

# LESBIAN, GAY, BISEXUAL, TRANSGENDER, & QUESTIONING (LGBTQ) RESOURCES

- Center for Sexual Health, University of Minnesota** ..... (612) 625-1500  
[www.phs.umn.edu](http://www.phs.umn.edu). Program in Human Sexuality, Department of Family Practice & Community Health Medical School. Sexual attitude reassessment seminars, relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, sexual offender treatment, HIV counseling.
- Chrysalis**..... (612) 871-0118  
**TTY (Hearing Impaired)** ..... (612) 824-2780  
[www.tubman.org](http://www.tubman.org). Provides a variety of support groups including groups for lesbians. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Offers outpatient center for referral, phone counseling, chemical dependency, & mental health services. Parenting Time Program.
- Family and Children’s Services, LGBTQ-KIDS**..... (612) 728-2079  
Offers support, referrals, resources, & connections for LGBTQ youth experiencing abuse or mistreatment.
- Hope 4 Youth**..... (763) 323-2066  
[www.hope4youthmn.org](http://www.hope4youthmn.org). A Drop-in Resource Center for young people experiencing homelessness who are under age 23 in Anoka County. Provides a hot meal seven days a week. Programming also includes no cost clothing closet, food pantry, laundry and shower facilities, a computer lab for job and housing search support. Caring adult mentors always available during open hours. Center is open to youth Monday-Friday 2-7 pm and by appointment (CLOSED to the public during these hours).
- Northland Therapy Center**.....(651) 641-1009  
[www.northlandtherapycenter.com](http://www.northlandtherapycenter.com). Mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with chronic illness & sexual orientation issues.
- Out Front Minnesota** ..... (612) 822-0127 or 1-800-800-0350  
[www.outfront.org](http://www.outfront.org). 310 E 38<sup>th</sup> St Room 209, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the State LGBTQ community.
- Parents & Friends of Lesbians & Gays of Minnesota (P-FLAG)**..... (612) 825-1660  
[www.pflagtc.com](http://www.pflagtc.com). Self-help group for parents & families of gays, lesbians, bisexuals, & transgender individuals. Support group for straight spouses.
- The Family Partnership: Transgender Mental Health Services**..... (612) 728-2061  
[www.thefamilypartnership.org](http://www.thefamilypartnership.org). The Family Partnerships provides culturally relevant mental health counseling to members of the transgender community and their families. We work with children, adolescents, adults & families who are dealing with gender identity development, and offer therapy in English and Spanish.
- Twin Cities Metro LGBT Aging Resource Guide** ..... [www.traintoserve.org/guide](http://www.traintoserve.org/guide).