

Community Resources

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Community Resources for Trans* Vets

Out Front Minnesota

Website: <http://www.outfront.org/home>

Services available: Outfront Minnesota's mission is to "lead Minnesota towards LGBTQ equality, and seeks to provide this leadership by delivering programs and services to Minnesota's LGBTQ and allied communities in the areas of community organizing, public policy, anti-violence, law, education and training."

- Support group: Trans* Folks, Friends & Allies, <http://www.outfront.org/avp/tffa>
- Legal information about name changes and legal identity changes: <http://www.outfront.org/programs/legal>
- Resource list, including healthcare/testing, support groups/counseling, social groups, religious organizations, shelters/assistance, LGBT community centers, crisis intervention/hotlines, trans resources, political/legal, national LGBTQ organizations: <http://outfront.org/resources>
- List of broader resources, including special interest groups, entertainment, youth resources: <http://www.outfront.org/resources/organizations>

Minnesota Transgender Health Coalition

Address: 3405 Chicago Ave, Minneapolis MN 55407

Phone: (612) 823-1152

Website: <http://www.mntranshealth.com/>

Services available:

- Support groups: trans*/gender non-conforming community support group; Trans masculine support group; Queer, Trans, and Allies Narcotics Anonymous meeting; several youth-focused support groups.
- Shot clinic: The Shot Clinic is a trans* specific space where everyone (trans or non-trans) is welcome. You can come in for social time or support, have a healthcare professional or volunteer inject your hormone shot for you and / or teach you how to do your own shot, and / or for syringe exchange.
- HIV testing and syringe exchange
- Provider directory: www.mnlgbtqdirectory.org

The purpose of the directory is to list all kinds of providers, from doctors and nurses to chiropractors and dentists, all of whom agree that they are personally and professionally supportive of the LGBTQ community. The directory has various search options (e.g., by location, insurance accepted, etc), and there is a function to offer feedback on experiences with different providers.

The Exchange Minneapolis – under the umbrella of the Minnesota Transgender Health Coalition

Website: <https://www.facebook.com/TheExchangeMinneapolis>

Services available:

- This Facebook community offers an array of services, though programming changes based on the skills sets and interests of volunteers and coordinators. In the past, this space has offered free legal advice, queer beach parties (in summer months), support groups, clothing drives, and shot clinics.
- Free legal help from LGBT Community Member-attorneys for Queer and Trans People, 3rd Tuesday of the month, 5:30-7pm

Center for Sexual Health – University of Minnesota

Address: 1300 2nd St. S., Minneapolis, MN 55455

Phone: (612) 625-1500

Website: <https://www.umphysicians.org/Care-Locations-And-Partnerships/Center-for-Sexual-Health>

Services available: Counseling services on sexuality and gender identity, including gender confirmation surgery. Accepts all insurance providers.

City of Lakes Crossgendered Community (CLCC)

Phone: (651) 229-3613

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

Services available: Trans* support group and social organization. Email clccmn@yahoo.com for more information

Rainbow Health Initiative

Address: 2021 East Hennepin Avenue, Suite 220, Minneapolis, MN 55413

Phone: (612) 206-3180

Website: <http://www.rainbowhealth.org/>

Services available: This organization hosts a ‘Toolkit’, designed by LGBTQ people for LGBTQ people, which covers Minnesota-specific information on health care plans, legal rights, and advocacy, as well as information on self-care, shaping patient/provider relationships and local resources for food, housing and social support.

Toolkit: <http://www.rainbowhealth.org/index.php/resources-for-you/patient-toolkit/patient-toolkit-welcome/>

Family Tree Clinic

Address: 1619 Dayton Ave #205, St. Paul, MN 55104

Phone: General inquiries: 651-645-0478; Trans* Health Advocate: 651-272-3556

Website: <http://www.familytreeclinic.org/services/trans-health-services/>

Services available: Family Tree Clinic provides sliding-scale trans-affirming medical care, testing, and hormone services. The clinic believes in a harm reduction and informed consent model of care, it has several mental health providers and organizations that use the space to meet with people. The clinic also has folks to help with insurance issues, including signing you up for medical assistance. If you have any questions our Trans Health Advocate can be reached at 651-272-3556.

