

men talk

tcmc 
twin cities men's center

in our 41st year
of public service

June/July 2017
Volume 41 #3

Gender Fluidity in the 21st Century – Embracing the Gender Revolution?

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The title **GENDER REVOLUTION**, in the Jan. 2017 **National Geographic Special Issue**, piqued my curiosity this winter. On the cover was nine year old Avery Jackson dressed in pink, with a quote: “The best thing about being a girl is, now I don’t have to pretend to be a boy” – She is the first transgender individual to grace the cover of the 128-year-old iconic magazine. <http://www.national-geographic.com/magazine/2017/01/>

Questing for Clarity and Respect

Since then, as I have met more gender queer, non-binary identified folks, I have had to listen, and stretch my curiosity to learn a new vocabulary to support this 21st Century awareness – cisgender and transgender, queer, straight, gay, intersex are just a few of the words we hear. Being raised in rural Minnesota in the 1950’s and 60’s, there was just the simple duality, boys and girls. I have gratitude to be learning more with the support of such open circles, as reflected in 12 step traditions, Mankind Project and support groups at TCMC, area educational resources, that continue to emerge and evolve locally, as we are now in our 41st year.

How, are we to deal with the growing awareness of gender diversity issues here in Minnesota? **How is a MAN to be defined** on the continuum of gender identity? What is the appropriate response for TCMC as a service organization?

And I am still early on the learning curve. Scott Fieker, LPC, a trans group facilitator in the Kansas City area, suggests **Gender Unicorn**, as an introductory resource to aid in interpersonal communication language. Developed through TSER, Trans Student Educational Resources Visit www.transstudent.org/gender

This shared tool, allows personal naming in 5 realms: 1) **Gender Identity**: One’s internal sense, 2) **Gender Expression/Presentation**: The physical manifestation of one’s gender identity, 3) **Sex Assigned at Birth**: The assignment and classification of people based on a combination of anatomy, hormones, chromosomes, 4) **Sexually Attracted To**: Sexual Orientation. 5) **Romantically/Emotionally Attracted To**: Romantic/emotional orientation.

“It is important to note that transgender people do not have a mental illness nor do they have to medically transition to identify as transgender. Not all transgender persons can or are interested in hormones or sex affirming surgery. Being transgender is not a fad and does not require approval of a psychiatrist, therapist or others to be transgender,” says Scott. Scott identifies as a gay transgender man

and has been a licensed professional counselor for 25 years. He reports that the role of therapists is primarily to assist the person with minority stress caused by the discrimination projected onto transgender people by employers, faith communities, health providers, laws and media. Therapists are not gatekeepers to the process but rather supportive guides.

How important is this issue in Minnesota? To learn more, I attended the Opportunity Conference advancing LGBTQ health, Hosted by Rainbow Health Initiative, Advancing Health Equity, at the U of M in February, and there I learned of the scope of MN LGBTQ Health, as described in the 2015 Voices of Health Survey. (Available as PDF download @ <http://www.rainbowhealth.org/>) <http://opportunityconference.org/>

Data from a sample of 1288 LGBTQ Minnesotans Surveyed - **Sexual Orientation** -, 27% identified as lesbian, 33% as gay, 21% as bisexual, 16% as queer with 4% as pansexual. **Gender Identity** 15% identified as transgender, of those, 57% identified as gender queer, 25% as transmasculine, transmen, FTM or male-identified and assigned female at birth, and 16% as transfeminine, transwomen, MTF, or female-identified and assigned male at birth. Findings of the Survey included an increased risk to using tobacco products, (46% higher rate than general population), higher rates of food insecurity and mental health issues such as depression. The kind of statistics that may encourage a growing network of support for balanced health, in body, mind and spirit. .

Visioning for the future

TCMC recently completed a 7 month Strategic Planning Process, facilitated through MN Technology of Participation (<http://mntop.us>). - **Nurturing Partnerships** is one of the doors opening to us, to work with a network of organizations to address issues with which we lack experience. Tom Maher, our new office manager, had a recent inquiry from a trans woman who has some interest in doing a support group. Support groups have long been our forte’, as well as educational groups.

Where to go from here?

TCMC/The Men’s Center, in our 40 + years in the Metro Area, has been an incubator for a variety of emerging social concerns. From meetings at the Men’s Center during the 1980’s, the Minnesota AIDS Project emerged from the need for understanding of the epidemic. As

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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. **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

I'll state right at the top that this column is not going to offer anything original. You will have heard what I'm going to say many times and in many different ways. But I can promise you that it is as sincere and heartfelt as anything I have ever written in this space. Quite simply, life is short. One lifetime does not give anyone the luxury of easing in to it. You cannot wait and see. You are strongly advised to leap before you look.

