

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



BEYOND ANGER: RECLAIM YOUR FIRE!

**For men who have
completed the TCMC Men
Helping Men With Anger
Management course.**

**For all adults who are ready to
go beyond anger and discover
the hidden sources of power,
transformation, healing and
creativity.**

Website: www.tcmc.org/am

Phone: 612-229-3102

Presented by:

tcmc
twin cities men's center

A 501c(3) non-profit organization



INTRODUCTION

For adults of all genders and faiths who are interested in developing their self-care skills in a holistic approach. For curious explorers of self-knowledge, a new course of wisdom traditions, science, emotional competency, and spirituality, with expert-guided peer support and fellowship.

Are you ready to go beyond anger, and discover the hidden sources of power, transformation, healing, and creativity?

Are you tired of being stuck in the old patterns of stress, loss, and risks to your health and well-being? Do you recognize that you have the power to change your outcomes?

CLASS STRUCTURE

Live-Online-only group with assigned readings, peer support, experiential learning and expert-guided live instruction.

This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

CLASS OBJECTIVES

What you'll experience and take away from Beyond Anger: Reclaim Your Fire!

- Expert-guided peer support processes
- Wisdom teachings and data on men's and women's emotional communication styles
- Honest, safe, confidential conversations and fellowship
- Self-healing tools to take your personal practices to another level of skill and proficiency
- Spiritual education and storytelling through mythology and archetypal psychology
- Positive support group and networking

TESTIMONIALS

"This course is about healing and transformation. The focus is on helping and guiding men to think about and implement physical, mental and spiritual self-care.

I enjoyed Dan's approach to guiding/helping men learn about themselves. He empowers his students to live in the present, investigate the spiritual world that is part of us, be mindful of our past and what causes stress/anger and use our innate intuition to make the best choices possible when it comes to our self-care. I appreciated Dan's knowledge, caring and grace. I recommend this class."

– Paul O.

"I'm participating in my own healing when I take this class. I got more clarity about myself and life. Dan is an expert at awareness of the human condition, deep in his understanding. With this knowledge, I reduce my risks in life. Thanks Dan"

– David C.

BEYOND ANGER: RECLAIM YOUR FIRE!

Developed by Dan Gorbunow, AMT

Dan Gorbunow has led many groups since 2009 at places ranging from the State of Minnesota's Department of Human Services at state dual-recovery centers to Cedar Ridge and Twin Town men's MI/CD licensed residential treatment program to Anoka State Hospital.

He is the founder and Executive Director of **Seven Feathers Society, Inc.**, dedicated to initiating, mentoring, and supporting Sober-Clean Warriors in Recovery for all peoples.

He is initiated in several indigenous traditions as a warrior, helper, and co-leader of ceremony and has worked as a natural healer trained in Traditional Chinese Medicine specializing in holistic bodywork, energy balancing, and spiritual healing.

DETAILS

Class Length: 7 consecutive weeks live-online.

Number of Participants: Limited to 20 per class with 1 facilitator.

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



Starting Dates and Times: Classes are scheduled several times per year. Please call the TCMC Anger Management Coordinator at 612-229-3102 for up-to-date information on class dates.

Register today! Space is limited.