

All-Purpose Form

Members of the Men's Center are entitled to participant in the annual meeting, use the reference library, receive *Men Talk* newsletter and enjoy reduced fees to Men's Center sponsored events.

- Please ENTER / RENEW my membership at The Men's Center for the next 12 months:
- Enclosed please find \$_____ \$25 (Regular) \$50 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. (Thanks much!)
- Please send me information on the 12-week Men Helping Men with Anger Management classes.

Date: _____

Name: _____

Mailing Address: _____

Phone(s): _____

E-mail: _____

Send this form to:

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

Comments and Suggestions for the Men's Center:

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 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. A major goal is to serve as a clearinghouse of resources for all Twin Cities men who are freeing, growing and healing.

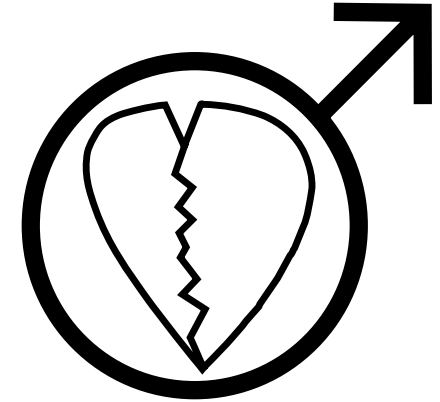
Our Mission

The 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.

General Men's Issues Divorce/Uncoupling Drop-In Support Group



Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles.

Meets by Video Chat every Thursday, 7:30 - 9:30 p.m.

tcmc

twin cities men's center

The Men's Center
3249 Hennepin Avenue, Suite 55
Minneapolis, MN 55408

Voice: 612-822-5892

Web: www.tcmc.org

E-mail: ofcmgr@tcmc.org

A 501c(3) non-profit organization

About the Men's Divorce-Uncoupling Support Group

Men attend to express feelings about separation, divorce, breaking up with a lover and to get emotional support from other men. Real life topics such as child custody and legal hassles are discussed.

Are you in the process of a divorce or separation? Do you have legal questions or just need to figure out what to do next? Are there children or properties involved? Do you feel cheated, hurt, or betrayed? Have you done things you are not proud of... and you want to change?

Try the Divorce-Uncoupling support group where you will find other men who have been through similar life challenges and are always ready to listen. They may even have some experiences of their own that will give you perspective on yourself. Whether it's a relationship issue, legal trouble, parental problems, financial woes, or something else, all issues relating to divorce -uncoupling are welcome in this group.

Many men also share general issues that interfere with healthy living. Feelings, thoughts and opinions are shared about what it means to be a man in our culture, as well as issues for men facing life's challenges and experiences such as personal crisis and loss of meaning and men's health and wellness.

"The Men's Center helped me get on with my life after a messy separation. I got some legal recommendations, learned how other guys dealt with their kids, and felt like these guys were on my side."

"If it worked for me, it can work for you."

— Divorce -Uncoupling Group attendee

About Men's Center Drop-In Support Groups

The Mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and to give support to one another; to share feelings and experiences which facilitates **self-acceptance** and **personal growth**.

In this support group you will find no one analyzing you or telling you anything about yourself, in fact, we actively discourage advice giving. What you will hear is other people's experiences, and you will be given the opportunity to tell your story in a confidential and non-judgmental atmosphere of support.

Most importantly, you will be encouraged to take time to examine your feelings about any issue you want; to truly examine who you are on an emotional level (something few men do). We refer to this as "getting some work done" and we think you will find it a truly wonderful experience!

We encourage you to use "I" statements. An example of this is: "I feel angry when you step on my toes." as opposed to "You make me feel angry when you do that." Using "I" statements clearly demonstrates taking responsibility for your feelings. Obvious examples of judging are "You are a mean person." or "People who do that are sick." but many judgments are more subtle. We want to avoid judgment not only because there is no one qualified to judge others' issues, but also we believe it's not our job to declare right from wrong, but rather to help people decide for themselves.

Common Questions

Q. Do I need to pre-register?

A. No, just come when you are ready.

Q. Is it confidential?

A. Yes, participants only use their first name. The Men's Center *never* reveals attendance information.

Q. Can I bring my partner / wife / lover / friend / roommate?

A. We recommend that people who live together or are in the same love relationship not participate in the same support groups.

Q. How much does the group cost?

A. Funding for the Men's Center comes primarily from memberships and donations from support groups. At the end of every meeting an envelope is passed and we ask for \$3-\$7, or what ever you can afford that night (no one is ever turned away for lack of funds). Consider membership!

Q. How do I become a member of the Men's Center?

A. Use the All-Purpose Form in this brochure.

Q. Is a support group like therapy?

A. No. In a support group your reality is confirmed and validated. In therapy you are encouraged to change your orientation to the world.

Q. What are the other Men's Center support groups and classes?

A. Anger Management, Addiction Busters, Divorce & Uncoupling, Gay Issues, General Men's Issues, Healthy Sexual Boundaries, Sexual Evolving Male, and Sexual Trauma & Abuse Survivors.

Q. Are there support groups for men outside the Twin Cities Metro?

A. While the Men's Center doesn't currently have any, we do maintain a list of resources on our web site, www.tcmc.org.