I've been thinking about this recently because of two events. First, I had a birthday, and while not a milestone birthday with the tens digit on my odometer rolling over, it resulted in a number big enough to make me wonder how much time I had left and what I wanted to do with it (OK, I'm 52). Second, I was recently laid off from a part-time job I'd had for a few years. The layoff was a shock because I enjoyed the job, liked my co-workers, and was good at my job. But I realized as soon as I calmed down that not only was being laid off a good thing, but that I should have cut myself free much sooner.

My age scares me. Even though there is plenty of evidence to the contrary, I irrationally fear that I am past my prime, or that I missed crucial opportunities in my early years. And being laid off was a

significant hit to my ego, despite coming as part of a large layoff at the company and despite knowing that I didn't want to do that job for the rest of my life. In fact, I've been running my own photography business for many years and I have perfect clarity that photography is my true passion. And yet I couldn't bring myself to commit and go completely full-time with it until the layoff. I thought I would wait until the time was right. I thought I'd wait until any number of things happened. But having my hand forced made me realize I'd been stalling because I was afraid to focus on what made me happy first and let everything else be secondary.

Life is short. Aphorisms like "don't postpone joy," and "you only regret the things you didn't do" tell us this in more poetic terms, but the point is simple – don't get in your own way. Don't let fear of anything prevent you from living the life you want to live.

JOE SZURSZEWSKI
BOARD CHAIR

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we address on tcmc.org, TCMC "is the primary clearinghouse for Men's Resources in the Twin Cities." 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" will be our guide. I see further understanding and support a likely outcome for supporters at TCMC. I look forward to further synergy and partnerships for those who share a desire for clarity and respect in this gender fluid world at TCMC.

Tom Weaver is a retired family doctor, and currently serves as secretary of the TCMC Board of Directors

I WANT TO RECEIVE MEN TALK IN MY E-MAIL BOX!

Have you seen our new website yet? Did you know we are currently working on getting the past Issues of Men Talk online on our website? Would you like to STOP receiving your hard copy of Men Talk in your postal mail and instead, get an e-mail including the current Men Talk table of contents and a link to the latest issue online? Easier done than said! Just send an e-mail to Tom at tomm@tcmc.org and tell him you want to be removed from the hard copy mailing and you would like to receive an e-mail notification when the latest Men Talk is online. Its that simple!

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>Jun/Jul 2017</p> <p>Call us about Anger Management Classes.</p>				<p>SUPPORT GROUPS Divorce/General 7:30 SA Survivors 7:30pm PRESENTATION 7-9p CLASS Mankind 7pm 1</p>	<p>SUPPORT GROUP 2</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 3</p>
	<p>SUPPORT GROUP Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm 4</p>	<p>SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm 5</p>	<p>SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLINIC Family Law 7 CLASS Anger Mgnt. 7pm 6</p>	<p>SUPPORT GROUPS Divorce/General 7:30 SA Survivors 7:30pm PRESENTATION 7-9p CLASS Mankind 7pm 7</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm 8</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 9</p>
<p>SUPPORT GROUP Men's Retirement 5:30 pm 10</p>	<p>SUPPORT GROUP Divorce/General 12:30 pm BOARD MTG. 7 pm CLASS Anger Mgnt. 7pm 11</p>	<p>SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm 12</p>	<p>SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLASS Anger Mgnt. 7pm 13</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm 14</p>	<p>SUPPORT GROUP 15</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 16</p>
<p>FATHER'S DAY BRUNCH 10:00 am 17</p>	<p>SUPPORT GROUP Divorce/General 12:30 pm 18</p>	<p>SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm 19</p>	<p>SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLASS Anger Mgnt. 7pm 20</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm 21</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm 22</p>	<p>PRIDE FESTIVAL SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 23</p>
<p>PRIDE FESTIVAL 24</p>	<p>SUPPORT GROUP Divorce/General 12:30 pm 25</p>	<p>SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm 26</p>	<p>SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLASS Anger Mgnt. 7pm 27</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm 28</p>	<p>SUPPORT GROUP 29</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 30</p>
	<p>SUPPORT GROUP Divorce/General 12:30 pm 1</p>	<p>FOURTH OF JULY HOLIDAY</p>		<p>SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLINIC Family Law 7 CLASS Anger Mgnt. 7pm 2</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm 3</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 4</p>
	<p>SUPPORT GROUP Divorce/General 12:30 pm BOARD MTG. 7 pm 5</p>	<p>SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm 6</p>	<p>SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLASS Anger Mgnt. 7pm 7</p>	<p>SUPPORT GROUPS Divorce/General 7:30 SA Survivors 7:30pm PRESENTATION 7-9p CLASS Mankind 7pm 8</p>	<p>MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm 9</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 10</p>
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<p>VOLUNTEER PICNIC North Mississippi Regional Park 9:00am - 3:00pm 24</p>	<p>SUPPORT GROUP Divorce/General 12:30 pm 25</p>	<p>SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm 26</p>	<p>SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm 27</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm 28</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm 29</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 30</p>
	<p>SUPPORT GROUP Divorce/General 12:30 pm 31</p>	<p>web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892</p>				

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., June 7, 7:00-9:00 pm

Open to all genders

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

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

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

Family Law Clinic

Leaders: Kelley Lorix
When: Wed., July 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.

