

men talk

tcmc
twin cities men's center

in our 47th year
of public service

June/July 2023
Volume 47 #3

Explore your Truth, Find your Voice Blog for Dad's Day

– © 2022 NEIL TIFT

As many of us are preparing to honor our dads on Father's Day, we may find ourselves trying to decide which gift to give him- another tie, a cordless drill, fishing gear, cologne or mustache wax. This might be a good time to reflect upon what Father's Day really means in America today.

Although Mother's Day was officially recognized by the US government as an official holiday in 1914, Father's Day was not declared a permanent national holiday until 1972.

"My father gave me the greatest gift anyone could give another person. He believed in me."

Before the ubiquitous cell phone, the busiest day for long distance calls according to Ma Bell was Mother's Day. The busiest day of the year for collect long distance calls was Father's Day.

"My mother protected me from the world and my father threatened me with it."

A survey of drug stores and stationery shops found that the vast majority of Mother's Day cards were appreciative, loving in focus and used affirming language. That same study found that the majority of Father's Day cards were based upon images of a beer mug, a recliner, golf, a TV remote, a caveman, a hapless handyman or a fart joke.

"To the world you might be one man, but to one child you might be the world."

A few years ago, a large church in Phoenix sponsored a baby shower that offered raffles, gifts, free diapers and displays of resources for new moms. I called the director to request that we set up a display table with resources for new dads. Her response that the baby shower was only for moms. No dads were invited.

"There is a hole in the soul of every child in the shape of their absent father."

A few years ago, Diane Sawyer reported that Prince William was "babysitting" for his new son. I tried to contact her to point out that dads do not babysit for our children. We raise our children. We nurture them.

When my young son brought his infant daughter to the emergency room because she had a severe ear ache, the medical staff asked him for proof that she was his daughter before they would treat her. He had no proof. When I arrived and asked the same staff

if they asked this same proof of young mothers, they admitted they did not.

"Being a daddy's girl is like having permanent armor for the rest of your life."

Prior to September 11, I flew into Toronto Ontario with my six-year-old daughter to present at a national fathers' conference, I was asked by US and Canadian customs and if her mother knew I was taking her out of the country. I asked if they posed to working mothers the same question about the father knowing this same situation. They did not.

"My father didn't tell me how to live. He lived and let me watch him do it."

It is apparent that when inadvertent barriers to father involvement are reduced, fathers engage more in the lives of their children, their families, their schools, their neighborhoods and their communities. When we expect dads to be part of the solution, they are less likely to be part of the problem.

"A father's words are like a thermostat that sets the temperature in the home."

One way to accomplish this is by creating and maintaining more father-friendly environments. Is your organization, business or workplace father-friendly? Are your policies and procedures father-inclusive?

Another is to promote community resources that strengthen families and help families stay together. We have the capacity to seek these out, if they are important for us to do so.

"Small boys become big men through the influence of big men who care about small boys."

As we celebrate Father's Day, let us honor those men who have enriched our family lives and explore more ways to encourage more men to be the kind of father their children need.

"Great fathers don't find fault. Great fathers find solutions."

A former TCMC board member, Neil Tift founded the Twin Cities Father's Resource Center in 1990. Neil currently serves as the Outreach Project Coordinator for Native American Fathers and Families Association (NAFFA) in Mesa AZ.

Library Corner

— MATT BARNES, JEFF SPRINGER, LIBRARIANS



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

The books in the Men's Center Library are sectioned off into 14 categories. These categories are: Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.

In addition to members having borrowing privileges from our library, we also have a reading room with free Wi-Fi access. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

Address Change Notifications

from the post office cost the Men's Center \$1.71 each. Please let us know in advance of mailings!
Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at tcmc@tcmc.org

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Letter from the Chair

The most precious gift you can give someone is your time." "I am always prepared, anytime, anywhere, for anything." — Lakota Elder Uncle Albert White Hat Sr.

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2023 will occur on Sunday, June 18.

Today we are reflecting on the timely impact of father figures on our families. Good dad's protect and serve families in a good way, beyond just being breadwinners and money-makers. Time is of the essence! How many of us were parented by a caring and sharing dad? Did your father share affection through hugging and sharing of feelings? We suggest that some of us had less than perfect fathers, where other men stepped into to be more functional mentors. I had a great botany professor for whom I served as a TA, teaching assistant. While in his class I met the future mother of my two sons. Just one story.

Thanks to Tim Delmont, author of *Everyday Dad*, who is sharing his experience with the time he was single dad. First, at

TCMC's April board meeting, and again will follow up on the evening of June 15 in St. Paul. Details on an interview with Tim by TCMC's office manager, Tom Maher Thurs. June 15 @ SubText Bookstore can be found in Here and There.

