

men talk

tcmc 

in our 39th year
of public service

twin cities men's center

Apr/May 2015
Volume 39 #2

Men's Healing: Balancing the Body-Mind through Rosen Method Body Work and Movement

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As a man personally committed to my own healing and balance, I came to an impasse in my healing in 2009. I had been in an MKP Integration group, Warriors Anonymous, for several years. With the support of my adopted sister, Jane, I had started the Landmark Education Curriculum for life, and there I discovered a deep block in my body: **deep sense of fear and sense of a lack of trust and safety.** In the Advanced Course, when my thoughts were confronted, I knew I was blocked from something deeply imbedded in the tissues of my body. During a MKP circle check in Aug. 2009 as I shared my deep fears, my MKP brother Andy M. referred me to a Rosen body worker, Dorothea, in Lakeville, and soon my inner journey began!

STILL RUNNING!

After some initial sessions on the bodywork table doing grief work, Dorothea had me stand, noticing how I would protect my space as she put down a semi circle of yarn in front of me. She is much smaller than me, AND, I realized when she came at me that it was hard for me to stand my ground! I hesitated to protect myself; I could sense a want to freeze or collapse as my body tensed up. Then her words landed on me: "You are still running". Wow, really? A man 6'8" 235 #, still running? And I let the warmth of her loving way of speaking sink in... I checked to see, "Am I safe, is this a safe place?" And Yes... my truth, a deep breath, and I sank deeper into my body... and the journey was on — to discover what I was running from and how I was continuing to do "re-runs" of my childhood traumas.

INTRODUCTION TO ROSEN METHOD — TRAUMA AND THE TRIPARTITE BRAIN

After several personal sessions with Dorothea, she invited me to an Introduction to Rosen Method in Rochester. During the 2-day sessions, the group did some sharing of bodywork, and I had to stare my life-long adrenalin addiction directly in the face—really directly in my body! Dorothea shared the recent understanding, through research from Sweden, about oxytocin as an inner chemical of calm and relaxation; whereas most of the American research is on the adrenalin system of fight or flight (and freeze). That is the system that I had learned to feed from an early age in my dysfunctional alcoholic family system. Supporting that thesis and theory is the newer awareness of the human brain: that our thinking brain, the neo cortex, has evolved on top of the reptilian brain, the brainstem, and the limbic system shared with

other mammals, with the amygdala and hippocampus centers for emotional processing. Current theory supports that circuits are developed early in life that are in fact a reflection of human "addictions". Recent understanding is that these can be changed, we are neuroplastic! — the neuro-pathways are changed during times of calm, rest and relaxation. Through relaxed breathing, and meditation, anyone can reach the place of safety and trust.

EMBODIED SELF-AWARENESS

— OPENING TO THE POSSIBILITY OF DEEP RELAXATION, AND LEARNING THE HUMAN CONNECTION SYSTEM OF PROTECTION.

"Each Day a New Beginning" is a mantra of 12 step meditation and, for me, an invitation to start each day breathing into connections of my inner resources of resiliency. One of the mediators – becoming resilient and grounded – is a man's oxytocin cascade. Recent research and practice in trauma recovery points to oxytocin as being the hormone in humans of all genders that mediates calm and connection, supporting trust and a sense of safety. My intention with this short article is an invitation to begin with our breath, as a gateway and touchstone to our inner being and core essence. Our body knows: listening to our bodies as antenna will lead us to deepening healing and connection in a good way.

For more information on the emerging science and practice of Rosen Method locally check out, Rosen Method Heartland. <http://rosenmethodmn.org>

SUGGESTED REFERENCES

Fogel Alan, *The Psychophysiology of Self-Awareness*, 2009, reprinted in paperback as *Body Sense, The Science and Practice of Embodied Self Awareness*, 2013

Hrossowyc, Dorothea, *Comparison of Two Systems of Protection in the Body*, Connections, Northfield MN, 1 page handout, 2015

Linden, David J, *The Accidental Mind*, 2007

Moberg, Kerstin Uvnas, *The Oxytocin Factor, Tapping the Hormone of Calm, Love and Healing*, 2004

Library Corner

—JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

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, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.

The Men's Center is proud to have a signed copy of Timothy Young's recently published *To the Palace of Kings*. Timothy is very active in the mens movement. This is the book which was referenced in a previous Men Talk.

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. Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord. Office Volunteers: Rick Charlson, Jim Heaney, Dick Madigan.

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Greetings from the Chair

Please forgive me if this letter seems a little distracted, but this is the last Chair Letter I'll write before the ten's digit on my body's odometer rolls up to a "5", and even though this hasn't exactly snuck up on me, it still feels like a shock. And there will probably be more shocks to come. Receiving the letter from AARP inviting me to join will be particularly unpleasant, and I just hope my wife gets to the mail first on that unhappy day and quietly sends it straight into the shredder.