The Family Partnership

Address: 4123 East Lake Street, Minneapolis, MN 55406

Phone: 612-728-2061(English) and 612-728-2089 (Spanish)

Website: <http://www.thefamilypartnership.org/programsservices/counseling/transgender-mental-health/>

Services available: The Family Partnership provides culturally relevant mental health counseling to members of the transgender community and their families, which can include completing an informed consent process to facilitate medical interventions. Therapists seek to maximize trust and collaboration while minimizing “gatekeeping”. Therapy is available in English and Spanish, and many forms of insurance are accepted. To schedule an appointment, contact Zeb Henderson Shreve at ehendersonshreve@thefamilypartnership.org

Red Door Clinic

Address: 525 Portland Ave S., Mpls, MN 55415

Phone: 612-543-5555

Website: <http://www.reddoorclinic.org/>

Services available: Sliding scale, LGBT competent walk-in STD testing and discussions about sexual health and contraception for trans* individuals.

Transforming Families

Phone: (612) 321-8416

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

Services available: A peer support group that meets on the second Saturday of every month from 1-3 pm, aimed towards trans* and gender non-conforming youth (children to mid-twenties) and their families in Minnesota.

Email transformingfamiliesmn@gmail.com for more information

Pride institute

Address: 14400 Martin Dr., Eden Prairie, MN 55344

Phone: 800-547-7433

Website: <http://pride-institute.com/>

Services available: Community clinic specializing in the treatment of Substance Abuse, Sexual Health and co-occurring Mental Health issues and their manifestations within LGBTQ+ clients. Specific programming includes residential treatment, partial hospitalization, sexual health, and intensive outpatient. They accept most types of insurance, but not Medicaid or Medicare.

SPART*A

(Service Members, Partners, Allies for Respect and Tolerance for All)

Website: <http://www.spartapride.org/>

Services available: SPART*A is a group of LGBT people who currently serve or have served in the military and their families, as well as veteran and uniformed allies. They focus on professional development and networking, peer support, policy advocacy, and legal referrals.

Couples in Transition

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

Services available: Support for couples during transition

Local Social/Religious Groups and Businesses

Boneshaker Books

Address: 2002 23rd Ave. S. Minneapolis, MN 55404, Open daily, 11am-8pm

Phone: 612-871-7110

Website: <http://www.boneshakerbooks.com/>

Services available: Boneshaker Books is a community supported, collectively organized, and volunteer run bookstore. Our mission is to provide a welcoming space that promotes social justice and movements through books, education, and activism. We offer progressive and radical literature and a place to spark conversation, inform, and inspire. They also have a queer book club that meets monthly.

Smitten Kitten

Address: 3010 Lyndale Ave. S., Minneapolis MN 55408

Phone: 612-721-6088

Website: www.smittenkittenonline.com

Services available: Progressive adult store that also does community trainings and education. They also carry trans*-affirming devices like packers, and have a knowledgeable and friendly staff.

Café Southside

Address: 3405 Chicago Ave S., Minneapolis MN 55407

Phone: 612-354-2158

Website: <http://cafe-southside.com>

Services available: Hosts LGBT events and trans* support groups, and maintains a safe space for LGBT customers.

Quatrefoil Library

Phone: (651) 641-0969

Services available: GLBT community library and archives, sometimes host events

List of religious organizations that are LGBT friendly

<http://www.outfront.org/resources/worship>

Online resources

Trans*, DSD, and Intersex Resource Consolidation Packet

This packet has tons of information, from a guide to trans* affirming health care, to transitioning support and resources, to sexual health and legal resources, to how-to guides for making breast forms and gaffs.

