

More about Lee Carlson Center

Become a volunteer

Here's how you can help:

- compile addresses, phone numbers and emails for current and potential donors and business partners.
- thank donors and remind them of upcoming events.
- coordinate details for special events and donor/community mailings.

Contact Patty at (763) 230-7836 or access our volunteer application online at leecarlsoncenter.org.

Make a donation

As a non-profit agency, we're grateful for individual and business donations to help fund our programs and services.

- donate online at leecarlsoncenter.org
- pledge your support by phone at (763) 230-7836
- send your donation to:

Lee Carlson Center
7954 University Ave. NE
Fridley, MN 55432

Attn: Patty

In-kind contributions

We gratefully accept in-kind donations of goods and services. View our "Wish List" and access donation forms at leecarlsoncenter.org.

Presentations

We're happy to provide presentations to churches, civic groups, businesses, and other organizations. We also provide agency tours with "Behind the Scenes" presentations. Call (763) 230-7836 to learn more.



Lee Carlson Center™
FOR MENTAL HEALTH & WELL-BEING

(763) 780-3036
leecarlsoncenter.org

Our Mission

To provide therapeutic intervention, psycho educational support and prevention services to families and individuals in our community affected by domestic violence.

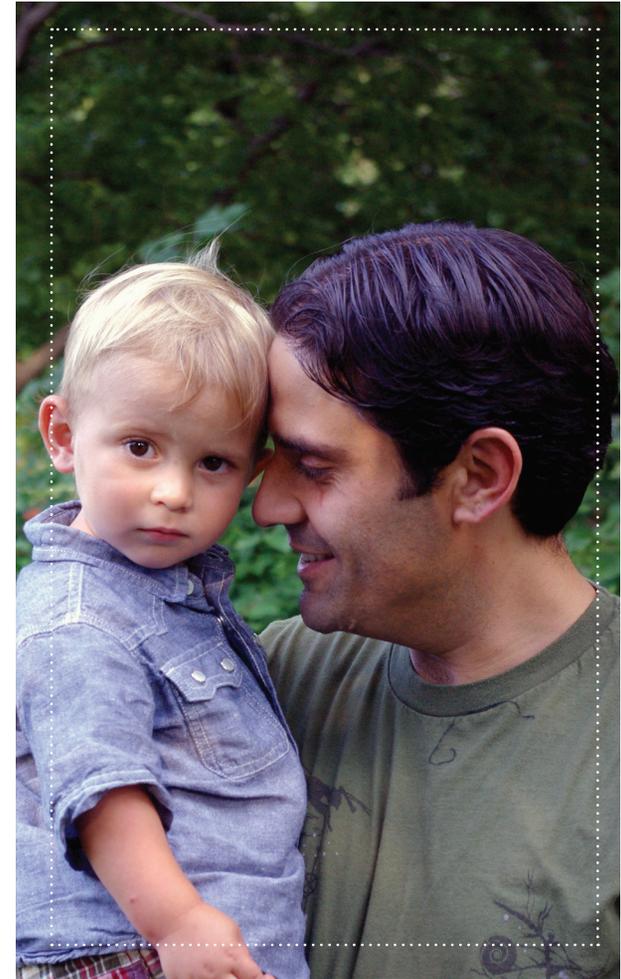
Lee Carlson Center is a Rule 29 Clinic and an Essential Community Provider.

The Domestic Abuse Program is offered at our Fridley Clinic

7954 University Ave NE
Fridley, MN 55432
Tel (763) 780-3036
Fax (763) 780-0784

Lee Carlson Center remains one of the few providers in the area to use an income based sliding fee scale for individuals and families with inadequate insurance and limited financial resources who reside in Anoka County. Talk to our team to learn how to qualify.

Learn more at leecarlsoncenter.org



Domestic Abuse Program
763.780.3036



Lee Carlson Center™
FOR MENTAL HEALTH & WELL-BEING

leecarlsoncenter.org

Our Domestic Abuse Program

Our Domestic Abuse Program is designed to treat the whole family - including men, women, and the children involved in their lives. It's the only program of its kind in Anoka County.

Professionally trained therapists facilitate the men's, women's, children's and adolescent groups.

The program is designed to help all family members heal and move beyond the violence, with an emphasis on the safety of all who participate.

For Men

The 20-week program is designed to increase understanding of abusive behaviors, develop effective anger management and emotional self-regulation skills.

Participants learn how to:

- identify abusive behavior and how it impacts others
- develop a self-control plan
- create a safe environment
- develop positive methods of self expression

An essential focus of the group process is to encourage male participants to develop and use non-abusive strategies to avoid violent behavior in their lives, and most importantly in their families.

To learn more or to schedule an intake visit leecarlsoncenter.org or call (763) 780-3036

For Women

The 16 week women's domestic abuse program provides group therapy for female survivors of domestic abuse.

Each session explores a specific topic related to abuse.

Topics include:

- the dynamics of abusive relationships
- communication
- anger management
- grief and loss
- boundaries
- healthy vs. unhealthy relationships
- shame & guilt

Each participant creates a Safety Plan.

During each session participants also have the opportunity to talk about current issues and obtain feedback from fellow members. Free childcare is available during the group.

Women's Aggressor Group

This program consists of 20 weekly groups. The expectation is that each member will contribute to the group dynamic. The women work on effective behavior management skills and learn to amend issues that may be affecting each person.

Learn more at leecarlsoncenter.org

Restorative Parenting Group

An event is traumatic when it threatens the child or someone the child depends on for safety and love. Abuse may be traumatic, but trauma can take many forms. It can include neglect, separations, natural disasters, or accidents.

Conducted in 12 sessions, it's designed to provide insights and offer strategies for healing the family dynamic through understanding positive parenting techniques.

Daycare is available at no charge.

Men & Women's Anger Management Program

Participants learn:

- emotion skills
- effective communication skills
- how to set appropriate boundaries with others

These strategies are helpful in mindfulness and stress management and in identifying underlying issues that contribute to anger.

Intake sessions are required. To learn more or to schedule an intake, contact our intake line.

Call (763) 780-3036 to learn more.