As a dedicated rationalist, I've found myself wondering why such an abstract event with no outwardly tangible changes is proving to be so distressing. I can appreciate that many of us don't think much about our age except at milestone birthdays like this. So this birthday is more of a marker than anything, but a marker of what? Well, a lot of things, it seems. I'm worried that my body will no longer do quite what I want it to do. But I've been working out for the last 6 months, have lost a bunch of weight, and feel better than I have in a long time. On top of which, my 75 year old dad and I will be doing our first skydive later this spring. So I don't seem to be suffering too much in the "can't keep up physically" department. Well OK, I worry that I will start to lose a step mentally, forget more things, or be unable to express myself the way I used to. But I realize that I do the kind of work that forces me to stay sharp, and in many ways with the benefit of experience, I'm doing it better than ever, so this also seems like a premature worry.

Perhaps most disturbingly, I worry that my age will cause other people to think differently about me, or to hold doors for me, or

otherwise treat me as an old person. This is the worry that I don't have an answer for, but I have to admit that I can't control what other people think about me. If someone chooses to see me as a geezer accelerating into senescence and decrepitude, there's nothing I can do about that. But ultimately, I realize that how others see me isn't the real fear. The real fear is that if others see me differently, then maybe I should think of myself differently too.

There is no doubt that age brings challenges, both physical and mental. At some point, I will be unable to run ultra marathons (OK, I never did before, but that's not the point), and I will probably lose some mental acuity and may even start asking 20-somethings to explain why Facebook is so popular. But I will still be the same person I've always been, older and wiser perhaps, but with the same likes and dislikes, the same sense of humor, and the same approach to life.

All of which might lead to a simple rule: If things you cannot control change in your life, like a change in financial circumstances, the end of a relationship, health problems, or a change in your decade, don't let this change how you see yourself. Don't let external changes affect your internal self.

So come this April, if you see a guy on the street desperately clinging to a giant numeral "4" that is trying to escape, come up and say "Hi", and maybe remind me that I'm still Joe. Then tell me what's going on in your life, and I'll remind you that you are still you.

JOE SZURSZEWSKI
BOARD CHAIR

Men's Healing continued from page 1

Rosen Marion, with Susan Brenner, *Rosen Method Bodywork, Accessing the Unconscious through Touch*, 2003

Robbins, Michael M.A., L.M.H.C., *Psychotherapy From The Inside-Out: Interpersonal Neurobiology and The Work Of Dan Seigel. M.D., A Primer for SCT Therapists, Systems-Centered News*, Volume 15, #1, July 2007

Van der Kolk, Bessel, *The Body Keeps the Score, Brain Mind and Body in the Healing of Trauma*, 2014

Tom Weaver, is a native Minnesotan, founder of Wopida Group LLC, and current member of the TCMC Board. He is a retired family doctor and been in recovery from the process addiction of co-dependency since 1981. www.wopida.com

EVENTS CALENDAR

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
Call us about Anger Management Classes.	web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892		PRESENTATION Family Law 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
5	6	7	8	9	10	11
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm	SUPPORT GROUP Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Mankind Circle 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
12	13	14	15	16	17	18
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m. Anger Management 7pm	SUPPORT GROUP Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION What Guys Do 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
19	20	21	22	23	24	25
BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm	SUPPORT GROUP Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Chemical and Mental Health 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
26	27	28	29	30	1	2
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm	SUPPORT GROUP Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Escalations 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
3	4	5	6	7	8	9
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm	SUPPORT GROUP Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Family Law 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
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	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m. Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Mankind Circle 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
17	18	19	20	21	22	23
BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management. 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.	PRESENTATION Anger 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	MEN TALK MAILING 9:00 am SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
24	25	26	27	28	29	30
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.	PRESENTATION Stress Less 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
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1976 In Our 39th Year of Public Service 2015

Apr/May 2015

PRESENTATIONS

Nearly every Wednesday evening, the Twin Cities Men's Center (TCMC) is proud to offer a presentation on a wide range of subjects of interest to men as well as to the wider community. This tradition has been part of TCMC's offerings since its founding. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to TCMC for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters are **Bob Anderson, Heather Holt, Tim Kuss, Bob Manson, Andy Mickel, Rod, Rasheen Tillman, Linda Wrey and Steve Yasger.**

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

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call the office at 612-822-5892 with your ideas.

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).

DESCRIPTIONS

Family Law Clinic

Discussion Leader: Bob Manson
When: Wed, Apr. 1, 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. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Apr. 8, 7:00-9:00 pm

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 Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.