PRESENTATIONS

Heartbreak Recovery with Spiritual Kung fu

Presenter: Accolon Hollingsworth
When: Thu., June 1, 7:00-9:00 pm

Open to all genders

Learn tools from Spiritual Kung fu (the self-care/self-mastery system I founded) to overcome the pain of heartbreak.

Years ago, when my wife (who I had built a life with for 10 years) left me, the tools of Spiritual Kung fu not only got me past the pain of my heartbreak and helped me feel good again, they better equipped me for creating a good new life for myself after the breakup! These skills and practices really made the difference for me recovering from my heartbreak.

In this talk, I will be sharing these methods so more people can use them to get past the pain of their breakup and get back to feeling good!

Accolon Hollingsworth is a Life Coach and the founder of Spiritual Kung fu. You can contact him at the following e-mail address: accolon@innervictorypower.com

Defending Your Well-Being with Spiritual Kung fu

Presenter: Accolon Hollingsworth
When: Thu., June 8, 7:00-9:00 pm

Open to all genders

Your well-being includes wellness in your emotional, physical and mental experiences. The happiness of your soul and the health of your ego are also involved. The level of your vitality plays a big part too. All this and more, holistically make up your well-being.

Spiritual Kung fu is a self-care/self-mastery system with methods and practices that create well-being by supporting the wellness of all that is described above. They defend your well-being from both your inner struggles and the hurts and stresses you encounter in the world.

Come learn some Spiritual Kung fu skills for defending your well-being!
Accolon Hollingsworth is a Life Coach and the founder of Spiritual Kung fu. You can contact him at the following e-mail address: accolon@innervictorypower.com

Self-Mastery with Spiritual Kung fu

Presenter: Accolon Hollingsworth
When: Thu., July 13, 7:00-9:00 pm

Open to all genders

With self-mastery, you are able to win your inner struggles and challenges which makes it easier for you to handle the challenges of life and create a life you enjoy.

Spiritual Kung fu is a system of self-mastery that works with your soul, heart, mind, ego and body. Come learn it's methods for becoming extraordinary and successfully managing yourself and your life!

Accolon Hollingsworth is a Life Coach and the founder of Spiritual Kung fu. You can contact him at the following e-mail address: accolon@innervictorypower.com

Bridging the Divide Between G/L and T: Commonalities over Differences

Presenter: Ellie Krug
When: Wed., July 19, 7:00-9:00 pm

Open to all genders

For decades, the "T" of the LGBTQ alphabet has often been considered an outsider. With this talk, national speaker, author and radio host Ellie Krug talks about what it means to be transgender and offers thoughts on how to unify the LGBTQ alphabet. In this age of Trump/Pence, unity is particularly important! (Remember the old saying about "divide and conquer.")

Ellen (Ellie) Krug (pronounced "Kroog"), while an Iowa civil trial attorney with 100+ trials, transitioned from male to female in 2009. From 2011 to 2016, she served as the executive director of Call for Justice, LLC, a Minneapolis legal nonprofit. The author of *Getting to Ellen: A Memoir about Love, Honesty and Gender Change* (2013), Ellie currently speaks, trains and consults on diversity and inclusion topics.

Emotional Self-Care (the Mental/Emotional Connection)

Facilitator: Accolon Hollingsworth
When: Thu., July 20, 7:00-9:00 pm

Open to all genders

The mind influences our emotional experiences (for worse or for better). In this class, I will be sharing Mental Kung fu techniques and practices that develop emotional strength, get you through unpleasant emotional experiences and help you feel good.

You can use these techniques to help you with loneliness, anxiety, insecurity, fear, anger, sadness and worry. Come learn these

transcendent self-care skills!

Accolon Hollingsworth is a Life Coach and the founder of Spiritual Kung fu. You can contact him at the following e-mail address: accolon@innervictorypower.com

CLASSES

Mankind Project Open Circle

Facilitator: Jamie Wellik
When: Every Thu., 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.

