



## A MEN'S ANGER MANAGEMENT CLASS

### 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:**

\$265 for Men's Center Members

\$275 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.

*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.

### 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 Mens Center? \_\_\_\_ Yes \_\_\_\_ No

Make check out to TCMC

Complete this form and send along with payment to:

Men Helping Men With Anger  
Twin Cities Mens 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

### 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.