A Masturbation Master Class

Presenter: Rod from Upside Life Skill
When: Wed, Apr. 15, 7:00-9:00 pm
Open to men only

"The Fast and The Furious" -- how most guys masturbate -- much like we did when we were 14. It was magnificent then, but somehow our masturbatory magic stopped short. Put some pride and panache into your personal sex life! If you are a penis owner, join us for two hours of fun and laughs as we learn how to build an awesome personal masturbation practice. You'll be tempted to tear off your clothes, but we'll keep 'em on because you'll take home an eBook of 101 Masturbation Techniques as Rod's gift to you. Guaranteed fun till spring!

Rod is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or developing sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com

Chemical Health and Mental Health

Presenter: Heather Holt, MSW, LICSW
When: Wed, April 22, 7:00-9:00 pm
Open to all genders

Do you ever feel bad or guilty about your drinking or drug use? How much is too much? How do you know? This presentation will discuss signs and symptoms of chemical use/dependency. We will talk about how mental health and chemical health goes hand-in-hand.

Heather Holt is a mental health therapist at River City Clinic in St. Paul. She provides support working side by side with her clients developing positive strategies for their lives and their situations. She has been in the community and she knows the concerns individuals and families are dealing with day to day. More information is available at www.heatherholt.net.

Escalations – where do they come from, what can they teach us?

Presenter: Bob Anderson
When: Wed, April 29, 7:00-9:00 pm.
Open to all genders

We've all done it -- in an instant said something we can't take back, flared out of control, spiraled into hopelessness or withdrawal. These escalations seem to come out of nowhere but in truth they have a source and follow predictable patterns. We can learn to slow down, identify underlying causes, re-frame our negative self-talk and respond more constructively. \$3-\$5 suggested donation.

*Bob Anderson has co-facilitated TCMC anger management classes and is the author of *Out of Denial and Awake and Sing!* (in TCMC library).*

Family Law Clinic

Discussion Leader: Linda Wrey and Steve Yasger
When: Wed, May 6, 7:00-9:00 pm
Open to all genders

See Apr. 1 Description

Mankind Project Open Circle

Presenter: Tim Kuss
When: Wed, May 13, 7:00-9:00 pm
Open to men only

See Apr. 8 Description

Anger – Barrier or Bridge to Intimacy?

Presenter: Bob Anderson
When: Wed, May 20, 7:00-9:00 pm
Open to all genders

To be fully present to another, we must

first be fully present to ourselves, and that means knowing and owning our emotions, all of them, even the scary ones like anger. Not doing so can lead to distortions like “stuff-and-blow,” passive aggression, or withdrawing and shutting down. This class will help you see where your anger comes from and the deeper feelings it hides, plus it will help you think more clearly and express your wants and needs more respectfully, in less intimidating and defensive ways. Your anger can be a means of self-discovery and disclosure leading to greater trust and intimacy. \$3-\$5 suggested donation.

*Bob Anderson has co-facilitated TCMC anger management classes and is the author of *Out of Denial and Awake and Sing!* (in TCMC library).*

Stress Less

Presenter: Heather Holt, MSW, LICSW
When: Wed, May 27, 7:00-9:00 pm

Open to all genders

Do you have a good relationship with yourself? How do you manage stress? Is it working? It takes a lot of bravery to seek assistance and support for life's difficult situations – you are not alone. This presentation will focus on practical ways we can manage stress.

Heather Holt is a mental health therapist at River City Clinic in St. Paul. She provides support working side by side with her clients developing positive strategies for their lives and their situations. She has been in the community and she knows the concerns individuals and families are dealing with day to day. More information is available at www.heatherholt.net.

Family Law Clinic

Discussion Leader: Rasheen Tillman
When: Wed, June 3, 7:00-9:00 pm

Open to all genders

See Apr. 1 Description

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 women and men.

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

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.

- Mondays 12:30 - 2:30 pm
- 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.

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to all Genders

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

Choosing Healthy Sexual Boundaries - EAST

Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries 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 safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

Facilitated by Tommy Jones and Bobby Schauerhamer.

Location:

Project Pathfinder Group Room “B”
Griggs-Midway Building (NE Entrance)
3rd Floor, Suite N385
1821 University Ave. W.
St. Paul, MN 55104

- Wednesdays 5:30 - 7:30 pm

Sexual Trauma & Abuse

Survivors

Open to all Genders

Co-facilitators: Jerry 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.

- Thursdays 7:30 - 9:30 pm

Bisexual and Gay Issues

Open to Men Only

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 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? Worries 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 safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Rich Powell, Tommy Jones and Bobby Schauerhamer.

- Tuesdays 12:00 pm - 2:00 pm
- Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

Open to Men Only

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **April 19th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 17th** at **Bob Schauerhamer's** 3232 Fremont Avenue North, #120, Minneapolis, MN 55412, 612-529-8245 (612-670-6508 cell). (South on Fremont from I-94/Dowling Ave N exit). 9 men attended the brunch at Stephen Sewell's in February; around 11 men attended Damon Stark's brunch in March on a warm 70-degree day. – Andy Mickel, 2015-03-16.

