

men talk

tcmc
twin cities men's center

in our 41st year
of public service

Aug/Sep 2017
Volume 41 #4

MAN-ifest Destiny: Teaching Our Sons About Healthy Manhood

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In this technological age, it is easy to get lost in noise, clutter, and machines, and lose face-to-face connections. What's important may become trivial, and what's trivial can seem very important. There are still limiting messages out there about what it means to be a "real man."

There is a lot of wisdom among people in the world. Ruiz' "Four Agreements" and Richo's "The Five Things We Cannot Change" are valuable tools for personal growth and development. It is crucial for elders to pass down this wisdom to younger men and younger women. I will focus on men and boys in this article.

Many of the young men I mentor are raising their own sons now. I have known some of these dads for over fifteen years — watching them grow from 16 to 30 and beyond. There are some important life skills and life-affirming messages that I believe boys can benefit from hearing from their dads and from other respected men in their lives.

Here are a few of them:

1. Be proud of being a man. Strong, healthy men are whole people, with strength and dignity. They can be vulnerable when it is safe and appropriate. Love yourself and appreciate the miracle of your journey.

2. Trust yourself and your intuition. Get to know yourself, and believe in yourself.

3. Treat others with respect and kindness. Many people are hurting, and need all the support they can get. Respect those who are different in age, race, religion, gender, sexual orientation, abilities, and social class.

4. Find your purpose. Figure out your skills and talents, and learn ways to use them in the world. Navigate challenges, and find practical ways to earn a living.

5. Create a strong support network. Find trustworthy people, and surround yourself with those who care about you.

6. Talk when appropriate, and listen when appropriate. We all can learn from others' wisdom. Share your own ideas when it makes sense.

7. Avoid emotional drama, highly needy people, and those who would try to control you. Use discernment to figure out which battles are worth fighting, and which battles are not that important to win.

8. Find ways to relieve stress. Make exercising, stretching and body work a priority. Find experiences that can work to create peace and calm in your life.

9. Practice gratitude for what you have been given. Realize that many others lack some of advantages you have had.

10. Allow yourself to feel all of your emotions in safe places. Be aware of your feelings, but don't always let your feelings dictate your actions.

11. Forgive others who have hurt you, and forgive yourself for past mistakes. You can forgive without confronting or reconciling with others.

That is your choice. Forgiveness does not mean others' actions were justified. And you are free to leave people if you choose to do so.

12. Grieve your losses. Know that everything changes and ends. Allow yourself space and time to grieve.

13. Congratulate yourself on your successes and accomplishments. Appreciate the gifts you have been given. See that "failure" and "mistakes" are simply learning opportunities for your own growth and development.

14. Plan, but be open to new ideas. Flexible planning means relaxing into your destiny. Sometimes, there is something in store for you which is better than you ever thought possible.

15. Try not to take things personally. Some people project their own issues, needs and self-hatred onto others.

16. Find your passion, do your best, and be generous with your time and talents. Figure out what you can do something about what is not yours to do. Do what you can, where you can, when you can.

17. Live in the moment as much as possible. Be mindful of what you are doing and what is going on around you.

18. Blend physical, intellectual, emotional and spiritual aspects of your life into a belief system that works for you. Stay positive as much as you can.

19. Be honest with yourself and others. Don't try to impress anyone or "win them over."

20. Watch out for addictive habits, and try to avoid substances and behaviors that are addictive.

21. Let go of the need to "be right" about everything. Our assumptions are frequently incorrect.

22. Don't let others label or define you. You are too complex for any limited definitions.

23. Ask for help when you need it. Don't be afraid to benefit from the guidance and wisdom of others. Follow their ideas if you believe it will work for you.

24. Know that you can bounce back from difficult situations, and start over. We are resilient, stronger than we think.

25. Take care of the earth, the air, the environment. Use them with care and respect.

There are many more, so please add on to the list.