Last year, on Nov. 19 we celebrated our first ever Minnesota International Men's Day. We are now planning for this year's IMD at TCMC. "On November 19, International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities. We highlight positive role models and raise awareness of men's well being."

From <https://internationalmensday.com> International Men's Day encourages men to teach the boys in their lives the values, character and responsibilities of being a man. Mahatma Gandhi said, "We must become the change we seek." It is only when we all, both men and women, lead by example that we will create a fair and safe society that allows everyone the opportunity to prosper.

Peace and take time to nurture yourself and share your love with others as you can. Warmest regards,

In service,

TOM WEAVER, TCMC BOARD CHAIR

ANGER MANAGEMENT COORDINATOR Job Opportunity

We are still accepting applications for TCMC's next Anger Management Coordinator. The AM Coordinator is responsible for administration of the program in all of its aspects, including program organizing and scheduling of classes, finding available facilitators, handling inquiries from men interested in taking the class, recording registrations, and collecting fees. Please visit TCMC.org to read the full job description or contact our Office Manager, Tom Maher, at tomm@tcmc.org.

OUTREACH REPORT - Prison Classes and HEMAD

TCMC has been asked, and has committed, to present to the Transitions Class at Lino Lakes Prison on Tuesday, May 30th. Interested parties can contact Tom M. at the office for more details.

Also, while networking at the MCF - Stillwater State Prison Transitions Fair, Tom M. and Tom W. spoke to a representative from NAMI, (National Alliance on Mental Illness), who offered TCMC a free booth at the Minnesota State Fair. This was discussed at the Outreach Committee Meeting in April. The committee agreed to take on this project.

Desirae Casarez from Convergence Resource Centers in Madison and Milwaukee, WI contacted TCMC about their 2023 HEMAD (Human trafficking Educators working with Men and boys to stand Against the Demand) event and pledge. The TCMC Outreach Committee is very supportive of this. Tom M. is asking Board Members and members in general to make a video pledge that can be posted online. Tom M. posted his pledge video to the TCMC Facebook page on May 3 and also sent it to HEMAD Headquarters.

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 RELATIONSHIPS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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JUN/JUL 2023

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

SUPPORT GROUPS
DIVORCE/GENERAL MEN
7:30 PM
SEX ABUSE SURVIVORS
7:30 PM

SUPPORT GROUP
SEXUALLY EVOLVING
MAN 7:30 PM

SUPPORT GROUP
HSB 10:00 AM
MEN'S WELLNESS
10:30 AM

SUPPORT GROUP
WE AGNOSTICS
OF UPTOWN AA
6:00PM

BEYOND ANGER 6 PM
MKP CIRCLE 7 PM
ANGER MGMT 7 PM

SUPPORT GROUP
GAY ISSUES 7:30 PM

SUPPORT GROUPS
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ANGER MGMT 7 PM

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WEB SITE: WWW.TCMC.ORG
E-MAIL: TCMC@TCMC.ORG
PHONE: 612 / 822-5892

1976 IN OUR 47TH YEAR OF PUBLIC SERVICE 2023

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 46 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 34 years.

In recent years, attendance of the presentations by TCMC supporters has diminished to the extent that the TCMC Board of Directors has agreed to schedule them intermittently as the interest arises.

The 1st Wednesday of the month Family Law Clinic will continue by providing legal support for those experiencing legal issues.

The Board wishes to express appreciation to the supporters who attended the presentations and the many volunteer professionals who gave their time and talent to support a strong educational component of the TCMC mission.

A small fee is collected at the door for each person attending:

Non-Members of TCMC – \$5.

Regular Members (\$25 level) – \$3

Sustaining Members – FREE

Since August 2021, we have begun hybrid meetings, video and in-person, at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

COVID Note: Masks are recommended, but not required, when multiple people are present at the Men's Center.

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

CLINICS

Family Law Clinic

Leader: Rasheen Tillman

Where: Online Zoom Chat

When: Wed., Jun. 7, 7:00-9:00 pm

Open to all Genders

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend.

Family Law Clinic

Leader: Heather Chakirov

Where: Online Zoom Chat

When: Wed., Jul. 5, 7:00-9:00 pm

Open to all Genders

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend.

CLASSES

Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator at 612-229-3102.

Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunov

Where: Live-Online Course

When: Resuming in Sept. 2023

Register: on TCMC website
or call 612-822-5892.

Cost: \$197 (TCMC members receive a 10% discount).

Scholarship options are available.

Open to all Genders

Live-Online group with assigned readings, peer support, and expert guided live instruction. This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities, and also

offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

SUPPORT GROUPS

"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 give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TCMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for all genders.

- **Location:** Online/Hybrid/In-Person

As we resume in-person groups, please check with a facilitator if your group is meeting online/hybrid or in-person.

