

Men's Center offering fellowship, counseling

By Amy Thon
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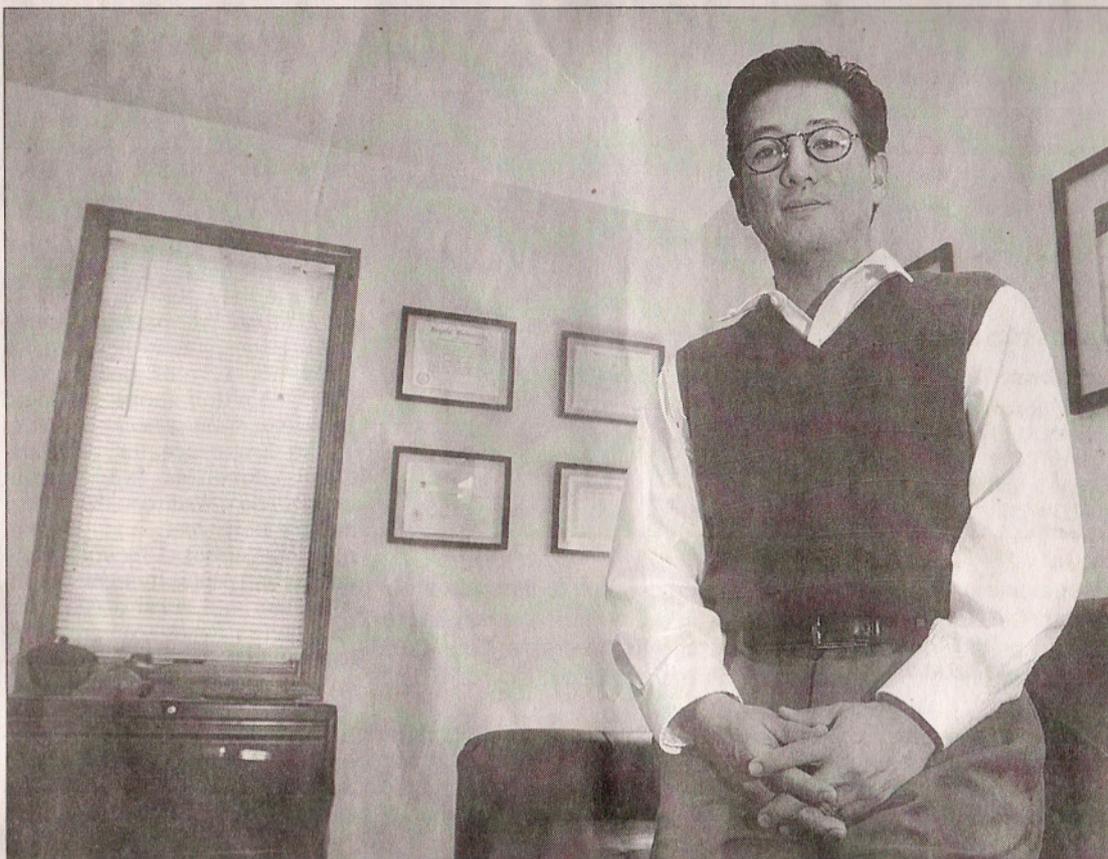
DAVENPORT — Tony Rodriguez knows men usually don't jump at the chance to talk about their feelings, so he made the atmosphere at the new Men's Mental Health Center relaxed.

"Men don't really like to go to counseling," he said. "I tried to establish this center to make it more of a center than a clinic."

Mr. Rodriguez, clinical director, opened the center at 2213 E. 52nd St., Suite B, Davenport, last month after deciding there was a need in the area.

The center offers individual therapy, couples therapy, family therapy, group therapy, education groups and critical-incident stress debriefings, addressing such issues as depression and anxiety; divorce/separation adjustment; domestic violence; fatherhood; grief; mid-life transitions; sexuality; surviving sexual violence and child abuse; trauma and stress; workplace issues, and other mental-health issues.

"The center is trying to help clients be more proactive," Mr. Rodriguez said. "I want this place to have a sense of fellowship. My hope here is really to



Dan Videtich / staff

Tony Rodriguez is clinical director of The Men's Center, a new emotional- and mental-health clinic in Davenport aimed at helping men address concerns including depression, mid-life transitions, communication, anger management and stress.

partner with men."

Often, he said, men have been victims of sexual violence and turn to drugs and alcohol to self-medicate. Help is available to deal with those addictions, but Mr. Rodriguez said it's just as important to deal with the underlying cause of the addiction.

"The center is not just about counseling, it's sometimes about coaching," he said. "It's

hard to really get good feedback."

Mr. Rodriguez has a decade of clinical experience in a variety of treatment settings. He received his master's degree in clinical social work from Loyola University in Chicago, and his bachelor of science in education with a focus on counseling from the University of Wisconsin-Milwaukee.

The Men's Center also offers resources on a variety of mental-health issues. Mr. Rodriguez invites men to come and look at

the library and borrow resources. More resources are available on The Men's Center's Web site, www.themenscenter.net.

Mr. Rodriguez also hopes to educate the public and plans to hold informational meetings at churches on sexual violence.

For more information on The Men's Center, visit the Web site or call (563) 355-4410.

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