- http://www.pridelafayette.org/wp-content/uploads/2013/10/Trans_Resource_Packet_v4.pdf

Susan's Place

An online community for trans* people to interact, read news articles, and form community. Also has an extensive resource list

- <https://www.susans.org/>

Hudson's FTM guide

A guide compiled by a trans* man that collects FTM resources from across the internet in one handy place.

- <http://ftmguide.org/>

Transbucket.com

Self-described as “A health care and surgery resource for the entire online trans community, from FTMs to MTFs to genderqueers, agender individuals, and everyone else who could benefit from exploring the real life experiences collected here.” A username is required to gain access to the community, and the site recognizes it is geared more to the experiences of FTMs.

- www.transbucket.com

Human Rights Campaign: Safer Sex for Trans Bodies

The HRC Foundation created a comprehensive sexual health video guide for transgender and gender expansive people and their partners guide, entitled Safer Sex for Trans Bodies. The guide is written by and for members of the transgender community and offers them a long-overdue resource on potentially life-saving and affirming practices, from respectful terminology and definitions to helpful practices for sexual health following transition-related care.

- <http://www.hrc.org/resources/safer-sex-for-trans-bodies>

Transsexual Road Map

Lists many sites and sources of information to aid in an individual’s gender journey.

- <http://www.tsroadmap.com/index.html>

National organizations

Trans* Lifeline

National crisis line for any trans* person in crisis of any kind, the Trans Lifeline runs a hotline staffed by trans* people for trans* people

- Crisis line: (877) 565-8860
- Contact Greta Martela at (415) 483-5361 for general information

Transgender American Veterans Association (TAVA)

TAVA is an advocacy group and online community devoted to ensuring that transgender veterans are able to access care through the VA. Veterans can become members, and share their stories on this page. They are also involved in fundraising for a film about the experience of trans* veterans, and they are collecting data for a survey related to VA care for trans* vets.

- <http://transveteran.org/>

National Center for Transgender Equality

A political organization committed to advancing transgender equality in Washington, D.C. They do advocacy and have information about transgender aging, anti-violence, employment, families, health and HIV, housing and homelessness, identity documents, immigration, military and veterans, non-discrimination laws, racial and economic justice, police and prisons, travel, youth and students.

- <http://www.transequality.org/>
- <http://www.transequality.org/issues/military-veterans>

Transgender Law and Policy Institute

Supporting law and policy initiatives to improve trans* equality

- Email info@transgenderlaw.org for more information
- www.transgenderlaw.org

World Professional Association for Transgender Health (WPATH)

This organization is an interdisciplinary professional and educational organization devoted to transgender health. The site provides a wide range of resources and services, including a nationwide list of LGBTQ-specific therapists and resources. Go to the main page, and then “Find a Provider” tab.

- http://www.wpath.org/site_home.cfm
- Email wpath@wpath.org for more information

Lambda Legal Defense & Education Fund (LLDEF)

National organization defending LGBTQ rights in the legal system

- Midwest regional office in Chicago
- <http://www.lambdalegal.org/>

Outside Minneapolis

Information and resources for the areas of Duluth/Superior region, Chippewa Valley region, Mankato region, Rochester region, and Albert Lea

DULUTH/SUPERIOR REGION

LGBTQ directory of resources in the Twin Ports Area

Last updated Feb 2016, this is a list of resources compiled by local LGBTQ organizations. It includes information of coffeehouses, congregations, counseling services, gender neutral restrooms, health and wellness, HIV testing, housing services, legal and political information, Lutheran social services, youth programs, alliances, university groups, radio programs, social, support, and recovery groups, book and movie recommendations.

