

# men talk

tcmc   
twin cities men's center

in our 41st year  
of public service

Feb/Mar 2017  
Volume 41 #1

## *Transitions*

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The transitions group began as an idea from the founder of the group, our esteemed mentor, and friend (the late) Hank Bruns. His idea was to offer support to a portion of society that most people would rather throw away. This group of people consists of men and women that have been incarcerated due to prior criminal behaviors. When these people are released back into society, they need help to deal with the issues of living in a world that has become foreign to them. It is no secret that societal perception of these people is that they are dangerous and should never be allowed to walk as free people again. This mentality could not be further from the truth, and Hank knew this, which is why he saw the need for a transitions support group.

The group is open to all people that are struggling with having a felony in their past, especially in today's world of instant public media. A large majority of ex-cons currently being released have a sexual offense in their history. In 2003, I began attending the transitions group after my release from the prison system in Minnesota. There were only two people in the group that time, Hank and myself. Hank was not a sex offender. Hank was not offended that I am. He encouraged me to be myself and do what I could to grow this group. I believed in Hanks philosophy, and knew that I had a lot of friends that would be coming out of the correctional system, and looking for a place that they could get support without being judged. Hank offered that kind of support to me, and together we offered that to whoever needed it in a society where sex offenders are increasingly being demonized and restricted from even attempting to become healthy productive citizens. The group began to grow and through the years has helped many people resolve their fears. Many ex-offenders that seek a support group that have a history of sexual offenses are very cautious about "sharing" their story because their story involves sexual abuse. People with other offenses tend to become judgmental towards a sex offender, believing that their crime is less serious and does not impact the community as severely. This type of attitude against people with a sexual offense conviction makes it difficult for them to find a support group because he or she does not feel safe in speaking about their issues. My experience as a convicted sex offender in prison confirms this. Any

other offense is "better" than a sexual offense, especially if the sexual offense was against a child.

Though first started as a group for any felon, it has transitioned into a group specializing in sex offenders. There are many support mechanisms currently for ex-cons in general but few for ex sex offenders who don't feel safe opening up in a general group about their specific struggles. The focus of our group allows members to feel comfortable to really open up with their specific problems and get real support in living a healthier life.

The transitions group is designed to not only understand how a person was able to commit such an offense without judgement, but also how to help this person find a balance within his or her self in order to live a healthy life. The group is committed to the motto of, "no more victims". All members of the group have served time and/or treatment at one period in their life. Group members can assist in finding housing, employment by networking with other offenders that have had similar experiences, and above all else provide a safe place to share their concerns about their thoughts and feelings of a sexual nature. The group is not a therapy group, but the majority of the members have had so many years of experience in dealing with social attitudes against sex offenders that the wisdom from the group can bring comfort in knowing that there is brightness during the journey. Keep in mind that our choices are what brought us all to this point, and it is solely up to each and every individual whether or not they choose to make healthy decisions. The group helps to affirm that those healthy decisions "although sometimes not our favorite", have to be made. Some choose to continue making poor choices and with those choices are consequences.

We offer support, and the knowledge that one does not have to continue to live a criminal lifestyle. Everyone gets a chance to share with the group what is going on in their lives without judgement. Suggestions can be offered or not depending on what the persons needs are. Each individual is accepted for who they are without bias. Members are gay, straight, bi, or whatever life choice they decide to be and at times include female sex offenders. Our position is to help. Most people are not taught to deal with their feelings especially feelings other than anger.

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## 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](mailto:tcmc@tcmc.org). **Staff:** Tom Maher - Office Mgr, John Hesch - Anger Mgmt Coord. **Office Volunteers:** Rick Charlson, Jim Heaney, Dick Madigan. **Editor:** Bill Dobbs

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## Greetings from the Chair

The Oxford Dictionary recently announced that its 2016 Word of the Year was "post-truth". Defined as "relating to circumstances in which objective facts are less influential than appeals to emotion and personal belief," this word is bad news for fans of the real world, and particularly for people who are working hard to improve.

Words of course are not inherently good or bad. Value judgments on words must take into account the context and intent behind the words. But the rise of "post-truth" and its regular appearance in all kinds of media suggests that at the very least, facts aren't as important as they once were. But why is this? Why was there a need to coin such a word? Why are some people apparently choosing to ignore verifiable facts in favor of unverifiable personal beliefs? In the pre-post-truth world, people seemed capable of accepting facts that they found personally distasteful. Why now, in the early years of the new millennium, are people looking for ways to redefine reality to match their personal beliefs?

