



The Twin Cities Men's Center

Resources

Support Groups

Presentations

Classes/Workshops

LOCATION & DETAILS



**Twin Cities Men's Center
3249 Hennepin Ave. So, Suite 55
Minneapolis, MN 55408 USA
612-822-5892**

Our Mission

- To provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

What We Offer

- Each week TCMC offers opportunities to meet informally in a safe setting to discuss topics of mutual concern.
- Sessions are primarily for support; they are not therapy groups
- Most groups are drop-in support, no appointment is necessary to attend, and are no set fees; donations are requested.

Our Current Groups, Courses, Programs and Presentations

Anger Management Program



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.

Program Details

- One evening per week for 12 consecutive weeks. Each class lasts about two hours.
- Space is limited to 15 participants with 2 facilitators per class.
- **Cost:** \$275 (\$265 for Men Center members)
- **Retake:** \$65 for up to 3 years
- Start dates are based on availability for details call **TCMC at 612-822-5892** or **John Hesch at 612-229-3102**

What you will learn in this program

- 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.

And

- 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.

Finally

- 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.

This Program is:

- **For men who believe that 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.**

Comments received from a Court Officer in
Alaska about working with the Twin Cities
Men's Center and their Anger Management
Program:

*Thank you both for your quick responses and
the information. I'm impressed with the
responsiveness and professionalism of your
program there and I only wish that we had
the equivalent here in Alaska.*

~ Anna Ambrose

Support Groups

- A Facilitator will be an individual who volunteers after previous participation in TCMC Support groups
- Groups are open to general issues that concern individuals in their personal growth
- The sessions are primarily for support; they are not therapy groups.
- A donation of \$3-9 helps keep TCMC operational.
- All groups are men only, except where listed for women in the current newsletter.

General/Divorce/Uncoupling/ Family/Workplace



Group Topics

- Men express feelings about separation
- Divorce - such as child custody/legal hassles
- Breaking up with a lover
- General Family Issues
- Issues in the Workplace
- Men can express what it means to be a man in our culture and other issues in their lives.

Meeting Times and Location

- Open Drop In Group
- Thursdays, 7:30 - 9:30 pm

Video Chat

Sexual Abuse & Trauma Survivors

Open to both Men and Women

- Dealing with the difficult feelings of fear, anger, grief, or embarrassment
- Provides a safe environment to share your experiences and learn from others.
- Open drop in group for survivors, loved ones, professionals, educators, clergy, law enforcement, students and others interested in the issues
- Meets on Thursdays 7:30 -9:30 PM.

Addiction Busters

Addiction

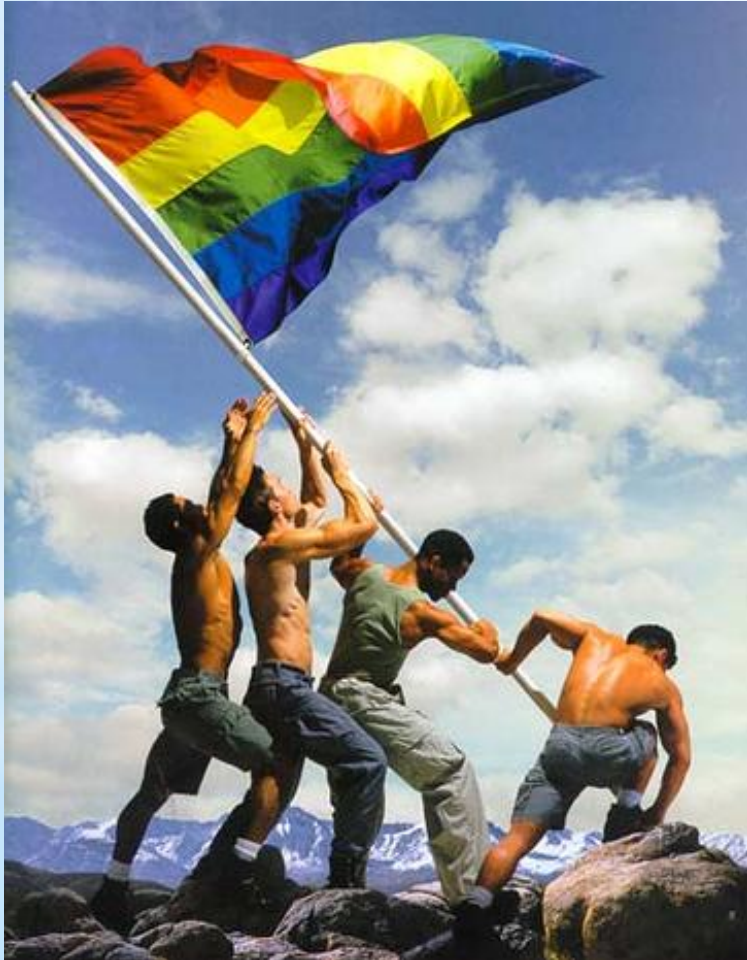
A state in which an organism engages in a compulsive behavior

- **behavior is reinforcing (rewarding or pleasurable)**
- **loss of control in limiting intake**

Group Topics

- Discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!
- Mixed open group for men and women seeking support in dealing with all forms of addictions.
- Alternative to the 12 step model
- Uses the SMART model of recovery.
- Meets Wednesdays at 7:30 – 9:30 PM

Gay Issues Support Group



Group Topics

- Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)
- This is the Twin Cities longest running gay support group.
- Coming out, relationships, friends, family, the workplace.
- Wide range from “out” for years to newly out married and still “in the closet”

Meeting Details

- Groups range in size from 10 to 35. Larger groups are often split up into smaller groups.
- Open walk-in group no fee to attend based on donations at the end of the meeting.
- Meets Tuesdays 7:30PM to 9:30PM

Sexually Evolving Male

- Open to Men and Transgender Men
- If sexuality is at the root of our existence and "change" is the only continuous thing in life. Why would our sexuality, how we identify ourselves, desires, and experiences be any different?
- This group is for men who are evolving sexually and question how the evolving intersect with their day to day life.
- Group meets on Fridays 7:30 to 9:30PM

Choosing Healthy Sexual Boundaries

- This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.
- Topics include: Obsessive/Compulsive sexual behavior, sexual addiction, pornography, fantasies, thoughts and behaviors, shame and regret.
- Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment.
- Meets on Wednesdays 5:30 PM to 7:30 PM

**Monthly Support Groups
And
Clinics/Workshops**

Monthly Family Law Clinic

First Wednesday of every month. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic gives you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation
- Your personal issue

Thank
You