

The Men's Center
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612-822-5892

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The Men's Center (TMC) offers a variety of educational forums, peer-support groups, and other activities to foster emotional, intellectual, and spiritual growth. TMC was established in 1976 as an outgrowth of the Men's Awareness Network of the early 1970's. 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. TMC also provides periodic workshops, special events and conferences about all aspects of male life in the Twin Cities. All other Twin Cities men's groups can network with each other through TMC.

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

"The Men's Center is for many men the first step out of isolation and into a community of men where integrity is valued and respected.

-A member



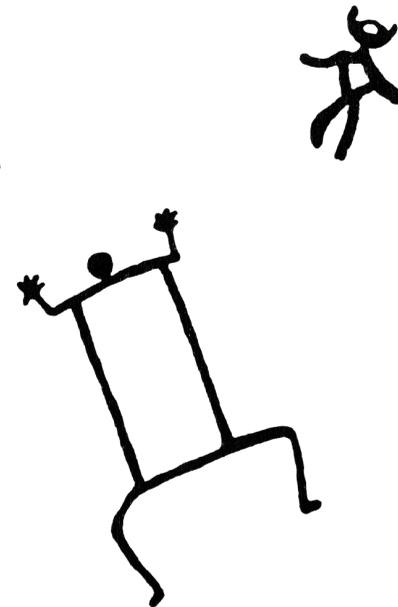
The mission of The Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community.

The Men's Center has the following statements of its 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.**

tcmc
twin cities men's center

- Resources
- Support Groups
- Presentations
- Classes/Workshops



"Most men lead lives of quiet desperation."

-Thoreau

Not if we can help it...

Support Groups

Each week TMC offers opportunities to meet informally in a safe setting to discuss topics of mutual concern. These drop-in support group sessions are hosted by volunteer facilitators who receive training in group process. Although each group has a specific focus, all groups are open to general issues that concern individuals in their personal growth.

The sessions are **primarily for support; they are not therapy groups.**

Many who attend return to the drop-in groups on a regular basis. The composition of the group can be different each week, providing opportunities to meet new people and develop friendships. Newcomers are always welcome! Donations and contributions are accepted at these groups.

• Location

Video Chat for most groups
Teleconference for HSB group



Anger Management Course (Men Only)

Men Helping Men with Anger

Closed support group for men who have attended the workshop on “Men Helping Men with Anger.” Members continue their growth process around their anger issues. This is a twelve-week course that will provide each participant with a wide range of coping skills that can improve the quality of life and support the key relationships in their life. This is a men-only program. Classes begin often. Call 612-229-3102 for details.

- Various times

Support Groups

(Men only unless noted in description.)

General/Divorce/Uncoupling/Family/Workplace

Men express feeling about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express feelings about what it means to be a man in our culture.

- Thursdays 7:30 - 9:30 PM

Gay Issues

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.

- Tuesdays 7:30 - 9:30 PM

Choosing Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries. For both men and women.

- Wednesdays 5:30 - 7:30 PM

Addiction Busters

Open to all Genders

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Wednesdays 7:30 - 9:30 PM

Sexual Trauma & Abuse Survivors

Open to all Genders

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of both sexes. Join us in developing healthier attitudes and behaviors that transform us from survivors into living life to the fullest.

- Thursdays 7:30 - 9:30 PM

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.

- Fridays 7:30 - 9:30 PM

Presentations

Weekly Wednesday two-hour presentations are designed to promote your personal growth, stimulate your interest and often offer an opportunity to interact with the leader and other men. TMC is a resource for the community, a clearing house for information of all kinds, agreeable or not to one’s beliefs. Presentations are the sole responsibility of the presenter(s). TMC does not endorse, take a specific position, nor promote any opinion on the presentations. All information imparted is that given by the presenter. We urge you to listen, participate, and make your own interpretations and interchanges on the various subjects discussed. No preregistration is required; a \$5 donation is requested from non- members who attend. Most presentations are for men only unless noted in the calendar.

We acknowledge with gratitude the presenters who volunteer their time, energy, and talent, enabling TMC to continue this important part of our services for men and women in the community. We also are open to new topics and issues for the presentations, call 612-822-5892 with ideas.

“The Men’s Center gives me a place where I can say out loud many of the thoughts I’ve kept bottled up inside and get non-judgmental feedback from other men.”

—A member

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 facilitate **SELF-ACCEPTANCE** and **PERSONAL GROWTH**.

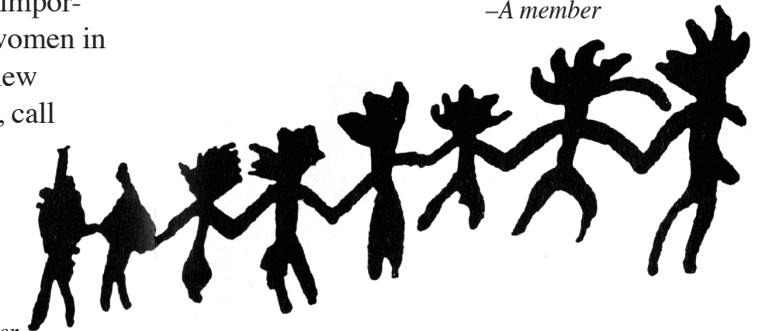
Classes/Workshops

The Men’s Center, on a periodic basis, offers tuition classes on personal growth subjects. The current offering is *Men Helping Men with Anger*.

This twelve week anger management class provides both education and support. Class interaction and lecture help men develop new ways to manage their anger. This class is for men who feel their verbal anger is out of control. It is also for men who stuff their anger and who **could** become physically violent – **not** for those who **are** now physically violent. Alumni of the class can join ongoing support groups to reinforce their new skills. Call TMC for a brochure.

“The Men’s Center is about community, responsibility, values and support.”

—A member



“Through The Men’s Center I have built trust for other men and as a result built trust and confidence in myself.”

—A member