

men talk

tcmc
twin cities men's center

in our 40th year
of public service

Oct/Nov 2016
Volume 40 #5

TCMC / Twin Cities Men's Center Turns 40!

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Come and celebrate 40 years of the Men's Center/Twin Cities Men's Center, on Saturday Oct. 22, 2016. "**40 Years – Men Supporting Men!**" is our theme. We are inviting supporters and guests to celebrate and envision TCMC's vibrant continuation into the 21st Century. Come for finger food, conversation, reflection and a special group circle sharing during this planned 4+ hour event. We envision a "green" low carbon impact, alcohol free event, modeling responsible earth-centered values.

Who: Men and our supporters, are encouraged to attend: those have been inspired by, are curious to learn and share about, **our unique role** in serving men here in the Twin Cities over 40 years. And those who share a vision for the coming years

Where: 300 Clifton Ave Minneapolis 55403, just south of Loring Park. We are fortunate to have the use of the newly restored Mansion managed by gracious hosts, John and Norman. This house has a fascinating history, built by a visionary, a founder of the Minneapolis Institute of Arts, and now run as a locally owned bed & breakfast and event center. **Car-pooling** suggested. There are **22 parking** spaces next-door at 310 Clifton, and about 10, at 300 Clifton with parking on the streets. Anticipate greeters welcoming you at the front portico door. Look for the TCMC Banner See: www.300Clifton.com

What: "40 Years – Men Supporting Men" is reflected in a **time-line of events** for four decades, and visions for the future! To be viewed in common space. Also personal reflections from men, written and shared in a talking circle, of HOW we have been living our mission of service: "*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*".

When: Saturday Oct. 22, 2016

1:00 PM – 2:30 PM Arrive and share catered finger food in the dining room and ground floor of the mansion. Mix with friends and new acquaintances while visiting in the fireplace room, (drawing room) and the large conservatory with our time line. Lawn/yard games: bean bags, rodeo golf, bocce ball items available.

2:30 PM – 3:30+ PM **Check-in circle**, with optional wireless, microphone, to share experiences, with special opportunity to honor Randy Genrich, long term Men's Center advocate and outgoing office manager and others in our remembrance.

3:45 PM – 5 PM Wrap up and sharing closing.

Why: To celebrate, reflect and acknowledge the contributions of TCMC from 1976 – 2016. To share with like-minded people, who are inspired to make a difference in Men's Lives in a good way.

Cost: Donations of any amount accepted, suggested donation of \$25 or more for a **40th Anniversary Royal Blue T-Shirt**. As is our tradition, **no one will be turned away for lacks of funds**.

We look forward to more men sporting the royal blue T-shirt we are offering with donations in celebrating this milestone – **For details during the next month, follow us on Facebook TCMC 40th Anniversary Celebration Event and RSVP here by Oct. 15** if possible.

<https://www.facebook.com/events/797739060358741/>

And Facebook Twin Cities Men's Center

<https://www.facebook.com/menscenter.org/>

John Hesch our current Anger Management Coordinator reflects on Anger Management as one story and example of our work - **How the Anger Management Program Began at The Men's Center**.

The Anger Management Program began in 1994 with an inquiry to the Men's Center from Dave Decker. In his letter he wondered how he could be of service to The Men's Center. Herb Jaehne, then a board member, followed up with Dave who was a counselor doing domestic abuse groups in St. Paul. Herb had attended support groups at the Men's Center and was looking for a way to give back. It was decided that a program dealing with domestic abuse wouldn't work at the Men's Center, as they typically ran about 26 weeks. Instead, Herb and Dave came up with the concept of starting the group: Men Helping Men with Anger.

They began a 12 week program modeled somewhat after the 12 steps. Herb applied to non-profit foundations and secured two grants, from Dayton's and the Star Tribune. While Dave designed the materials for the class, Herb designed the brochure and started looking for volunteer facilitators. The first class of facilitators began training late winter of 1995, including pioneers, Gerald Obremski and Hank Bruns. Thus Anger Management classes were born. 21 years later, Anger Management is still going strong with 9 classes a year consisting of up to 15 men to a group. Classes are held on weekday nights by volunteer facilitators who share how the strategies are working in their own lives, to keep the classes more experiential, than theoretical. Currently The Anger Management Classes produce 55% of the revenue that keeps TCMC financially solvent.

Tom Weaver currently serve as the Vice-Chair of the TCMC Board, and John Hesch co-ordinates our long-running, successful Anger Management program.

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.
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Greetings from the Chair

I first came to TCMC to attend a support group. I had no idea what to expect and was beyond nervous at the prospect of talking about and listening to feelings for 2 hours. As I entered the room I noticed several other men waiting for the group to start. I'm certain that if any of them had made a sudden movement, I would have bolted out the door like a frightened deer.

