

## 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:

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## 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.

# Men Facing Retirement Issues Drop-In Support Group



## Retirement

**A support group for men which allows them to explore their personal issues which arise when considering retiring or already retired from paid employment.**

## Meets

**3rd Sundays every month  
5:30 – 7:00 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](http://www.tcmc.org)

E-mail: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

A 501c(3) non-profit organization

## About the Retirement Issues Support Group

The group started in 2000 when two men identified the need to consider the transitions in a man's life following an adult life of paid employment.

The group is open to all men who are considering retiring from paid employment and for men who are already retired from paid employment.

We share feelings like fear of doing nothing, lack of meaning to life, enjoyment with no more pressures of the daily grind, or whatever feelings are experienced.

As "elder" or "senior" men, we are exploring our continuing usefulness within the communities to which we belong.

It is an opportunity for men to be honest about their feelings and challenge one another to take actions which will make them feel better. For example, men are usually encouraged to get regular exercise, take care of their health, and find some meaningful volunteer activity while avoiding doing too much, sometimes a tough choice.

Many men participate in Elder Hostel activities. For men in a relationship, we discuss how being around home more fits in with the woman in the house, often a source of conflict.

## 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 whatever 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, Bi-Men, Divorce & Uncoupling, Gay Issues, General Men's Issues, Healthy Sexual Boundaries, Retirement, Sexual Trauma & Abuse Survivors, and Transition.

### 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](http://www.tcmc.org).