- **Directory available at:**
[http://www.lssmn.org/uploadedFiles/Youth_Microsite/Youth_Content/Services_Duluth/Duluth_Service_List_\(first_page\)/Directory%206.29.16\(1\).pdf](http://www.lssmn.org/uploadedFiles/Youth_Microsite/Youth_Content/Services_Duluth/Duluth_Service_List_(first_page)/Directory%206.29.16(1).pdf)

TRANS+

Website: <http://transplummn.weebly.com/about.html>

Services: Support groups every 1st and 3rd Tuesday of the month, private Facebook group (request to join), links for therapists, trans students, articles, links for binders and gender neutral restrooms. There is a contact link, or email transplummn@gmail.com for more information.

Trans+ Friends & Family Support Group

1st Thursday of each month from 7pm-8:45pm in the Ordean Building, Suite #204, 424 W Superior Street, Duluth, MN 55802

Contact: Kathy Hermes (218) 529-2224

Northland Prism Community

Website: <http://northlandprismcommunity.weebly.com/local-groups.html>

Facebook group: <https://www.facebook.com/groups/615632225203938/>

The group's mission is to provide safe space, resources, and outreach for the queer community and the greater Northland.

Queer Alt North

Website: <https://queeraltnorth.wordpress.com/>

The goal of this site is to provide a platform and a safe space, to share ideas and advice to make life better for the queer community in Northern Minnesota. Here you will be able to keep up with queer news, local commentary, and local art and writing about LGBTQ topics. You will also find local resource links relevant to the queer community, such as support groups, queer-friendly doctors, and helpful links to legally change your name and gender marker.

For students: University of Minnesota Duluth GLBT Services

Address: 245 Kirby Student Center

Phone: (218) 726-7300

Website: <http://www.d.umn.edu/mlrc/glbtc/>

"Two Spirit" Native American Wellness Talking Circle

Monday, 7-8pm at Mino Miikana Cultural & Wellness Center, Gimaajii Building, 202 W. 2nd Street, Duluth, MN. Contact Frank Goodwin: 218-491-4123 for information.

CHIPPEWA VALLEY

Safe Spaces Coalition of the Chippewa Valley

Website: <https://www.facebook.com/safespacescv/>

A coalition of organizations, businesses, and other service-providers throughout Eau Claire, Chippewa, and Dunn Counties, focusing on three core areas to improve the safety, visibility, health and well-being of LGBTQ+ people in the Chippewa Valley: Policy; Education; and identifying/cultivating resources.

Chippewa Valley LGBTQ+ Community Center

Website: <http://www.cvlgbt.info/>

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

MANKATO

Minnesota State University, Mankato

Website: <https://www.mnsu.edu/lgbtc/>

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

ROCHESTER/SOUTHEASTERN MINNESOTA

Southeastern Minnesota Transgender (SEMT)

This website seeks to provide helpful, accurate, and creditable information to anyone learning about transgender issues, and to direct those who are looking for support. <http://www.semt.info/>

Support group (request to join): Trans*/Intersex Peer Support Group is composed of anyone over the age of 18 who identifies or is questioning whether they are Trans*/Intersex. Our members come from a wide range of age group. You are never too old to start this journey. This group includes members that identify as Male to Female (MTF), Female to Male (FTM), Genderqueer, Gender Non-binary, Cross-dresser, and Intersex. To contact or sign up for the support group, visit the website at: <http://www.semt.info/peer-support/>

Peace Church

"A safe and inclusive church living in God's message" <http://www.peacechurchucc.org/>

Gay- Lesbian Community Services of Southeast Minnesota (GLCS)

Serving the Gay, Lesbian, Bisexual, Transgender, and Allied Community in Rochester and Southeast Minnesota, GLCS is a volunteer service organization. We provide educational, informational, and social resources to the gay, lesbian, bi-sexual, and transgender communities, their families, friends, and any interested persons or allies. In addition, we work closely with area GLBTA related groups, human and social service agencies, educational institutions, churches and other organizations so that we may easily connect you with the group or organization that specializes in the area(s) of particular interest to you. <http://www.glcsmn.org/index.htm>