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Adoption Program

Formerly feral kittens and some adult cats need good homes.

Visit our adoption room at the Rohnert Park Animal Shelter, 301 J. Rogers Lane, Rohnert Park. Wed. through Sat. from 1pm to 5pm and Sunday 1pm to 4pm.



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576-7999

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Of Sonoma County
1814 Empire Industrial Ct. F, Santa Rosa
Come SHOP at Pick of the Litter
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See cats ready for adoption at:
www.forgottenfelines.com

NEED a MOUSER? We have BARN CAT colonies ready for adoption!

We've been doing mobile adoptions at the **Montecito Shopping Center** near **Oliver's Market** every **Saturday** and are having great success there. So many need homes, but we're hanging in there and will keep all of our kitties until they find a good home. - Diane

Dedicated to the Humane Care & Control of the Feral Cat Population

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Preventing violence: Changing men's lives for 30 years

By Karen Haas
M.E.N. Outreach Coordinator

Men Evolving Non-Violently (M.E.N.) is an all-volunteer collective of peer counselors, supervised by a paid licensed therapist. These passionate men consistently show up to run their 24-hour hotline and three active groups in Santa Rosa, Sebastopol, and Petaluma.

M.E.N. is needed as much today as it was thirty years ago when it was founded. Families are experiencing huge stress with the state of the economy, and the difficult task of raising children in our fast-paced society. Some men tend to emotionally isolate and act out their frustrations in non-productive or even dangerous ways. M.E.N. connects men with others who have been there and are going through the same challenges. This one-of-a-kind program provides ongoing support for men who want to learn how to deal differently with their anger and frustration. As one early client and long-time collective member said, "We're regular guys from every walk of life who provide a safe place where men can work on themselves."

Good People, Bad Behavior

M.E.N.'s definition of abuse is if someone feels intimidated by the words or actions of another person. These behaviors include verbal threats to harm someone or oneself, body language, tone of voice and/or raising one's voice, coercion, withdrawal of money or other necessities, attempting to control another's behavior, name calling and put downs. M.E.N.'s philosophy is that men and women who are "abusive" are usually trying to get their legitimate needs met, but in dysfunctional ways. Said one member, "I felt bad about myself and thought I was bad. At M.E.N., I got that my behavior was learned, and

I could change. It was the first place I experienced successful, productive men listening to me, empathizing with my feelings, and helping me mature into the man I wanted to be."

"Common Couples' Violence" Is About Fear, Frustration

The collective works with many men who are involved in "common couples' violence." These partners tend to explode out of fear and frustration and then feel remorseful afterward. Lacking healthy relationship skills, they aren't able to change their behavior to avoid abusive actions. Couples experience more and more pain, which makes it harder to get back to the loving connection they once had.

To add to this painful scenario, witnessing tension and abuse can damage a child's healthy development. Children can easily grow up to emulate abusive behavior. One of the key ways to stop the cycle of violence is by modeling healthy relationships. M.E.N. supports fathers as they learn new skills and constructively change family dynamics.

Contact M.E.N.

The collective volunteers know that it is hard for most men to admit that they are part of the problem and to get support. Are you concerned about your behavior, or struggling with the effects of a loved one's behavior? To start the process of change one must muster the courage to call 707-528-2MEN, the 24-hour hotline. Talk to someone who has "been there." The group's sliding-scale fee makes it affordable to anyone who wants to participate.

Visit www.sonomacountymen.org for more information about their groups, or training to become facilitators, hotline operators, and community outreach volunteers.

New location! Free!

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