In-person groups are held at TCMC, 3249 Hennepin Ave. S. Suite 55, Minneapolis MN 55408

You can request a link for Zoom Video using "Contact a Group Facilitator" at <https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>

General Men's/Divorce/ Uncoupling Issues

Open to Men Only

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

Location: Online Zoom

- Thursdays 7:30 - 9:30 pm

Gay Issues

Open to Men Only

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.

Location: Online / In-Person

- Tuesdays 7:30 - 9:30 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!

Location: Online / In-Person
• Wednesdays 7:30 - 9:30 pm

Sexual Trauma & Abuse Survivors

Open to all Genders

Co-facilitators: Pat Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

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. This support group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from survivors into living life to the fullest. Questions, call Jerry, 763-546-4133.

Location: Online Zoom
• Scheduled by appointment

The Sexually Evolving Man

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.

Location: Online Zoom
• 1st & 3rd Fridays 7:30 - 9:30 pm

Men’s Wellness

Open to Men Only

This group creates a space for men to work on creating a healthy, happy, productive and meaningful life with the support of other men, or anyone identifying as male. We will include time for men to share uninterrupted about the life they’re creating, along with a brief weekly meditation, no-impact energy exercises, and a short teaching as a conversation starter.

Location: In-Person at 901 1st Street N. Downtown Hopkins, MN 55343
• Saturdays 10:30 am - noon

We Agnostics of Uptown AA

Open to Men Only

A support group for men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Frank at agnosticctc@gmail.com

Location: In-Person
• Sundays 6:00 - 7:00 pm

Choosing Healthy Sexual Boundaries

Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worried about excessive, compulsive or obsessive

sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a confidential, non-confrontational and non-judgmental place to talk with other men about healthy sexual boundaries.

If you are currently participating in or have completed a sex offender treatment program you are welcome. If you have never been involved with the legal system you are also welcome. Facilitated by: Tommy Jones, Thomas Koepke, Sean Kratz, and Gary Weldon.

Minneapolis Location: In-Person
3249 Hennepin Ave. S. Suite 55
• Saturdays 10:00 am - 12:00 pm

St. Paul Location: In-Person
Project Pathfinder
570 N. Asbury Street, Suite 300
St. Paul, 55104
• Wednesdays 5:30 - 7:30 pm



ENRICHING YOUR LIFE 1.0

Six weekly sessions, starting
Thursday, September 14, 2023, 7:00-8:30pm CST

This is a guided workshop in self-worth, acceptance, personal congruence and communication based on the teachings of Virginia Satir. During these six 90-minute sessions, coping stances, and other non-congruent behavior will be addressed experientially. Possible blockages to inner resources, including latent survival rules and defensive behaviors, will be explored.

Although participants will be expected to read a Satir-based workbook, this series is not intended to be “book learning” but primarily experiential. The Course tuition is \$60 for this pilot program. The workbook Your Life (\$20), is available to order online @satirglobal.org

Spaces available.

The facilitator for the course, Andy Baltins, is a certified Satir Coach and has been a facilitator of numerous sessions of the Men’s Center’s anger management program. He views the Satir process as moving beyond anger management to becoming more fully human. Andy is not a psychologist or therapist. This workshop is psycho-educational, not psycho-therapeutic. He invites you to learn together the journey towards congruence.

Mankind Project Open Circle

When: Every Mon., 7:00-8:30 pm,

Open to Men Only

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men’s groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gilette’s book.

Registration: <https://mkpconnect.org/civicrm/event/register?reset=1&id=54617>

Upcoming Monthly Men's Sunday Brunches. **June 18th (Father's Day—children welcome)** at **Jimbo Lovestar's** backyard picnic table, 2629 Upton Ave N, Minneapolis 55411 (1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 16th at Rick ("Rocky") Gravrok's** 2925 Monterey Ave S, St. Louis Park, 55416; 612-750-6990. (on the west side of Lake Calhoun, off Lake St.). 13 men attended the April Men's Brunch at Andy Mickel's in Minneapolis. – Andy Mickel, 2023-05-16.

"How Minnesota peer support groups are bolstering mental health" Men Talk editor Bill Dobbs was interviewed as one of two Minnesotans involved in their own self-help journeys on Minnesota Public Radio and is available as a podcast: "...Bill Dobbs facilitates the Addiction Busters peer-to-peer support group at the Twin Cities Men's Center. He started attending a men's support group in about 1984 and became a facilitator in 2014. He's a former TCMC board member and he's the current editor of the Men Talk newsletter..." <https://www.mprnews.org/episode/2023/04/11/how-minnesota-peer-support-groups-are-bolstering-mental-health> – Angela Davis, Minnesota Public Radio News, 2023-04-12.

