

Community Training and Outreach

RECLAIM offers trainings, education, and outreach to support organizations, businesses, and community partners to increase their competency in working with queer and trans people.

Practitioner Development

RECLAIM provides professional development opportunities via internships for graduate-level mental health practitioners. Our internships focus on our vision to change the landscape of access to care for queer and trans youth.

Community & Workplace Trainings

We offer trainings on topics including gender and sexuality 101, how to be an effective ally, understanding the intersectionality of gender identity and sexual orientation with other forms of oppression, and increasing accessibility for LGBTQ+ people.

Clinical Consultation

RECLAIM offers clinical consultation services to organizations to improve their quality of care for queer and trans consumers.

To request training or consultation services, please fill out our request form at www.reclaim.care/training.

Connect with Us

Find us online at:

www.reclaim.care

facebook.com/Reclaimqt

Instagram: [@reclaim_lgbtqyouth](https://instagram.com/reclaim_lgbtqyouth)

For information on referrals and services:

Email: services@reclaim.care

Phone: 612-235-6743 x4

Fax: 612-534-5527

For general information:

Email: info@reclaim.care

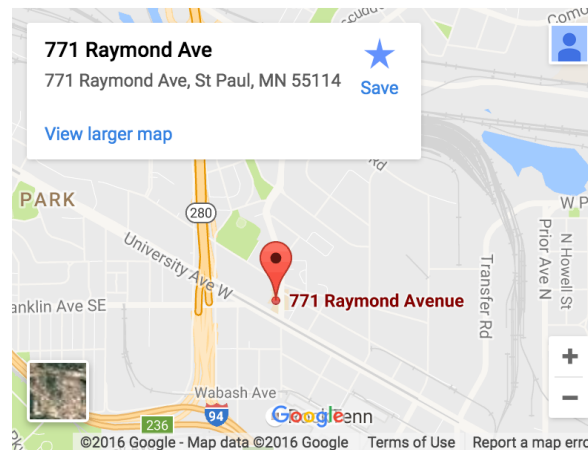
Phone: 612-235-6743 x1

Find us in-person at:

771 Raymond Avenue

Saint Paul, MN 55114

We're on the METRO Green Line at Raymond Ave



RECLAIM increases access to mental health care so queer and trans youth may reclaim their lives from oppression in all its forms.

RECLAIM!

Mental Health Care for Queer and Trans Youth



Therapy at RECLAIM

RECLAIM offers a range of therapy services for young people ages 12-25 and their families. We serve folks seeking support around sexual orientation and/or gender identity and expression. Both in-person and virtual therapy are available.

Individual/Couples/Family Therapy

RECLAIM offers therapy sessions to provide support to youth and/or their families.

Gender Exploration Groups

Our Gender Exploration Groups are designed to support identity development, community connection, and improved wellbeing. Groups focus on the influence socialization has on identity, an exploration of each person's core self, and generating healthy relationships. Groups are focused on youth ages 12-17.

BIPOC Group

This group is for folks 18-25 who identify as LGBTQIA+ and BIPOC (Black, Indigenous, and/or Person of Color). The group's purpose is to gather and build community; process and explore intersecting identities and experiences, culture, and heritage; and commit to personal and collective healing. Members have an opportunity to seek, learn, share, and affirm connections to themselves and our communities while recognizing the distinct history of BIPOC people and unlearning dominant narratives.

Parent/Caregiver Groups

Our Caregiver Identity Exploration Group is a 12-week educational group designed to support caregivers' understanding of their child's identity development and to facilitate community connections. This group requires registration.

We also host a monthly caregiver drop-in group for adults to ask questions, get information, and meet other families who are supporting queer and trans youth.

What is RECLAIM?

RECLAIM's mission is to increase access to mental health care for queer and trans youth so they may reclaim their lives from oppression in all its forms.

RECLAIM is one of the region's only resources where queer and trans youth ages 12-25 can get financially accessible, specialized mental health care. We support young people in building resilience as they navigate multiple biases and oppressions that can impact their wellbeing.

Beyond therapy, RECLAIM provides community trainings, education, and outreach to local partners to change the overall landscape of access to care for queer and trans youth.



Payment

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

Please call our Services line 612-235-6743 x4, email services@reclaim.care, or visit www.reclaim.care/therapy for more information about any of our therapy options.

Get Involved with RECLAIM

RECLAIM relies on community support through both time and financial generosity.

Volunteer Opportunities

RECLAIM has numerous volunteer opportunities for community members with time and/or talent!

Please email volunteer@reclaim.care to request an individual volunteer application or visit our website at www.reclaim.care/volunteer.

For groups of volunteers, please email volunteer@reclaim.care or call 612-235-6743 x1.

Donations

RECLAIM's work is possible through your support! The best way to support RECLAIM is through monthly sustaining donations.

For more information on giving, please email development@reclaim.care or call 612-235-6743 x2.

Donations can be made online at www.reclaim.care/donate or via check to:
RECLAIM
771 Raymond Avenue
Saint Paul, MN 55114