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

Library Corner

— JIM HEANEY, LIBRARIAN



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

The books in the Men's Center Library are sectioned off into 14 categories. These categories are: **Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.**

In addition to members having borrowing privileges from our library, we also have a reading room with free WiFi access. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

Address Change Notifications

from the post office cost the Men's Center \$1.71 each. Please let us know in advance of mailings!
Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at tcmc@tcmc.org. Staff: Tom Maher - Office Mgr, John Hesch - Anger Mgmt Coord.
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Greetings from the Chair

Regular readers of this column will know that I am less than thrilled with the depiction of masculinity in our culture. It is skewed towards aggression and over-competitiveness, which leaves the rest of us feeling either unfairly stereotyped or inadequate for not measuring up. So it was with a familiar queasy feeling in my stomach that I read the comments John McEnroe recently made about Serena Williams.

McEnroe of course is a former tennis champion and current tennis commentator, while Williams is currently the number 1 ranked woman in tennis. In an interview with NPR, McEnroe was asked if Williams was the best women's tennis player ever, to which McEnroe responded, "No question". He was then asked if she was the best player ever. Clearly, McEnroe doesn't think so, but instead of just saying, "No" or offering up someone he thought was better, he offered up 700 people he thought were better, the men currently ranked 1 – 700 on the men's tennis tour, anyone one of whom he thought was better than Williams.

McEnroe's comments remind me of the old schoolyard taunt, "You throw like a girl". The very fact that there are separate tournaments for men and women in tennis and most other sports suggests that it wouldn't be fair for men and women to compete against each other. Why then say such a thing? Even if Williams couldn't compete against the vast majority of men, isn't it possible to enjoy watching her and other women compete? Isn't it possible to marvel at the fact that she won a grand slam tournament while 3 months pregnant, a feat of which McEnroe can have no concept?

My interest here isn't in deciding whether Williams would be the 701st best player on the men's tennis tour - no one has any way of knowing this and I frankly don't care. My interest is in trying to understand why such a comment was made in the first place. True or not, it's hard to see how this statement from a prominent former player could have been intended in way other than to put down women and diminish their abilities and accomplishments. And this attempt by a man to bully a large group of women only perpetuates the popular aggressive male stereotype.

Given that McEnroe agrees Williams is the best ever women's player, and given that he thinks she couldn't compete against the majority of men's players, he is clearly setting up a hierarchy in which the women's game is completely inferior to the men's game. But why? Even if it were possible to objectively prove what he said, why would it be important for tennis fans and the public at large to hear that men are uniformly better than women at tennis? When men make such statements, does it serve any useful purpose, or does it simply make the men saying it feel more powerful?

Perhaps I am over reacting to a past-glory-days old jock who made some insensitive comments. It's no big deal, right? Except that I think it is a big deal when men's behavior perpetuates the toxic stereotype of men that gets applied to all of us. When sports champions like McEnroe (who are rightly or wrongly seen as the best of us) continue to belittle women, we have little hope of combatting the stereotype.

JOE SZURSZEWSKI
BOARD CHAIR

THE TWIN CITIES MEN'S CENTER AND THE MINNESOTA TWINS!

The Twin Cities Men's Center, in cooperation with the Minnesota Twins, would like to invite you, your friends and loved ones, to watch the Minnesota Twins take on the Kansas City Royals on Saturday night, September 2nd at 6:10PM FOR FREE!! That's right! FREE!! To reserve your seats, send an email to Tom at tomm@tcmc.org and tell him your name and how many tickets you would like and he will put you on the list! We have 50 tickets reserved and we hope to use them all so let us know as soon as possible if you plan to attend! (If demand is high enough, we may be able to negotiate more tickets).

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!

EVENTS CALENDAR

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892		SUPPORT GROUPS H.S.B. 12:00 p.m. 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	SUPPORT GROUPS Divorce/General 7:30 SA Survivors 7:30pm PRESENTATION 7-9p CLASS Mankind 7pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am	
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	24	25	26	27	28	29	30

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 30 years.

In recent years, attendance of the presentations by TCMC supporters has diminished to the extent that the TCMC Board of Directors has agreed to schedule them intermittently as the interest arises.

The 1st Wednesday of the month Family Law Clinic will continue by providing legal support for those experiencing legal issues.

The Board wishes to express appreciation to the supporters who attended the presentations and the many volunteer professionals who gave their time and talent to support a strong educational component of the TCMC mission.

A small fee is collected at the door for each person attending:

Non-Members of TCMC – \$5.
Regular Members (\$25 level) – \$3
Sustaining Members – FREE

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

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

CLINICS

Family Law Clinic

Leader: Bob Manson
When: Wed., Aug. 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.