"Our groups, (at TCMC), have prevented more than one suicide just by listening to men." – Jimbo Lovestar, 2023-04-23

Everyday Dad: A Memoir About Single Parenting – Book reading/Signing/Interview – TCMC Office Manager, Tom Maher will be facilitating a book reading, interview and Q&A session with author Tim Delmont on Thursday, June 15, 7-8 PM at SubText Bookstore in downtown St. Paul. Tim's book

is his reflection on being a father, becoming a single father after the death of his wife, becoming a step-father and ultimately a grandfather. *Everyday Dad* reflects on the value and importance of being a "present" father and the benefits realized by his children, his spouse and ultimately, himself. Tim will read excerpts from his book, which will be followed by an interview session and then an open Q&A. Tim's book will be available for sale and the author will happily sign copies following the event. SubText Books, 6 West 5th St, St. Paul 55102, 651-493-2791 www.subtextbooks.com – Tom Maher, 2023-05-05

My dear friend, **Roy Schenk died recently on April 21.** He was 93. Roy was one of ten men who participated in the first Warrior Weekend ever, in January, 1985. He authored more than one book that engendered controversy by unabashedly advocating for men. – Jimbo Lovestar, 2023-05-03.

"When facilitating the Anger Management class last week I mentioned how impressed I was with the **Mindfulness Class** I attended a few years back... a number of men stayed after [the class] asking about the place; I shared with them the link: Compassionate Ocean Zen Center.

That said, Michael is the one who led the group there in the cities... It's been quite awhile since we last talked and he probably doesn't remember me but I was in his class about 7 years ago and he gifted me the book "Anger" after he had learned that I was facilitating Anger Management at TCMC. (I just received their newsletter here in Georgia so top of mind and often reflect/practice the learnings from Michael... Thank you!)

Please feel free to communicate directly [Tom Weaver] and I am hopeful we can find some synergies!
– Mark Thompson, 2023-05-08.

Falling in Love in the Second Half of Life, Part 3: Why I'm Learning About Being a Male Caregiver "More and more of us are being called to be Caregivers for loved ones as well as helpers and healers for those we are called to serve in a world out of balance. In Part 1 I described the call that changed my life. "Jed, I've fallen," Carlin's words on my cell phone got me running for the keys to the car. "I need help. I'm near the corner of North Street and Mendocino." We quickly went from a stable and familiar life to one that involved the local emergency room at the hospital, partial hip replacement surgery, a stroke that occurred during surgery that resulted in some cognitive and speech problems, three days of hospital stay, and return home to a new configuration in our home (hospital bed downstairs, bedrooms are upstairs) and our lives..."

"...I've come to realize that too many men never learn the joys of intimate caregiving. Too many of us are taught that caretaking is women's work, so when caregiving is needed we look the other way and hope a woman will step up who knows what to do. As a result we often don't learn good caregiving skills and don't take good care of ourselves or each other. It is one of the reasons, I believe, that men die sooner and live sicker than women..."

Read the entire article at: <https://menalive.com/falling-in-love-in-the-second-half-of-life-part3/> – Jed Diamond, 2023-04-23.

In Memoriam

The Twin Cities community lost a unique member this past month when Grant L. Tracy passed. He was a familiar presence at the Twin Cities Men's Center since 1999, often attending various support groups and presentations here. Over the years, he rarely missed the Tuesday Night Gay Issues Support group, while also visiting the Friday night group and others. He had lived in and around the Twin Cities area for most of his eventful 79 years and was quick to offer stories and wisdom from his life.

Originally from Iowa, he survived his partner of 20 years when Dave passed away in 1988, while they were living in the Selby/Dale area. Grant worked for years as an operations manager for a chain of Christmas stores that he opened regularly in shopping malls throughout the region. He then became a skilled florist in the area, demonstrating his amazing ability with flora and greenery.

He had an iconic presence and was easily identifiable by his uniform black leather attire from head to foot. He was proud of being one of the founding members of the ATONS, one of the first bike clubs in the leather community, just 3 years after Stonewall.

He will be missed.



Twin Cities Men's Center ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Weds. presentations.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$25 (Regular) \$50 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*



DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Where: Zoom Video conference (request a link at tcmc.org)
When: Every 1st Wednesday from 7:00 to 9:00 PM

No advance registration required!

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	Non-Profit	Profit event
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

(612) 822-5892
tcmc@tcmc.org

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days.

TCMC is in the lower level of “Uptown Office Park,” a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis. Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org.

Check TCMC out on Social Media! Facebook: facebook.com/tcmc.org Instagram: instagram.com/tcmc officemanager

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twin cities men’s center news

men talk

Anger Management Program

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you “blew up” one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It’s ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: \$285 for TCMC Members (\$295 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator on the Anger Management phone 612-229-3102.

27 Years of Successful Classes

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