

About The Men's Center

The Twin Cities Men's Center is a non-profit organization supported by donations, contributions at meetings, memberships and grants from various sources.

Established in 1976, the Twin Cities Men's Center exists to help men find support and empowerment from other men and offers a variety of educational forums, peer support groups, and other activities to foster emotional, intellectual, and spiritual growth. TCMC is a clearinghouse of resources for all Twin Cities men who are freeing, growing and healing.

Our Mission

Twin Cities Men's Center provides resources for men seeking to grow in body, mind and spirit, and from that foundation, advocates for healthier family and community relationships.

Our Values

1. We believe men can and should support each other through times of personal challenge and change.
2. We believe in authenticity, which means acknowledging to ourselves and each other, our hopes, fears, strengths and weaknesses as men seeking to grow.
3. We believe in honesty among men, which means men freely expressing themselves emotionally, socially, intellectually and spiritually, in ways true to their own growth and masculinities.
4. We believe in respecting diversity and mutuality in our support groups, workshops, conferences and outreach activities, which means supporting and empowering all men.
5. We believe in the equality of men and women.
6. We believe in recognizing and appreciating our similarities and differences as humans of all races and national origins, and in the process fostering mutual respect and brotherhood for us all.
7. We believe in the power of our common humanity, which means regardless of our sexual orientations, gender identities, or other issues that separate us, what we have in common transcends our differences.

Website: www.tcmc.org

Phone: 612-822-5892

Explore *your* Truth, Find *your* Voice

tcmc
twin cities men's center
Men Helping Men With Anger
Twin Cities Men's Center
3249 Hennepin Ave. So., Suite 55
Minneapolis, MN 55408
612-822-5892



A MEN'S ANGER MANAGEMENT CLASS

**For men who believe
their verbal and emotional
expression of anger
is out of control.**

**For men who desire to
significantly improve their
relationships at home
and at work.**

Website: www.tcmc.org/am

Phone: 612-229-3102

Presented by:

tcmc
twin cities men's center

A 501c(3) non-profit organization



WHY "MANAGE" ANGER?

With stories in the newspaper almost daily about violence in families, the workplace and the community, it is vital that men individually and collectively seek better alternatives to anger expressed as violence. This program will address the needs of those who recognize their verbal anger is out-of-control as well as those who want to communicate better to avoid the misunderstandings which can lead to violent anger. We specifically seek to serve men who are either verbally abusive or who tend to stuff their anger and **could** become physically violent.

Men helping other men learn to manage anger effectively will significantly impact men and their relationships with women, children, and other men.

CLASS STRUCTURE

The 12-week anger management class has both an education and support focus. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger and its expression. The facilitators who teach the class use these anger management techniques in their own lives. This is not a theoretical course because each student can use these same techniques to fit their own lives and needs. Following completion of the class, participants can join an ongoing support group to reinforce their new skills; these support groups also have trained, volunteer facilitators.

CLASS OBJECTIVES

Main Objective: To learn and actively practice new skills, tools, and techniques to understand and manage your anger, feel better about yourself in day-to-day life and, as a result, significantly improve relationships at home and work.

Also:

- To better understand your anger escalation process.
- To become clearer about how explosive anger affects you and others around you.
- To end threatening and intimidating behavior and to decrease the frequency of emotional and verbal abuse toward others.
- To accept responsibility for past abusive behavior and to work at identifying and changing controlling attitudes and behaviors that have led to becoming explosive and abusive.
- To identify and express more openly and assertively all your feelings.
- To examine and work on childhood and shame issues that relate to abusive behavior and to better understand how these issues relate to your current abuse of others.
- To learn to experience more control over yourself and your actions and to make clear choices about—and take responsibility for—thoughts, feelings, wants, and behaviors in the present.
- To learn to identify and deal more effectively with life stressors as they arise.
- To begin to actively use group members and others for emotional support and sharing.

MEN HELPING MEN WITH ANGER

material written by

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David J. Decker has been involved with the mental health field for decades serving as a therapist and program director in a variety of settings. For ten years, he served as director of a domestic abuse program at a community mental health center and he is currently in private practice at Merriam Park Professional Bldg in Saint Paul, Minnesota. He has also written a book, **Stopping The Violence, A Group Model to Change Men's Abusive Attitudes and Behaviors**. In addition, Dave has designed and presented workshops for professionals and community groups on shame and empowerment, anger regulation, domestic abuse, assertiveness, healthy relationships, stress management, and other topics.

DETAILS

Class Length: 12 consecutive weeks either in person, or hybrid (online & in-person).

Number of Participants: Limited to 15 per class with 2 facilitators. Everyone will receive a 115-page book that is theirs to keep.

Cost and Registration: Go to: www.tcmc.org/am



Starting Dates and Times: Classes will be scheduled as the waiting list fills. Please call the TCMC Anger Management Coordinator at 612-229-3102 for up-to-date information on class dates. State your name, address, telephone, preferred day of the week, and available starting date.

Register today! Space is limited.