Fortunately I stayed, but TCMC's upcoming 40th anniversary got me thinking about why men are so often freaked out by their feelings. I've written extensively in this space about how our culture actively discourages men from admitting they even have feelings, but I think another major factor is the belief that no one else in the world has ever had the confused, contradictory feelings you are experiencing. Because most men have never heard other men talk about any feelings, let alone the jumbled and painful feelings you are having, you must be the only man to ever experience these feelings, right?

In a word, no. If TCMC's 40 years of support groups mean anything, it's

that whatever you are feeling, other men have had, are having, and will certainly continue to have the same feelings. Put another way, there is nothing new under the sun when it comes to feelings. It is this fact more than anything else that makes our support groups work.

So I encourage you to join in celebrating 4 decades of men helping men with their feelings by dropping by our 40th birthday party from 1 to 5 p.m. on Saturday, October 22nd at 300 Clifton Avenue in Minneapolis. There will be appetizers and you can participate in a check-in circle or just enjoy conversation and companionship with other men in a stunning turn-of-the-century mansion, the use of which has been generously donated by the owners who are also TCMC members. And if you want to celebrate early and be smartly attired for the party, stop by the TCMC office to purchase a special TCMC 40th Anniversary t-shirt. I hope to see you there!

JOE SZURSZEWski
BOARD CHAIR

Part-Time Administrator Wanted

The Twin Cities Men's Center, a Minneapolis non-profit celebrating its 40th anniversary this year, is looking for a permanent part-time Administrator. This position will be 15-20 hours per week at \$15/hour, spread over 4 or 5 days (the exact schedule is somewhat flexible). The Administrator is the primary point of contact at TCMC for the men who use our services, vendors, and the general public. The Administrator is also responsible for directly handling or delegating all administrative tasks at TCMC.

Specific responsibilities include answering and returning phone calls, replying to emails, making referrals to other non-profits and services, keeping the TCMC space clean and tidy, scheduling presentations and presenters, maintaining signs in our space, making bank deposits, maintaining supplies, attending monthly TCMC Board meetings, and many other miscellaneous tasks.

We are looking for someone who is extremely detail-oriented, tech savvy and generally experienced with computer and mobile technology (email, word processing, social media, etc.), with excellent listening & communication skills and a friendly and empathetic demeanor. Because TCMC serves men in crisis and transition, it is important that the Administrator be able to calmly and professionally respond to men who are looking for help while working through difficult issues. Finally, the Administrator must be non-judgmental and accepting of all sexual orientations, gender identities, races, faiths, and life styles. In short, you must be accepting of all people.

If you are interested, please send a cover letter and resume to tcmc@tcmc.org with the subject line "Administrator Resume" and be sure to include a complete job history.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Oct/Nov 2016

web site: www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892

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	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 7 CLASS Anger Mgnt. 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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Call us
about Anger
Management
Classes.

1976 In Our 40th Year
of Public Service 2016

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: Rasheen Tillman

When: Wed, Oct. 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.

Family Law Clinic

Leaders: Kelley Lorix

When: Wed, Nov. 2, 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

Mankind Project Open Circle

Facilitator: Jamie Wellik

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 Gillette's book.

- Thursdays 7:00 - 9:00 pm

Anger Management

Facilitator: various

When: See calendar for dates

Open to Men Only

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.

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.

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

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

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

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 Tom Duvall, Hardy, Rich Powell, Tommy Jones, Bobby Schauerhamer and Gary Weldon.

Minneapolis Location

3249 Hennepin Ave. S. Suite 55

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

St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

The Whole New GAY World

"Let's Hear It From the Guys"

Open to Men Only

The Whole New GAY World is a new approach in discovering and clarifying the idiosyncrasies of the world we currently co-exist in as Gay and Bisexual men. So much has changed, but yet, so many things still seem the same. The Whole New GAY World will meet once per week for eight weeks. Topics and subjects will be explored with authenticity, levity and passion through group discussion and interactive experiences. We will explore healthy relationships, and what our community looks like and what it's potential is for each of us. You will learn about yourself, your community, and explore immense new possibilities for your life.

Attending all eight sessions is encouraged to fully experience an interactive transformation.

Registration is FREE (with donations for the Men's Center encouraged). Register and/or direct questions to Chris at: TheWholeNewGayWorld@gmail.com

There is a limited registration for a maximum of twenty people. This offers each attendee and the group, a more effective experience.

- Weds. (Oct. 19 to Dec. 7) 7 - 9:30 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

TCMC 40th Anniversary Party

Join us on a journey of creating a year of "Celebration and Renewal" geared toward a fun community celebration.

40 Years – Men Supporting Men!

Oct 22, 2016

1:00 p.m. – 5:00 p.m.

