



Mental health support for queer & trans youth

OPENINGS FOR NEW CLIENTS

- **Individual therapy**
- **Family & relationship therapy**
- **Gender Exploration Group** (ages 12-18)
- **BIPOC Group** (ages 18-25)
- **Monthly Caregiver Drop-In Group**
- **Caregiver Group: Understanding Our Identity Journey**

To request services and schedule an intake, complete the form at www.reclaim.care/therapy or call 612-235-6743 x4.

Most major health insurance plans are accepted. We offer sliding scale, equity-based pricing for all our services.

MONTHLY CAREGIVER DROP-IN GROUP

This is a monthly drop-in space **for adults to ask questions or get information about supporting queer and trans youth**, as well as to meet other families who may be on a similar journey. This group is open to all supportive parents, caregivers, and family members of queer & trans youth.

The fee for this group is \$20 and an RSVP is preferred.

CAREGIVER GROUP: UNDERSTANDING OUR IDENTITY JOURNEY

This is a 12-week education group **open to all supportive parents, caregivers, and family members of queer and trans youth**. This group will help caregivers understand and support their child's identity development and facilitate community connections.

This group requires advance registration and includes a \$300 fee.