



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.

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 to 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.