

Twin Cities Mens Center  
Membership Registration Form\*

Please ENTER / RENEW my membership at  
The Mens Center for the next 12 months.

Enclosed find \$\_\_\_\_\_ (check or M.O.)

\$25 (Regular)

\$50 (Patron)

I want to make an additional, tax-deductible  
gift of \$\_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Sent this form and payment to:

Twin Cities Mens Center  
3249 Hennepin Ave. So. Suite 55  
Minneapolis, MN 55408  
FAX 612-821-6424

\*Mens Center membership is **NOT** required  
for attendance at the Men Helping Men With  
Anger classes.

Comments and suggestions for  
Twin Cities Men's Center

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you know of anyone else who might be  
interested in Men Helping Men With Anger  
classes, please pass this information along to them.



### About The Twin Cities Mens Center

The mission of TCMC is 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.

Twin Cities Mens Center (TCMC) offers a variety of educational forums, peer-support groups, and other activities to foster emotional, intellectual, and spiritual growth. TCMC was established in 1976 as an outgrowth of the Mens Awareness Network of the early 1970s. One major goal is to serve as clearinghouse of resources for all Twin Cities men who are freeing themselves, growing, and healing. Men find support and empowerment from other men here. TCMC also provides periodic workshops and special events and conferences about all aspects of male life in the Twin Cities. All other Twin Cities mens groups can network with each other through TCMC.

TCMC is a volunteer run, non-profit organization supported by donations, contributions at meetings, memberships and grants from various sources.

TCMC is currently serving over 275 men per month in regular groups and an additional 80-100 men in the Men Helping Men With Anger classes.

**Website: [www.tcmc.org](http://www.tcmc.org)**

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



### A MEN'S ANGER MANAGEMENT CLASS

**For men who feel 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.**

*Presented by:*



**Website: [www.tcmc.org](http://www.tcmc.org)**



## INTRODUCTION

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 are welcome.

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 focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

## DETAILS

**Length of Class:** 12 consecutive weeks

**Number of Participants:** Space is limited to 15 participants with 2 facilitators per class

**Cost:** \$275 for Men's Center Members  
\$265 for Non-Members  
(includes a TCMC membership)

### Starting Dates and Times:

Classes will be scheduled as the waiting list fills. Please call TCMC at 612-822-5892 for class dates. State name, address, telephone, preferred day of the week, and available starting date. For other questions call the coordinator, John Hesch at 612-229-3102.

**Register today! Space is limited.**

See attached registration form.

## 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 David J. Decker, Licensed Psychologist, M.A.

David J. Decker is a licensed psychologist who has been involved with the mental health field for 28 years 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.

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Register me for the class starting: \_\_\_\_\_

\*Call TCMC for class schedule.

Member of Twin Cities Men's Center? \_\_\_\_ Yes \_\_\_\_ No

Make check out to TCMC  
Complete this form and send along with payment to:

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Twin Cities Men's Center  
3249 Hennepin Ave. So., Suite 55  
Minneapolis, MN 55408  
612-822-5892  
FAX 612-821-6424

See <http://www.tcmc.org/anger-management.html> for refund policy