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Mental Health

[Common Ground Meditation Center](#)

Common Ground is a community meditation center based in Minneapolis dedicated to the practice of mindfulness. Common ground has both queer and POC specific community and meditation groups.

[The Family Partnership](#)

The Family Partnership provides culturally relevant mental health counseling to members of the transgender community and their families. Therapists can work with individuals to explore gender identity and to develop and pursue gender goals.

[MN LGBTQ+ Therapists' Network](#)

The MN LGBTQ+ Therapists' Network provides information on accessing mental health services for LGBTQ+ individuals in Minnesota.

[Minnesota Indian Women's Resource Center – Two Spirit/Native LGBTQ Program](#)

Two Spirit/Native LGBTQ+ program creates safe space for socializing and re-connection with cultural teachings that hold Two Spirits in high esteem. Through the development of therapeutic community based in cultural strengths, participants improve their individual mental, emotional, and spiritual well-being while also challenging the broader American Indian and mainstream LGBTQ+ communities to address biases that serve to keep Two Spirit people in conditions of extreme health disparity.

[Trans Lifeline](#)

For any trans person in crisis of any kind, the Trans Lifeline runs a national hotline staffed by trans people for trans people.

[Trans Folx Fighting Eating Disorders](#)

T-FFED is a collective of trans/gender diverse folx and allies who believe eating disorders in marginalized communities are social justice issues. They are based in Los Angeles but have national reach in their trainings, support structures, and impact.

[The Trevor Project](#)

National crisis line and counseling for LGBTQ+ youth.

[Reclaim!](#)

Does work to provide financially and culturally accessible care to queer and trans youth and their families, as well as continue to train practitioners and partner in community to create systems of change at the intersection of gender and racial justice.

[Edges](#)

We provide couple, individual, relational and family therapy; gender specialist services across the lifespan and sex therapy services.



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[Latitudes](#)

Latitudes is a LGBTQ+ facility designed to meet the specific substance abuse and mental health needs of the community.

Healthcare

[The Aliveness Project](#)

Based in Minneapolis, the Aliveness Project provides meals, a food shelf, 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.

[JustUs Health](#)

Formerly Rainbow Health Initiative and the Minnesota AIDS Project, JustUs Health works for equitable health care access and outcomes for people who experience injustice at the intersection of health status and identity. JustUs 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 gender non-conforming folks of all ages.



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[Shot Clinic](#)

The Shot Clinic provides support to anyone in administering shots, learning how to administer shots, and 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.

[Planned Parenthood](#)

HIV/STD testing, pregnancy testing, abortion services

[Red Door Clinic](#)

HIV/STD testing and support services

Substance Abuse and Recovery

[Out & Sober Minnesota](#)

Out & Sober Minnesota is an organization dedicated to re-connecting recovering LGBTQ+ addicts and alcoholics to the community by hosting social and educational events.

[Pride Institute](#)

Providing in- and out-patient treatment for LGBTQ+ 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.

[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.

[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.

[Shift MN](#)

For LGBTQIA+ people interested in community health and quitting tobacco/nicotine.

Housing

[ConneQT](#)

A host home program that provides LGBTQ+ youth culturally responsive housing within their community of choice. In ConneQT, youth choose which community member they live with and those community members provide housing and food.



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[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.

Education

[Out4Good](#)

Out4Good, a program in the Minneapolis Public Schools system, aims to create safe and supportive schools for LGBTQ+ students, families, teachers and staff.

[Out for Equity](#)

Out for Equity is a Saint Paul Public School District program that strives to maintain a safe and welcoming school environment that fosters positive self-esteem, respect for others and academic success for all lesbian, gay, bisexual, transgender, queer and questioning students, staff members and families.

[Queer Science – University of Minnesota](#)

Queer Science is a University of Minnesota Twin Cities program aimed at LGBTQ+ high school students. The group holds events for youth to engage with graduate students and professors surrounding topics in STEM and the experience of being an LGBTQ+ scientist.

[Quatrefoil Library](#)

A community center that cultivates the free exchange of ideas and makes accessible LGBTQ+ materials for education and inspiration.

[Smitten Kitten](#)

The Smitten Kitten is a sex-positive, education-based, body-safe sex toy store located in Minneapolis.

[Jewish Book Council Queer Jewish Narratives](#)

A list of fiction and non-fiction books relating to LGBTQ+ Jewish subjects.

[My Pronouns](#)

A practical resource dedicated to the empowering and inclusive use of personal pronouns in the English language. This website will help you understand why and how to use the pronouns someone goes by.



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Family Support

[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 supporting each other through sharing experiences.

[TC Support Group](#)

The PFLAG Twin Cities Minnesota chapter is closed but the former PFLAGTC support groups are continuing on the third Tuesday of the month from 6:00-7:30 pm.

