

# **Minnkota Center**

**Being LGBTQ in and of itself  
does not warrant counsel-  
ing. However, societal  
stigma around sexual  
orientation and gender  
identity sometimes  
results in a need  
for counseling and  
support.**

## **Questions?**

### **Call or email:**

218-287-4636

1-877-871-4636

Fax: 218-477-0373

[minnkota@mhpmc.org](mailto:minnkota@mhpmc.org)

[www.mhpmc.org](http://www.mhpmc.org)

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**Safe, affordable, and confidential  
counseling services for those  
who identify as Lesbian, Gay,  
Bisexual, Transgender or  
Questioning.**



# **Minnkota Center**

We provide safe and affordable counseling services for both LGBTQ youth and adults. All counseling services are based on a sliding fee scale where no one is turned away.

**Adult Support Groups**

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**Individual Counseling**

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**Couple / Relationship  
Counseling**

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**HIV/STD Education**

**Helping  
You  
Explore  
Healthy  
Relationships  
and  
Sexuality**

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