300 Clifton Ave Minneapolis 55403

Announcing a Whole New Support Group: The Whole New GAY World

The Whole New GAY World is a new approach in discovering and clarifying the idiosyncrasies of the world we currently co-exist in as Gay and Bisexual men. So much has changed, but yet, so many things still seem the same. The Whole New GAY World will meet once per week for eight weeks. Topics and subjects will be explored with authenticity, levity and passion through group discussion and interactive experiences. We will explore healthy relationships, and what our community looks like and what it's potential is for each of us. You will learn about yourself, your community, and explore immense new possibilities for your life. **Wednesdays at 7:00 p.m.**

Upcoming **Monthly Men’s Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **October 16: no brunch in lieu of Men’s Center 40th Anniversary Celebration, Saturday, October 22nd, 1-5pm, 300 Clifton Avenue, Minneapolis 55403.** Come and share appetizers and beverages. **November 20th** at Stan Bookout’s 2512 37th Av S 55406 377-1414. 16 men each attended Harry’s brunch in August and Andy’s brunch in September. – Andy Mickel, 2016-09-18.

Mankind Project Minnesota continues to host community gatherings. Please contact Jamie Wellik, 612-267-2467 <jamie@wellik.org> for more information, or attend the Open Warrior Circle at the Men’s Center on Thursday evenings. – David Kaar, 2016-09-07.

Longtime Men’s Center storyteller, **Larry Johnson turns 70 and will walk 70 miles in 3 days**, partially at the urging of his sister, who said, “It’s only right. After all, mom died when she was 70”. According to Larry: “of course, Mom, and many others I know, including veterans, had/have cancer. The hike is also 22 plus miles each day, my own urgency at the travesty of the 22 veterans daily who take their own lives.”

Do your own shorter hike and carry your own list of veterans who have suffered from cancer or taken their own lives, as well as family and friends who have suffered or died from cancer. My concern is over the cancer footprint of nuclear.

“Day One, October 22, I will walk from Rosemount to Northfield, because Paul Wellstone taught and began organizing there. My dream was to reproduce the 50 Mile Hike at age 50 to help him win again in 1996, but I was so

incapacitated I could barely move. Day Two, October 23, I will walk from Stanton (near Northfield) to Prairie Island, with an evening stop at the lighting of the Pumpkins at the Depot in Red Wing. May the artistically carved jack and jill o’lanterns ward off the evil of nuclear cancer producers. Then Day Three, **United Nations Day on October 24**, will be from Red Wing, down the Wisconsin side of beautiful Lake Pepin, now grotesquely polluted with industrial and agricultural toxins generating cancer and other modern diseases.” – Larry Johnson, 2016-09-03.

My 14-year-old daughter was catcalled on the street, leaving me to confront a conflicting set of male instincts. “... She told us about the men standing on Hennepin Avenue and how they catcalled her. She told us what they said and how it made her feel. She passed it along matter-of-factly, but it weighed on her with the persistence of gravity...

“I don’t think I betrayed my thoughts to her. She developed strategies to survive the week — avoid the creepy men, call friends to pick her up, wear headphones, walk faster, avoid eye contact. We rehearsed a few responses. She finished the summer intensive and enjoyed her experience. She learned a lot about dance, about adulthood, about men, about life.

“And I had an epiphany about privilege. Because I am black in a white world, I know what it’s like to exist outside of privilege. I know how it feels to explain your experience to people hard-wired to defend their team against perceived accusations. As a man in a patriarchal world, I sometimes forget that I also possess privilege. Considered broadly, a lot of people are like me, simultaneously privileged and marginalized. That night I listened to my daughter with everything I had because I know what it’s like to want to be heard.” – Michael Kleber-Diggs, Minneapolis StarTribune,

Complete story at: <<http://www.startribune.com/10000takes>>, 2016-09-06.

“**‘A Whole Lot of Action’ Over Change in Alimony**” The Minnesota Cohabitation Alimony Reform law went into effect the first day of August... the law allows judges to end, alter or suspend spousal maintenance (also called alimony) if recipients are found to be living in a committed relationship with a significant other. Supporters of the change say too many people take advantage of the system and their exes — by co-habiting instead of marrying so that spousal maintenance payments continue.”

“Alimony is not inherently bad, said a father of two, but this can’t be about getting paid to not get married.” – Gail Rosenbaum, Star Tribune, full story at: <<http://www.startribune.com>>, 2016-08-18

Domestic Violence, Sex-Trafficking, and Bullying Awareness Day - October 24 at Minneapolis Community & Technical College (MCTC).

10:00am-12:30pm – Resource Fair;
1:00pm-3:30pm – Presentation/Program from Breaking Free, entitled Pimp Culture and Methods of Recruitment

– Anna Mazig, MCTC Student Support Center, <anna.mazig@minneapolis.edu>, 2016-09-20

Give a Gift
Men’s Center Membership
Only \$25
612-822-5892



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

harry greenberg, msw, licsw
Specializing in Men's Issues

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

hgreenberg@iacounseling.com
www.iacounseling.com

THANK YOU!

The Men's Center receives generous donations of baked goods from Breadsmith Bakeries. You can find them at 50th and France or online at: www.breadsmith.com



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**

	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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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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