Man-Making Blog – What Men Really Want! If you create an anonymous way for men from around the world to speak their personal truth about what they really want, for themselves and the world, you wind up with a deep look into the masculine heart. That's what the hashtag #malewishlist has become. Since 2012, the #malewishlist has continued to accumulate tweets. Over 100 are listed; the first six are:

- For every boy and man to have at least one person to whom he can reveal himself fully without fear of rejection.
- For all dads to feel empowered to care for and connect with their children and feel supported in their efforts to do so.
- To always use the “privileges” given to me by patriarchy to advance a just society.
- For men to be able to speak up about any personal pain and be met with something other than harsh judgement for “failing at manhood.”
- Not to be seen as a potential abuser (pedophile) because I'm a man, but someone who is safe for young people to be with.

- To live in a world in which tenderness, compassion, and sensitivity are no longer regarded as primarily feminine qualities.

Complete list at: <<http://journeytomanhood.blogspot.com/2014/12/what-men-really-want.html>>

– Earl Hipp, 2014-12-22

Dear Men's Center, **May you continue working your miracles with men. You have our blessings and support.** Warmly, John and Bonnie Driggs, 2014-12-27.

Second Chances, “New Minnesota law makes it easier to expunge criminal records”

The third time a company offered her a job, then rescinded it, Katie Tourand lost all hope. Although she had served time for two felonies almost a decade ago, Tourand had spent the intervening years cleaning up her act... Like Tourand, hundreds of thousands of Minnesota ex-offenders — adults with convictions who have completed the terms of their sentences, whether they be probation, parole or prison — face similar barricades to employment. In Minnesota, employers are allowed to make blanket prohibitions on hiring people with criminal records. Now, some ex-offenders have the option of a second chance. Complete story at: <http://www.startribune.com/lifestyle/289846451.html>

– Sharyn Jackson, Minneapolis Star Tribune, 2015-01-27.

An open warrior circle for LGBTQA-identifying men will be held by ManKind Project at the Twin Cities Men's Center Sunday April 9, 6:30 - 8:30p.m. This is open to Gay, Bi, Trans, Queer-questioning, and our Allies. The Circle is Open to initiated and uninitiated Gay/Bi-/Trans-/Questioning-Queer men and our Allies.

The Intention of the evening is to have a Circle for initiated and uninitiated LGBTQA men to connect in sacred masculine space. This is not a social or hook-up space. If you are not LGBTQ, and want to come, please consider instead supporting us through an intention. Information will be available about “Gateway Training Weekends” of ManKind Project. FFI: <<http://www.mankindpride.org>>. – Tom Weaver, 2015-02-17.

The next **ManKind Project New Warrior Training Adventure (NWT) for men in Minnesota** will be hosted by Central Plains MKP in mid-April, 2015 at the Goodwill Camp in South Sioux City. Cost is \$595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of \$150.00 to: Tim Greer, Registrar Central Plains MKP, 12727 W. Dodge Rd. #102A Omaha, NE 68154. FFI: Jamie Wellik 612-267-2467. – Andy Mickel, 2015-03-04.

HIV Instructor training at the Minnesota AIDS Project building. This 2-day course prepares individuals to become community health educators knowledgeable in HIV prevention, transmission, testing, and HIV-related statutes and policies. Individuals will learn how to effectively communicate basic HIV messages in a sensitive, non-judgmental style using different strategies for various audiences. Participants will demonstrate their knowledge and develop public speaking skills through communication exercises. Participants will also gain tools and resources that can be used in providing HIV education in group settings. Upcoming Dates: April 18-19, May 21-22. FFI: <http://teachtrainingopportunities.eventbrite.com> – Angela Jensen, Community Education Coordinator, Minnesota AIDS Project, 2015-03-03

NEW SUPPORT GROUP STARTING ON MAY 12, 2015

Choosing Healthy Sexual Boundaries – Tuesdays

at The Twin Cities Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries. Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. We encourage any man who has questions about their own sexual behavior or who have been questioned by others to join this circle of men.

Facilitators: Rich Powell, Bobby Schauerhamer, Tommy Jones

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: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

**When: Every 1st Wednesday from 7:00 to 9:00 PM
 Just come! No advance registration required!**

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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

UPTOWN AREA SPACE TO RENT

**Twin Cities Men's Center,
 3249 Hennepin Ave S**

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

(612) 822-5892

TCMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Th 1:00pm–4:00pm, F 1:00pm–4:00pm. 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. Our FAX number is (612) 821-6424.

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

The Twin Cities Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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4

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: \$235 for TCMC Members (\$250 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, John Hesch, on the Anger Management phone 612-229-3102.

19 Years of Successful Classes

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