

men talk

tcmc

twin cities men's center

in our 40th year
of public service

Apr./May 2016
Volume 40 #2

Cross-Generational Wounding: Why White Cops Kill Young Black Men

© 2016 DR. MICHAEL OBSATZ

Every week, we learn that another Caucasian policeman has killed a young black man. There is outrage and violence follows. People try to educate police, and proclaim that “Black Lives Matter.” And other counter with, “All lives matter.” Of course they do. But that reply misses the systemic inequity.

Despite the training, the murdering goes on. Why? It is related to fear and mistrust, which is cross-generational – going all the way back to slavery.

Samuel Osherson, in “Finding Our Fathers,” states that sons carry within them the unhealed wounds of their fathers. I believe it goes even further. The unhealed wounds of grandfathers and great grandfathers are also carried around in son's hearts.

Slavery was a time when Black lives didn't matter. Black families were divided, children going to one slaveholder, mother going to another, father to still another. Black people were not seen as people. They were property.

When White men raped Black women, nothing was done. In fact, Black men were accused of raping white women and strung up on trees by gangs of White men. Many more White men raped Black women than Black men rape White women. White men felt guilt about this, and began to fear retaliation from Black men. Black men had no reason to trust wealthy White slaveholders.

Fear and mistrust. It is cross-generational – going way back. White men feared the power of the Black man.

Mythology was created about the prowess and power of Black men. White men believed this power must be held in check. Black men knew they wouldn't be treated fairly in a White judicial system. Over and over gain, Black men watched their brothers being mistrusted, and killed by White society.

So, when a White cop sees a young Black man, espe-

cially in some potentially volatile situation, the White man's fear and mistrust takes over. He threatens the Black man. The Black man doesn't trust that getting arrested will lead to a fair trial. He believes his life is over. So he rebels, and the White cop shoots. The cop doesn't just shoot to disarm, but shoots to kill.

This is impulsive behavior based on centuries of mistrust. White cops do not deal with cross-generational wounding, and Black men have never had the luxury of working through their pain and anger. This type of violence can only stop when we face the historical facts, understand the power of the wounding, and work to truly heal what has happened over and over again.

Quick fixes don't work. Of course, “Black Lives Matter.” It will take deep emotional work for that to sink in to a visceral level. We have to talk about slavery and social injustice. We have to face the power of the deep wound.

Dr. Michael Obsatz is Professor Emeritus from Macalester College where he taught education and sociology courses for 40 years. He is an author, film-maker, workshop leader, and was in the “Men's Survival Resource Guide” written in Minneapolis in the 1970's. His websites are www.angere-sources.com, and www.mirrormanfilms.org



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.**

In addition to members having borrowing privileges from our library, we also have a reading room with free WiFi 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. **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

The year was 1976 and gas was 59 cents a gallon. Music was distributed on large vinyl platters called "LPs" and the most popular music of the time was called "disco", which was something you danced to while wearing a shiny polyester shirt and lots of gold jewelry. The original "Rocky" was the most popular movie of the year and actually going to a theater was the only way to see it. CB radios were all the rage and Apple Computer was founded, both of which hinted at the coming electronics and information revolution that was still decades away. And a small non-profit called the Men's Center opened its doors for the first time in the Twin Cities.

A lot has changed in the 40 years since TCMC's founding. But while fashion, entertainment, and technology have all changed a great deal, I'd like to focus on how the central reasons for TCMC's founding are just as valid today as they were in 1976. The Men's Center was founded at the beginning of the mythopoeic men's movement as a response to the feminist movement. The aim of the men's movement was to liberate men from the societal expectations that prevented them from being "truly masculine". And while in 2016 we don't talk about some of the original tenets of the men's movement, like avoiding "excessive interaction with

women", we do still talk a lot about men being the ones to define what it is to be masculine. Central to this is talking about feelings and how strong men don't hide from their feelings, but are free to express and process them. Just as men in 1976 felt that something was wrong with what society expected them to be, men today realize that we can't allow popular culture to dictate how we should be men. Instead, we need to lead by example in showing our sons and other men that caricatures of men as hard drinking, sex-obsessed creatures who never show weakness by expressing feelings other than anger do not form a good blueprint for how to lead your life.