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, at 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 ex-sex offenders face when leaving a prison environment and reentering the community. Most group members are in treatment or have completed sex offender treatment. This group is intended to provide emotional support where he or she can be openly honest about his or her 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
(Currently 2nd and 4th Fridays)

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

Upcoming **Monthly Men’s Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **June 18th at Jim Lovestar’s** (Father’s Day – children welcome) at Jim’s backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 16th at Tom Weaver’s**, 1410 Colorado Ave S., Suite 210, St. Louis Park, 55416, 612-281-5230. 14 men attended Andy’s April brunch in Minneapolis. – Andy Mickel, 2017-05-14.

“What are we at the Twin Cities Men’s Center? At heart we are circles of men supporting men towards living healthier, more satisfying lives. Pretty simple but it will take all we have in us to keep it happening and keep it growing. What’s your part in creating history at TCMC?” – Rev. Bill Baldwin, former acting Office Manager, 2016-08-21

The next ManKind Project New Warrior Adventure Training in Minnesota is scheduled as a Wilderness NWTa, July 14-16, near Pipestone

Minnesota. Contact David Grocott, 651-894-2685 <davidgrocott@mkp.org> for more information. – David Grocott, 2017-05-14

Monthly Saturday community gatherings (April 8, May 6, etc.) of Mankind Project Minnesota are at SATTVA, 3200 Bryant Av S, Minneapolis 55408. Contact David Grocott, 651-894-2685 <davidgrocott@mkp.org> for more information, or attend the Open Warrior Circle at the Men’s Center on Thursday evenings. – Jamie Wellik, 2017-04-20.

“Why Men Should Talk About Depression” article in the Minneapolis Star Tribune by Patrick Donnelly discusses the reality that men are expected to keep our feelings buried, but that he has found a better way. Patrick was diagnosed with clinical depression in 2000 and has learned to manage it. He tried every conceivable escape before realizing: “I thought that I was running to what I was running from.” There is no one-size-fits-all solution, and he learned that asking for help was the key to deal with depression head

on. More at: <http://www.startribune.com/why-men-like-me-should-talk-openly-about-depression/420367683/> – Patrick Donnelly, 2017-04-27

“Scars and lessons from my 585 days in solitary” This crippling punishment not only drains a prisoner of humanity, but affects our humanity as a society. Reform in Minnesota is critical. Imagine being locked in a concrete room the size of your bathroom for 20 months with no way out. Under the glare of bright fluorescent lights that never go dark, the only way to tell day from night is by what type of meal slides through a hole in the door. Now imagine that door is soundproof and the only noises you’ve heard for almost two years are your own voice and the occasional faint metallic banging as someone loses his mind in another room near yours. Imagine being so deprived of stimulation that watching ants race to a chunk of cookie for hours was the most exciting event of those nearly 600 days. More at: <http://www.startribune.com/my-585-days-in-solitary-scars-lessons-and-a-plea/417515813/> – article by Robert Ives in Minneapolis Star Tribune, 2017-03-30.

MEN’S RETIREMENT SUPPORT GROUP

will meet on June 11th instead of the usual June 18th, at 5:30 p.m. I hope if you are facing retirement concerns please come.

– Norm Petrik, Group facilitator

BISEXUAL AND GAY SUPPORT GROUP

We lost one of our facilitators for our Friday Night Bisexual and Gay Support Group. For the time being, this group will only meet on the 2nd and 4th Fridays of the month.

– Damon Starks, Group facilitator

VOLUNTEER APPRECIATION PICNIC

All TCMC Volunteers: You are invited to our volunteer appreciation picnic on Sunday July 30th, 2017, 9:00am - 3:00pm. TCMC will be providing hamburgers & brats, fruits & veggies, misc. salads & baked beans, water & pop (soda). (Help us make this an event without alcohol). Advise us of any dietary requirements you have and we will do our best to accommodate them. We will be playing some outdoor games. If you have a favorite, feel free to bring it.

The location is Shelter A at North Mississippi Regional Park in the Camden area. The park is nestled between I94 & the Mississippi river, accessed from either 49th or 53rd Avenue North.

A head count is needed for this event. Please RSVP to Tom Maher via email (tomm@tcmc.org) or call the TCMC office, 612-822-5892, with number of adults and children that will be attending. We all look forward to seeing all of you on July 30th.

TCMC PRIDE PARADE - MARCHERS WANTED

TCMC will be marching in the Pride Parade this year on Sunday June 25. This invites all members to dress in costume to reflect the diversity of TCMC. If you plan to participate, please be at the staging area by 10:30am (3rd Street between Hennepin & Portland, downtown Minneapolis). Look for the TCMC banner.

Twin Cities Men's Center ALL-PURPOSE FORM

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

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

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

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

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

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

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

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

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Minneapolis, MN 55405
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MEN TALK ADVERTISING RATE SCHEDULE

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

(612) 822-5892
tcmc@tcmc.org

UPTOWN AREA SPACE TO RENT

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

	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 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: \$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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