, therapy, and care-advocacy for people with HIV/AIDS.
- [Children's Minnesota Gender Health Program](#)
Children's Minnesota Gender Health program is an exclusively pediatric, multidisciplinary gender health program, and includes pediatric gender health, endocrinology and gynecology physicians. The Gender Health program provides compassionate and comprehensive care for transgender and gender-diverse youth. They are dedicated to serving as an essential medical partner and resource for transgender youth and families along their journey.
- [Family Tree Clinic](#)
Family Tree is committed to providing comfortable, competent, and accessible care to trans and gender non-conforming patients. Family Tree's services include, but are not limited to, trans-affirming gynecological care, STI testing and treatment, birth control, including methods that are compatible with transition-related hormones, trans hormone care, and limited primary care services.
- [Rainbow Health](#)
Formerly JustUs Health (Rainbow Health Initiative and the Minnesota AIDS Project), Rainbow Health works for equitable health care access and outcomes for people who experience injustice at the intersection of health status and identity. Rainbow Health centers individuals and

communities at risk of and living with HIV or facing barriers to equitable health care access and outcomes because of their identity as gender, sexual and/ or racial minorities.

- [Minnesota Transgender Health Coalition](#)
The Minnesota Transgender Health Coalition provides education, services, and advocacy to improve access to and quality of healthcare for transgender individuals. They offer a shot clinic, health services, training, and support groups.
- [OutCare Health](#)
OutCare Health is a non-profit 501(c)(3) organization with the purpose of providing extensive information and education on lesbian, gay, bisexual, transgender, and queer (LGBTQ) healthcare to providers and the public. OutCare has a national directory of LGBTQ culturally-competent providers, a nationwide LGBTQ public resource database, a diverse Mentorship Program, and cultural competency trainings.
- [Program in Human Sexuality - University of Minnesota](#)
The Program in Human Sexuality (PHS) is committed to advancing the sexual health of Minnesota, the nation, and the world through preeminence in research, education, clinical service, and advocacy. The PHS approach to transgender health care is comprehensive and offers individual, group, and family psychotherapy, psychiatry services, specialty medical care, hormone therapy, consultation and advocacy about gender issues, and referrals for surgical interventions for trans and GNC folks of all ages.
- [Shot Clinic](#)
The Shot Clinic provides support to anyone in administering shots, learning how to administer shots, and also provides free needles and supplies. Many of those administering the shots are trans and are able to answer hormone specific questions. The clinic also offers a needle exchange, support groups, and referrals to other trans friendly health providers.
- [Youth and AIDS Project](#)
The University of Minnesota Youth and AIDS Project (YAP) provides services to youth aged 13 – 24 to prevent and maintain their HIV status.

Substance Abuse and Recovery

- [Out & Sober Minnesota](#)
Out & Sober Minnesota is an organization dedicated to re-connecting recovering LGBTQA addicts and alcoholics to the community by hosting social and educational events.
- [Pride Institute](#)
Providing in- and out-patient treatment for LGBT individuals in the Twin Cities and beyond. Pride specializes in the treatment of Substance Abuse, Sexual Health and co-occurring Mental Health issues and their manifestations within LGBTQ+ clients.
- [Queer in Recovery NA](#)
Queer/trans NA meeting at the Mothership. Members do pronoun checks and have removed the gendered and “god” language from the weekly readings to be a welcoming environment to people of any or no religions and genders. Meets Wednesdays from 8:30-10pm at 425 Cedar Ave. in Minneapolis.
- [Trans and Queer AA](#)
Open meeting for queer, trans and GNC folks struggling with substance abuse of any kind. This meeting emphasizes maintaining a safe space to talk about the intersections of substance use, queerness, and gender identity. Group meets every Tuesday from 8:15-9:15pm at All God’s Children Metro Community Church in Minneapolis.
- [West Bank Harm Reduction Collective](#)
A DIY syringe exchange service that provides a confidential, non-judgmental, safer space with free access to syringes, works, naloxone and more. Free rapid HIV testing by the Aliveness Project also provided. Every Wednesday, 5:30-7:30pm at 425 Cedar Avenue in Minneapolis.

Housing

- [Avenues for Homeless Youth-GLBT Host Home Program](#)
The mission of Avenues for Homeless Youth is to provide emergency shelter, short-term housing and supportive services for homeless youth in a safe and nurturing environment. Through such service, Avenues seeks to help youth achieve their personal goals and make a positive transition into young adulthood. Avenues offers the GLBT Host Home Program specifically for queer youth experiencing homelessness.
- [The Bridge for Youth](#)
The Bridge for Youth is for LGBTQ youth aged 10 to 17 who are experiencing homelessness. The center offers a hotline, crisis counseling, transitional programs and various ongoing support and counseling.
- [Face to Face](#)
Face to Face provides counseling, healthcare, and numerous resources for youth 11-23 facing homelessness.
- [YouthLink](#)
YouthLink provides services to youth aged 16 – 23 who are facing homelessness gain access to basic services and support, including an LGBTQ+ specific support group.

Family Support

- [PFLAG-Twin Cities](#)
Parents, Families and Friends of Lesbians and Gays (PFLAG) is a national non-profit organization with over 200,000 members and supporters and over 500 affiliates in the United States. The Twin Cities Chapter is proud to serve the metro area through support of LGBT individuals.
- [Transforming Families](#)
Transforming Families is a volunteer-based peer led support group aimed towards transgender and gender-nonconforming youth and their families. Transforming Families is not a therapy group. It is a group of families that support each other through sharing experiences.

Advocacy

- [Anti-Violence Program](#)

OutFront Minnesota's Anti-Violence Program (AVP) is a broad-based effort to end violence and harassment against and within LGBTQA-identified communities in Minnesota. AVP works to build safety and power of survivors and community members as well as work to create opportunities for support and healing through the provision of crisis intervention, advocacy, counseling, community education and outreach.
- [OutFront Minnesota](#)

OutFront Minnesota is a community-based LGBTQ rights organization. Their justice team provides peer support and mentoring to trans people. They also provide legal services for trans individuals, including legal guidance in cases of discrimination.
- [Gender Justice](#)

Gender justice is a nonprofit legal and policy advocacy organization devoted to addressing the causes and consequences of gender inequality, including trans and GNC legal issues.