The world has become a bewilderingly complex place. With each passing year, it gets harder and harder to keep up with the science, technology, and social processes that make the world run. And complexity is exhausting. So it's

understandable that many would yearn for simpler times, and even want to roll back various kinds of progress in favor of simplicity. But just declaring that reality is simpler than it is doesn't make it so.

The real danger of this kind of thinking is that it will trickle down into your personal life. If you are working to make yourself a better man or to overcome a serious personal challenge, the solution is not to simply declare that the problem doesn't exist. The issues that men bring to TCMC are complex, and they require a gentle but honest approach to solving them. They also require a level of comfort with perhaps never completely understanding what caused the issue. The hard part of living in a complex world is accepting that you will never understand everything.

"I reject your reality and substitute my own" was Mythbuster Adam Savage's humorous response when things didn't go as planned on his TV show. But this isn't a viable strategy for life. Living a life of meaning and tackling the problems that can result from this means embracing complex truths and refusing to pretend that they don't exist.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

### CONTINUED FROM PAGE 1

The general school of thought is that if I ignore it, it will go away. Unfortunately that never happens. Anger can manifest itself as rage, and then it can erupt into a behavior that brings out the worst in human behavior. Members of the group tend to not just be "group members", but become friends that share details of their lives that most people never get. It becomes a sort of family that is able to share anything and resolve issues that a "normal" person would never discuss. This type of bond is what forms the nucleus of the transitions group. We are not funded by the department of Corrections, and therefore are not bound by their regulations. We do have rules and regulations that are adhered to because of the nature of what we are about. Confidentiality is very important in order to maintain a level of trust between members. Group members are not allowed to share with others outside of the group what is discussed during group time. No one is ever forced to attend this group. It is strictly voluntary. Many sex therapy groups and probation officers recommend or require their clients to attend an outside support group to help in a healthy transition to society. No one is paid to facilitate the group. We are all volunteers that choose to help men and women continue to make healthy decisions. We welcome all that choose to seek help.

*Scott and Ruth Foster are facilitators that lead the Transitions Support Group.*

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
<p>1976 In Our 41st Year of Public Service 2017</p>			<p><b>SUPPORT GROUPS</b> H.S.B. East 5:30 pm Transition 7:30 pm</p> <p><b>CLINIC</b> Family Law 7</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>1</b></p>	<p><b>SUPPORT GROUPS</b> Divorce/General 7:30 Sex Abuse Survivors 7:30 pm</p> <p><b>CLASS</b> Mankind 7pm <b>2</b></p>	<p><b>SUPPORT GROUP</b> Men's Bisexual &amp; Gay Issues 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>3</b></p>	<p><b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 am <b>4</b></p>
	<p><b>SUPPORT GROUP</b> Divorce/General 12:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>5</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. 12:00 pm Gay Issues 7:30 pm</p> <p><b>6</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. East 5:30 pm Transition 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>8</b></p>	<p><b>SUPPORT GROUPS</b> Divorce/General 7:30 Sex Abuse Survivors 7:30 pm</p> <p><b>CLASS</b> Mankind 7pm <b>9</b></p>	<p><b>SUPPORT GROUP</b> Men's Bisexual &amp; Gay Issues 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>10</b></p>	<p><b>FACILITATOR TRAINING 12PM</b></p> <p><b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 am <b>11</b></p>
	<p><b>SUPPORT GROUP</b> Divorce/General 12:30 pm</p> <p><b>BOARD MTG.</b> 7 pm <b>12</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. 12:00 p.m. Gay Issues 7:30 pm</p> <p><b>13</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. East 5:30 pm Transition 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>15</b></p>	<p><b>SUPPORT GROUPS</b> Divorce/General 7:30 Sex Abuse Survivors 7:30 pm</p> <p><b>CLASS</b> Mankind 7pm <b>16</b></p>	<p><b>SUPPORT GROUP</b> Men's Bisexual &amp; Gay Issues 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>17</b></p>	<p><b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 am <b>18</b></p>
<p><b>BRUNCH</b> 10:00 am</p> <p><b>SUPPORT GROUP</b> Men's Retirement 5:30 pm <b>19</b></p>	<p><b>SUPPORT GROUP</b> Divorce/General 12:30 pm</p> <p><b>20</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. 12:00 p.m. Gay Issues 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>21</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. East 5:30 pm Transition 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>22</b></p>	<p><b>SUPPORT GROUPS</b> Divorce/General 7:30 Sex Abuse Survivors 7:30 pm</p> <p><b>CLASS</b> Mankind 7pm <b>23</b></p>	<p><b>SUPPORT GROUP</b> Men's Bisexual &amp; Gay Issues 7:30 pm</p> <p><b>24</b></p>	<p><b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 am <b>25</b></p>
	<p><b>SUPPORT GROUP</b> Divorce/General 12:30 pm</p> <p><b>26</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. 12:00 p.m. Gay Issues 7:30 pm</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>28</b></p>	<p><b>SUPPORT GROUPS</b> H.S.B. East 5:30 pm Transition 7:30 pm</p> <p><b>CLINIC</b> Family Law 7</p> <p><b>CLASS</b> Anger Mgnt. 7pm <b>1</b></p>	<p><b>SUPPORT GROUPS</b> Divorce/General 7:30 Sex Abuse Survivors 7:30 pm</p> <p><b>CLASS</b> Mankind 7pm <b>2</b></p>	<p><b>SUPPORT GROUP</b> Men's Bisexual &amp; Gay Issues 7:30 pm</p> <p><b>3</b></p>	<p><b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 am <b>3</b></p>
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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: Rasheen Tillman

