



Mental health support for queer & trans youth

GROUP SERVICES

ADOLESCENT GENDER EXPLORATION GROUP

In-person and virtual group offerings for middle and high school youth ages 12-18

Our Gender groups are psychotherapeutic groups that support identity development, community connection and improved well being. Group focuses on the influence socialization has on identity, an exploration of each person's core self and generating healthy relationships.

BIPOC GROUP

RECLAIM's BIPOC Group is a support group for individuals ages 18-25 who identify as LGBTQIA+ and BIPOC (Black, Indigenous, and/or Person of Color).

The purpose of the group is to gather and build community; process and explore intersecting identities and experiences, culture, and heritage; unlearn dominant narratives while recognizing distinct BIPOC histories; and commit to personal and collective healing.

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.

RECLAIM also offers individual, family, and couples therapy services. **To request services and schedule an intake,** complete the form at www.reclaim.care/therapy, call 612-235-6743 x4, or email services@reclaim.care.

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