TCMC's official 40th anniversary is this October and we plan to have an official event to commemorate this important date (you will be reading more about this soon). Until then, feel free to celebrate by getting that Saturday Night Fever shirt out of the back of your closet, re-watching "Logan's Run", or trying to remember a time when getting coffee came with exactly two options – regular or decaf. But also reflect on how 40 years later, we at TCMC are still fighting to define masculinities in terms that make sense for men.

JOE SZURSZEWSKI
BOARD CHAIR

TCMC 40TH ANNIVERSARY PLANNING

Tom Weaver and John Ruud have stepped up to co-chair the TCMC 40th Anniversary ARC Committee, charged with planning a celebration of the decades of committed work done at the Twin Cities Men's Center on behalf of men.

In the first two meetings at Common Roots, men shared ideas and visions for our upcoming 2016 Celebration. The acronym, ARC, stands for Action–Reflection–Celebration. Participating men actively dialogued about rebranding the TCMC, increasing its visibility, and being present and serving men where they are in their life "ARC"

Our working mission as of today is:

We create an attractive springboard for reconnection and celebration, through inviting active communication, including social media, on-line, print, audio and video, culminating in an engaging community celebration on Oct 22, 2016.

If you are interested in sharing your talents and muscle, please contact the TCMC 40th Anniversary ARC Committee at tcmc@tcmc.org

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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Apr/May 2016

				Call us about Anger Management Classes.			
	SUPPORT GROUP Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 pm Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLINIC Family Law 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am	
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1976 In Our 40th Year of Public Service 2016

web site: www.tcmc.org
e-mail: tcmc@tcmc.org
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PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 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 30 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

All presentations, classes, and clinics meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

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: Bob Manson
When: Wed, Apr. 6, 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

Leaders: Linda Wrey & Steve Yasger
When: Wed, May 4, 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

Mind and Emotions: A Universal Treatment

Facilitator: Jerry Buchmeier
When: Thurs, April 14 – June 2,
6:00 – 7:30 pm

Open to all genders

This class is based upon the workbook Mind and Emotions; A Universal Treatment for Emotional Disorders, by Matthew McKay, Patrick Fanning, and Patricia Zurita Ona. We will review the basic ideas in the book, pick out sample issues in our lives, and find appropriate exercises from the book that may help with the issues.

The skills and techniques presented in the book provide a single therapy for Anxiety, Phobia, PTSD, Anger, Shame, Guilt and Depression. They are based on proven techniques from Cognitive Behavior Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy.

The class teaches skills and techniques that enable us to set aside the short-term coping strategies that create emotional chaos in our lives. We replace old strategies with new ones including clarifying and acting on your core values, mindfulness and acceptance, detaching from negative thoughts, self-soothing and relaxations exercises, assertiveness and interpersonal skills, and gradually facing your strong emotions.

Jerry co-facilitates the Sexual Trauma and Abuse Survivors group at the Men's Center on Thursdays, 7:30 to 9:30. He has a private psychotherapy practice in Plymouth, MN.

If you are interested or have questions, please call Jerry at 763-546-4133, or email at jeromebuchmeier@gmail.com

Mankind Project Open Circle

Presenter: Tim Kuss
When: Every Thurs, 7:00-9:00 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.

• Thursdays 7:00 - 9:00 pm

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.

• 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
570 N. Asbury Street, suite 300
St. Paul, 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

SAVE the DATE!

The TCMC 40th Anniversary Party is coming!

Join us on a journey of creating a year of "Celebration and Renewal" geared toward a fun community celebration on **Oct 22, 2016.**

Details to follow.

TCMC Launches a Blog

The Twin Cities Men's Center Blog (Twin Cities Men's Center News) was begun in Feb 2016 to celebrate our "ARC" of 40 years serving the men and families of the Twin Cities and beyond, since Oct 1976. Join us and follow us as we **A = take Actions, R = Reflect** on the issues of today, without living in the past, or closing the door to it, and **C = Celebrate** in Community on our shared paths in 2016.

As of this printing of Men Talk, we have posted three pages on the blog, and invite men to comment on our social media presence. We'd like to improve on reaching more men where they are at in the next 40 years.