When: Wed, Feb. 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.*

### Family Law Clinic

Leaders: Kelley Lorix

When: Wed, Mar. 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.*

## PRESENTATIONS

### The Powers of Concentration

Facilitator: Constance Casey

When: Wed, Mar. 15, 7:00-9:00 pm

*Open to all genders*

You are already concentrating in various ways. So let's explore how to increase the powers of concentration in daily life. We will start with a guided meditation. Then, a presentation on the powers of meditation and how those powers can increase your functioning and wisdom in daily life. This presentation includes working with the breath and the qualities of the breath. We will break into dyads for a portion of the meeting.

Constance Casey holds a Masters in Divinity and is ordained in the Buddhist tradition as an inter-faith minister. She has been an Addiction Counselor since 1990. Her inter-faith focus on recovery and spirituality are central to her awakening process. She is authorized to teach meditation from both the Theravada and Mahayana traditions. In addition she has a lifetime of Christian contemplative practice in centering prayer. She has a private practice for spiritual direction and facilitation for recovery in Minneapolis. You can learn more about her at [constancecasey.com](http://constancecasey.com).

### Developing Wisdom

Facilitator: Constance Casey

When: Wed, Mar. 29, 7:00-9:00 pm

*Open to all genders*

The main ingredients in all spiritual traditions develop wisdom in every day life. We will begin with a guided meditation, and then there will be a presentation and discussion on how spirituality can be brought into every day life through increasing subtle forms of awareness and integrating that into new patterns of behavior. We will break into dyads for a portion of the meeting.

Constance Casey holds a Masters in Divinity and is ordained in the Buddhist tradition as an inter-faith minister. She has been an Addiction Counselor since 1990. Her inter-faith focus on recovery and spirituality are central to her awakening process. She is authorized to teach meditation from both the Theravada and Mahayana traditions. In addition she has a lifetime of Christian contemplative practice in centering prayer. She has a private practice for spiritual direction and facilitation for recovery in Minneapolis. You can learn more about her at [constancecasey.com](http://constancecasey.com).

## 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 Gilette'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

### 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

### 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

### 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

## Facilitators Training Day

### Sat. Feb 11

This year's annual facilitator training will be held on Saturday, February 11, from 12:15-2:30pm in the big room at TCMC. Pizza will be served, because yes..., there is such a thing as a FREE LUNCH.

If you think you might want to be a facilitator, if you are presently a facilitator who would like to hone some old skills or learn a few new ones, or if you are just curious about all that goes into facilitating, please join us. Long time facilitators who add wisdom and experience to training are always welcome!

Trainers: Gary Weldon, Bob Schauerhamer, Tommy Jones (Please let Tom Maher or any of the trainers know if you plan to attend... a rough headcount would really help us prepare.)

See you there!

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **February 19th at Rick Gravrok's** 2925 Monterey Ave S, St. Louis Park, 55416; 612-750-6990. (on the west side of Lake Calhoun, off Lake St.). **March 19th at Damon Stark's** 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange). Over a dozen men attended the December 18th brunch hosted by Jamie Wellik at the Men's Center, and 17 men attended Frank's January brunch in St. Paul. - Andy Mickel, 2017-01-16.

"Keep up your good work. You may want to address content around the ACEs research and resiliency building in *Men Talk* or your presentations." - Lowell Johnson, 2017-01-03.