Advocacy

[Anti-Violence Program](#)

OutFront Minnesota's Anti-Violence Program (AVP) is a broad-based effort to end violence and harassment against and within LGBTQ+ 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 gender non-conforming legal issues.

[Jewish Domestic Abuse Collaborative](#)

The Jewish Domestic Abuse Collaborative works to raise awareness about domestic abuse in our community. The collaborative strives to provide education, coordinate resources, and assure safe environments for Jewish individuals and families in the greater Twin Cities area. The program is a collaboration of JFCS and Jewish Family Service of St. Paul.

Communities

[J-Pride](#)

A local group serving the LGBTQ+ Jewish Community, program of JFCS.

[Jewish Family and Children's Services \(JFCS\)](#)

Provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering and offer support in times of need. Senior services, career services, children and family services, community engagement, food security, and counseling and mental health support.



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[Minnesota Two-Spirit Society](#)

Engages engage individuals of the local Two Spirit community in education for and about Two Spirit and Indigenous issues. We provide safe venues for gathering, celebrating, learning and teaching in the Two Spirit community and advocate for issues that affect the Two Spirit community in the wider American Indian community, as well as communities outside the American Indian and Two Spirit communities.

[Queer Exchange MSP](#)

QE is an anti-racist, anti-sexist, anti-transphobic, anti-homophobic, anti-classist, anti-ageist, anti-ableist, pro-fat, pro-black, pro-Muslim space that is deliberately sex and body-positive, including pro-sex work, pro-addict, and pro-HIV + status, that strives to operate as a trauma-informed space.

[JQY \(Jewish Queer Youth\)](#)

A nonprofit organization supporting and empowering LGBTQ+ youth in the Jewish community. JQY fights to ensure the emotional and physical health and safety of these individuals, with a special focus on teens and young adults from Orthodox, Chasidic, and Sephardic communities.

[Keshet](#)

Works for the full equality of all LGBTQ+ Jews and our families in Jewish life.

[Eshel](#)

A future for Orthodox lesbian, gay, bisexual, and transgender individuals and their families.

[Q Chat Space](#)

Find and give support, have fun, connect around shared interests and get good information. Chat with like-minded peers in live chats designed for you & by you, facilitated by folks who care.

[Gender Spectrum](#)

Gender Spectrum hosts free online groups for pre-teens, teens, parents, caregivers, and other family members and adults.

Definitions

From [Keshet](#):

SEX: A person's assignment at birth, based upon primary and secondary sex characteristics (genitalia, breasts, body hair, chromosomes, hormones, etc.) as male, female, or intersex.

GENDER IDENTITY: A person's inner understanding of the gender(s) to which they belong or with which they identify. This is each person's unique knowing or feeling, and is separate from a person's physical body or appearance (although often related).

ORIENTATION: A pattern of emotional, romantic, and/or sexual attractions. A sense of one's personal and social identity based on attractions and the behaviors expressing them oftentimes linked to the gender(s) of the person one feels these attractions towards.



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ATTRACTION: Feelings and desires a person has that may cause them to desire to engage in physically, sexually intimate behavior AND/OR relationally, emotionally intimate behavior (flirting, dating, and marriage).

LESBIAN: A person who identifies as a woman, and who is emotionally, spiritually, physically, and/or sexually attracted primarily to members of the same gender and/or sex.

GAY: A person who is emotionally, spiritually, physically, and/or sexually attracted primarily to members of the same gender and/or sex. (Usually used by people who identify as men, though others in the LGBTQ+ community may also use this term about themselves.)

BISEXUAL: An individual who is emotionally, spiritually, physically, and/or sexually attracted to more than one gender and/or sex. Bisexual can be used interchangeably with Pansexual.

PANSEXUAL: A person who is emotionally, spiritually, physically, and/or sexually attracted toward persons of all gender identities and biological sexes. The concept of pansexuality deliberately rejects the gender binary, the "notion of two genders, and indeed of specific sexual orientations." Pansexual can sometimes be used interchangeably with Bisexual.

QUEER: 1) An umbrella term used by some to describe lesbian, gay, bisexual and transgender people. 2) A term used to describe a sexual orientation that is not straight, without indicating the genders of the queer person or the people they are attracted to. Some people prefer queer because it doesn't reference the gender binary, and some people prefer queer because it can expansively include attraction to people of a range of genders (used similarly to "pansexual" and "bisexual"). 3) Historically and currently used by some as a slur targeting those perceived to transgress "norms" of sexual orientation and/or gender expression, but for others, a word that has been reclaimed as a positive and affirmative part of their identity.

STRAIGHT: A person who is primarily emotionally, spiritually, physically, and/or sexually attracted toward persons of a different gender and biological sex. This is another term for heterosexual.

HOMOSEXUAL: A person who is primarily emotionally, spiritually, physically, and/or sexually attracted toward persons of the same gender and biological sex. This term is now considered outdated and too clinical, and is not in wide usage when people describe their own identities.

