

Information about RECLAIM's Services

SERVICES WE OFFER

- Individual therapy
- Relational therapy for families or couples
- Youth therapy groups
- BIPOC groups
- Caregiver educational and support groups
- Care coordination

Our therapy services are offered both in person and virtually. We monitor the health risks of the pandemic and may move to all online services at times to keep our clients, staff, and volunteers safe.

Note: occasionally some services are full. We'll add you to our waitlist or help you find other resources for queer & trans affirming care.

WHO DO WE WORK WITH? WHO IS ELIGIBLE?

We offer therapy to queer and trans youth, ages 12-25 in Minnesota. This includes any youth who identify in different ways under the queer and trans umbrella (LGBTQIA+).

Our family therapy and caregiver groups are open to adults and loved ones of queer and trans youth.

ARE THERE COSTS FOR SERVICES? IS HEALTH INSURANCE REQUIRED?

We offer sliding-scale, equity-based pricing for all of our services, including those who are under/uninsured or have difficulty affording services.

If someone is insured, we bill through insurance when it is safe and accessible. Our caregiver groups are fee-based and do not bill through insurance.

Most major health insurance plans are accepted. We work with anyone, regardless of whether they have insurance or not, and we can connect you with insurance navigators if needed.

HOW TO ACCESS SERVICES

See our information sheet about how to access services.

You can also refer someone for services.

<http://www.reclaim.care/therapy>

612-235-6743 x4 | services@reclaim.care