"Dear Men's Center, Thank you for your continuing good work with men. You are a life save for guys and make mental health possible for men. Warm regards," John & Donna Driggs, 2016-12-29.

**IRON JOHN at SATTVA** is an ongoing weekly men's gathering at the new SATTVA Healing Arts in Minneapolis that provides discussion, ritual, music, meditation, and radical participation in the discovery of self and the Mystery we carry as men. Men of all backgrounds, faiths, peoples, young and old, gather every Tuesday evening at SATTVA to create a world of Beauty, Balance, and

Individuals whom are more conscious, responsible, respectful, compassionate, and connected to purpose and spirit.

**IRON JOHN at SATTVA** creates a Sacred Space that honors and supports the healing vitality and collective wisdom of Masculine Intelligence, Fatherhood, Fraternal Mentorship and Eldership and is inspired by the pioneering work of Minnesota author and mytho-poetic master story teller, Robert Bly. The group meets each Tuesday, 7:00-8:30pm at 3200 Bryant Ave S, Minneapolis, MN 55408.

- 1st Tuesdays: Sacred Masculinity and Meditation
- 2nd Tuesdays: Wisdom and Listening Circle
- 3rd Tuesdays: Drumming, Music, and Movement
- 4th Tuesdays: Ritual and Personal Growth
- 5th Tuesdays: Special Guest or Visiting Teacher

Cost: \$18 per individual per gathering (\$62/mo). FFI: [www.sattvamn.com](http://www.sattvamn.com). - Dan Gorbunow, 2017-01-16.

**"The Hook-Up Culture: How has sexual intercourse become so degraded?"** The sexual assault on a young woman by 10 U [of Minnesota] athletes had little to do with consent, but a lot to do with norms. I got 13 pages into the University of Minnesota's report on football players' sexual assault on a young woman last September before I had to stop for a time. Reading the account of football players piling

onto a young woman in a teammate's bedroom was like witnessing a deer brought down by one wolf and other pack members rushing in to tear off a piece of flesh. The young men jostled for position, asserted rights to "my turn" and assaulted her two or three at a time while she clutched a blanket to cover her naked body. Even wolves wouldn't instant-message videos inviting others to the scene...

...One-night stands are a particular source of regret. One researcher found that men had stronger feelings of being "sorry because they felt they used another person," whereas women had stronger feelings of "regret because they felt used." And women were more likely to hope that a one-night stand would be a prelude to a deeper relationship...

Lynda McDonnell is a writer in Minneapolis. More on her blog at <https://lyndamcdonnell.com/2016/12/23/227/> - Lynda McDonnell, Minneapolis StarTribune, 2017-01-02.

**Mankind Project Minnesota** continues to host community gatherings. The 2017 Annual Meeting will be held Saturday, February 11th. Please contact Jamie Wellik, 612-267-2467 <[jamie@wellik.org](mailto:jamie@wellik.org)> for more information, or attend the Open Warrior Circle at the Men's Center on Thursday evenings. - Jamie Wellik, 2017-01-15.

## **ANNUAL MEETING REPORT**

On January 7, 2017 The Twin Cities Men's Center held its annual meeting to review our successes from 2016 and goals for 2017. A full room of active members gathered on that cold morning and learned that our financial status is sound; that we had ten series of successful Anger Management classes; that we served thousands of men at our many weekly Support Groups and Family Law Clinics; that we reached out to men in prisons across the state, and at various events like Pride; and that we hired a new Office Manager, Tom Maher, to run our day-to-day operations.

We also discussed 2017 goals such as redesigning our Website; improving our Outreach to younger men and men of color; continuing our successful Anger Management classes and Support Groups; restarting Wednesday Presentations; increasing membership; completing our Long-Range Strategic Planning process; and electing a new Board of Directors to lead us.

The members of the new Board are: Chair - Joe Szurszewski, Vice Chair - Chris Durant, Secretary - Tom Weaver, Treasurer - Rick Charlson, Andy Mickel, Chris Fehl, Norm Petrik, and Harry Greenberg.

Our Board alternates are: Jim Heaney, Malik Holt, Dan Gorbunow, Jamie Wellik, and Lydell Johnson.

## 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*

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DATE: \_\_\_\_\_

FROM Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
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\_\_\_\_\_

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!**

### 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](http://www.breadsmith.com)



Many thanks to

### Factor of 4, LLC

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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](mailto: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: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days. 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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto: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:** \$265 for TCMC Members (\$275 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.

*21 Years of Successful Classes*

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