ASEXUAL: A person who does not experience sexual attraction. While they may not experience sexual attraction, a person may still engage in dating, sexual activity, or other behaviors. Can also refer to the Asexuality Spectrum, which describes the range of experiences related to how we experience attraction. Both demisexual, a person who only feels sexual attraction to someone with whom they have an emotional bond and aromantic, someone who experiences little or no romantic attraction to others, fall on this spectrum.

TRANSGENDER or TRANS: An umbrella term for anyone who knows themselves to be a gender that is different from the gender they were assigned at birth. Some trans people may have a gender identity that is neither man nor woman, and for some people their gender identity may vary at different points in their lives. Transgender has its origin in the Latin-derived prefix trans, meaning "across" or "beyond."



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CISGENDER: A term for anyone who knows themselves to be the gender they were assigned at birth. It is used to contrast with “transgender” on the gender spectrum. Cisgender has its origin in the Latin-derived prefix cis, meaning “on the same side.”

GENDER EXPRESSION: A person’s behavior, mannerisms and appearance that are associated with their gender.

GENDER ATTRIBUTION: An observer decides and assigns what they believe a person’s gender is based on their gender expression.

GENDER NON-CONFORMING: Used to describe people whose gender expression does not align with societal expectations based on their perceived gender. Just because someone is gender non-conforming does not mean that they are trans.

GENDERQUEER: A gender identity used by a person that self-defines their gender as queer or non-normative. Someone whose gender identity is neither man nor woman—is between or beyond gender, rejects binary gender, is some combination of genders. Can sometimes be used interchangeably with nonbinary.

NONBINARY: A gender identity that specifically rejects the notion of binary gender (the idea that the only genders are “man” and “woman.”) Can sometimes be used interchangeably with genderqueer.

INTERSEX: A general term used to refer to people who have atypical sexual or reproductive anatomy and biology. Intersex is not a single category – many forms of intersex exist and within each form, there may be substantial variation as well. Variations may include the reproductive organs such as the testicles, penis, vulva, clitoris, and ovaries, chromosomes, and hormone levels, all of which can result in additional variations in secondary sexual characteristics such as muscle mass, hair distribution, breast development, hip to waist ratio and stature. The term intersex displaced “hermaphroditism”, which is now considered offensive, as knowledge and understanding of sex development has increased. Intersex continues to be widely accepted as an umbrella term referring to biological diversity affecting sexual and reproductive anatomy.

GENDER TRANSITION: A person’s transition can look and feel different; there is not one way to transition. Transition includes some or all of the following: cultural, legal, and medical adjustments; telling one’s family, friends, and/or co-workers; changing one’s name and/or sex on legal documents; electrolysis or laser hair removal; hormone therapy; different forms of surgery-including but not limited to chest and genital surgery. Gender transition is not a linear process, and is often influenced by one’s access to information, community, and financial resources.

PRONOUNS: An important way to respect trans people is to refer to them with their gender pronouns. Some people want to be referred to as he / him / his, some as she / her / hers, some as a combination. Others want to be referred to with alternative/gender-neutral pronouns, such as ze or xie (“zee”) / hir (“heer”), or they / them / theirs (“Max is doing well. I saw hir yesterday, and ze said to say hi to you”). Some prefer not to use pronouns and all and only use their proper name (“I saw Max yesterday in class. I thought Max gave great answers to the professor’s questions, and I thought Max’s questions were great too”). It is always best to ask someone, “What is your gender pronoun?”

HOMOPHOBIA: The irrational fear of love, affection, or sexual behavior between people of the same gender. Expressed as negative feelings, erasure, attitudes, actions, and institutional discrimination against those perceived as non-heterosexuals, or the fear of being perceived as non-heterosexual.



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BIPHOBIA: The irrational fear of love, affection, or sexual behavior of people who identify as bisexual. Expressed as negative feelings, erasure, attitudes, actions, and institutional discrimination against those perceived as bi-sexual, or the fear of being perceived as bisexual.

TRANSPHOBIA: Irrational fear or hatred of people who break or blur gender roles and sex characteristics, which exists in both the heterosexual and gay communities. Expressed as negative feelings, erasure, attitudes, actions, and institutional discrimination against those perceived as transgender or gender non-conforming, or the fear of being perceived as transgender or gender non-conforming.

HETERONORMATIVE: The social, cultural, institutional, and individual beliefs and practices that privilege heterosexuality as the natural, normal sexual orientation.

CIS-NORMATIVE: The social, cultural, institutional, and individual beliefs and practices that privilege cisgender experiences and identities as the natural, normal gender identity.

These are some of the most common English terms used in the local and national lesbian, gay, bisexual, transgender, queer, and ally communities- there are many others, and more are created every day. It is always best to ask individuals and communities what terms they use, and what those terms mean to them.