TCMC 40 Year Learning ARC 1976-2016, Action-Reflection-Celebration

<http://tcmenscenter.blogspot.com/2016/02/tcmc-40-year-learning-arc-1976-2016.html>

Visioning Growing an On Line Presence in 2016 — Invitation for evocative Images

<http://tcmenscenter.blogspot.com/2016/02/visioning-growing-on-line-presence-in.html>

Grass Roots 1980's Organizer Stuart Holland — Founder Minnesota AIDS Massage Network

<http://tcmenscenter.blogspot.com/2016/02/grass-roots-1980s-organizer-stuart.html>

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **April 17th 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 15th 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). About half a dozen men attended February's brunch at Daniel Heist's and March's brunch at Damon Stark's — Andy Mickel, 2016-03-20.

The **Changing Men's Collection (CMC) at Michigan State University** is the largest archive of Men's Work periodicals, books and articles in the United States due to the more than 25 years of dedicated work by Ed Barton, volunteer curator and librarian at MSU Libraries in E. Lansing, MI. Ed has a large collection of old New Warrior Network and ManKind Project newsletters from various centers and wants more (of course!). He has contributions from Bill Kauth, Rich Tosi, Hal Klegman, Steve Kushner, Andy Mickel, Jim Frost and others. Anyone who knows of newsletters from MKP Kansas City, MKP Sioux City, MKP Memphis, etc. should contact Ed to add to the collection. Ed is at: (517) 336-7073 & <bartoned50@hotmail.com>. — Ed Barton, 2016-03-21.

"Keep up the Good Work!" — David Kremer, 2016-02-14.

"Thank you for enriching our community by your dedicated efforts." — John Cordes, 2016-03-01.

The **February 29 post on the Man-Making Blog** <<http://journeytomanhood.blogspot.com/>> by Earl Hipp is entitled: Nine Things Boys Need and Get from School Groups with Men. He states there's lots more than 9, but here they are:

- A safe place to speak their truth. Any truth. The truth which if kept in the dark and secret places will do serious damage over a lifetime.
- Adult male allies – men who are on their side and want the best for them.
- Solid support for their existing life challenges. Everything from their family interactions, friendships, trouble with the girls in their lives, gang challenges, money problems, value based choices, and feeling/being lonely.
- Good information about life/being a man.
- An evolving vision of positive manhood. Having a picture created of the attributes of a good man, a man you'd respect and who'd be a role model for you.
- Development of emotional vocabulary – Having a language to describe the complex emotional experiences and feelings they are having. Having a place to have feelings and not be negatively judged.
- A place to decompress, to un-shame, to not be alone with the anger and pain, talk about age specific, maturity level appropriate, and life challenge relevant issues.
- Belonging: In a school full of cliques, in group we are all brothers, alike, included, valued, and honored. Having other guys who are so much more than just a "what's up?" friend.
- A place to practice being a man – where they can try on being the man they want to become. Practice showing up with authenticity, accountability, responsibility, speaking directly/assertively, supporting others, receiving praise and constructive feedback, etc.

— Earl Hipp, Desert Men's Council, Tucson, AZ <earl@man-making.com> 2016-02-29.

"Do We Have the Will To Create Peace?" is a two-page essay written and circulated by Roy U. Schenk of Madison, Wisconsin. Its sections are entitled: "*Born with a Clean Slate*", "*Men Taught Moral Inferiority*", "*Effects of Men's Learned Moral Inferiority*", "*Impact of Men's Moral Inferiority*", "*Is The Power Worth the Fear?*" and "*Compensation*". Roy would like to present this at a future Midwest Men's Conference, but one has not been organized for the past 24 years (the last few were in 1985, 1987, 1988, 1989 and 1992). — Roy Schenk, 2016-01-23, <ruschenk@gmail.com>.

The next **ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota will be hosted by Central Plains MKP in April 15-17, 2016** 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: Rod Clay Registrar Central Plains MKP, 712-301-8665 <RClay0596@gmail.com>. FFI: Jamie Wellik, 612-267-2467. — Andy Mickel, 2016-03-03.

Give a Gift
of Men's Center
Membership
ONLY \$25



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!

Infinite Aperture Counseling

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Specializing in Men's Issues

2435 Garfield Avenue South
Minneapolis, MN 55405
(612) 599-3298

hgreenberg@iacounseling.com
www.iacounseling.com



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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**

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

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.

20 Years of Successful Classes

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