

Program Details:

- **Date(s):** Wednesdays, October 7, 2026 - December 23, 2026
- **Time:** 7:00 PM – 9:00 PM EST
- **Duration:** 12 weeks
- **Location:** Video Conference (Can gather in person if participants prefer.)
- **Group Size:** Limited to 15 men for a confidential, supportive setting
- **Cost:** \$25 (typically \$335)
- **Contact:** Call [612-203-1387](tel:612-203-1387) or email matthew_a_thompson@msn.com
- **Register:** www.cklutheran.org/menhelpingmen

About the Program:

This group, led by an experienced facilitator who learned directly from David Decker, has been successfully offered at the Twin Cities Men's Center for over 10-years. This is a support group, not a licensed therapy program.

The curriculum, developed by David Decker, M.A., a licensed psychologist with over 40 years of experience, is based on his acclaimed works, including Embracing the Dark Side: Learning to Recognize and Transform Anger Within and Around You, Stopping Violence: A Group Model to Change Men's Abusive Attitudes and Behaviors. Learn more at www.ANGEResources.com .

Specifically for this 12-week course, David Decker, M.A. developed Men Helping Men with Anger that has been successfully used by the Twin Cities Men's Center for 25+ years where it is now a court-approved Level 2 Anger Management course recognized in states like Minnesota, Ohio, Texas, and Alaska. The facilitator is committed to expanding recognition to Georgia, the Southeast and beyond. Participants must attend at least 10 sessions to receive a certificate of completion.

What You'll Gain:

- An 115-page manual with written assignments and educational content
- Skills to end threatening or intimidating behaviors
- Tools to reduce emotional and verbal abuse
- Strategies to accept responsibility and manage anger escalation
- Techniques to express feelings openly and handle stressors effectively

What Participants Say:

- “The material alone is worth the cost of the class. I can honestly say it changed my life.” ~ Todd
- “By week 5 or 6, I was actually looking FORWARD to the class! I can’t believe how much WE LAUGHED every week!” ~ Tom
- “Do something for yourself, for the rest of your life!” ~ Christopher

With only 15 spots, this intimate group ensures personalized support. Register Now!