Family Law Clinic

Leaders: Linda Wray & Steve Yasgur
When: Wed., Sep. 6, 7:00-9:00 pm

Open to all genders

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

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

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

PRESENTATIONS

Heartbreak Recovery

Presenter: Accolon Hollingsworth
When: Thu., Aug. 3, 7:00-9:00 pm

Open to all genders

Heal your heartbreak pain in a way that restores your heart strength and gets you ready for your next relationship.

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

Parenting Without Struggle

Presenter: Accolon Hollingsworth
When: Thu., Aug. 24, 7:00-9:00 pm

Open to all genders

Get cooperation and respect from your kids easily and without having to be perfect. Learn skills that strengthen your connection with your kids and make your relationship with them more enjoyable.

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

Emotional Health & Freedom: the Mental/Emotional Connection

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

Open to all genders

Our minds activate emotional responses. Our thoughts influence our emotional experience (for worse or for better). If you prefer enjoyable emotional experiences, this is for you.

I will be sharing mental kung fu skills that overcome emotional hurts and discouragements. You can use these to help you with loneliness, anxiety, insecurity, fear, anger and worry. You can use these skills to help yourself feel better at will.

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

Personal Victories and Being a Triumph of the Human Spirit!

Facilitator: Accolon Hollingsworth
When: Thu., Sep. 14, 7:00-9:00 pm

Open to all genders

"Inner victories precede public victories." - Stephen Covey, Author of "The 7 Habits of Highly Effective People"

Do you struggle with inner conflicts that make it hard for you to succeed and feel good about yourself?

Come for a night of personal victory you will feel good about!

- get victory skills
- get inspired
- make yourself a triumph of the human spirit!

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 Gilette'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

TCMC Board Meeting HIGHLIGHTS

- Tom M, our Office Manager, reports the TCMC Facebook video “The Phone Call I Just Took” is the most popular posting on our FB page, Check it out to learn how Tom helps men every day.
- Our Vice-Chair, Chris Durant, recently resigned from the Board. Thanks for all your hard work and good luck in your new endeavours!
- There is renewed interest in restarting our “Addictions Busters” Support Group. If you are interested in facilitating, there is a full year of material developed by Tommy Jones that you can use to guide the group.
- We are looking for a Treasurer to replace long-time volunteer, Rick Charlson. Men with financial expertise please contact the office.
- Our Healthy Sexual Boundaries support groups have gained much respect in the Minnesota sex offender treatment and recovery community. The Minnesota Sex Offender Program (MSOP), Pathfinder, and Alpha have worked with TCMC to provide a safe community experience through the three support groups. Many thanks to Tommy and Bobby working so hard to change perceptions in this “arena of social turbulence, social stigma, fear, and anger.” [Quote from *Choosing Healthy Sexual Boundaries: The Handbook*, © 2014]

Upcoming Monthly Men’s Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): Upcoming Monthly Men’s Sunday Brunches, drop-in anytime 10am-1pm (bring something to share/cook up): **August 18th at Harry Greenberg’s**, 2435 Garfield Ave S, 55405, 612-599-3298. **September 17th at Andy Mickel’s**, (Fall equinox), 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). 9 men attended Jim Lovestar’s brunch in June. – Andy Mickel, 2017-07-12.

I received a letter today from a man in prison in Lino Lakes: “Dear Tom, I wanted to write and thank you for all of the information that you sent me today. I really enjoyed all of the issues of “Men Talk”, and am sharing them with the other men in the program. **I’ve started my own little membership drive, advocating for the Men’s Center and trying to get people to become members. I am using the flyers that you sent as ways to let the men here know of all the programs that you offer.** The men that I’ve spoken with are really interested in the Transitions, Men’s Gay Issues, Bi-Sexual Men, and Healthy Sexual Boundaries [support groups]. I really do appreciate all of the work you have done to help me find information that I can share with other men. I am trying to get a donation drive in the group to help defer some of the costs of materials that you are providing for us. Thanks again for everything you are doing for me.” – Tom Maher, TCMC Office Manager, 2017-04-07

“Andy - Good to hear from you! We’re both alive and kicking!” – John Everingham, Chicago, 2017-04-21.

via Tom Maher, TCMC Office Manager—A shout out to Bill Dobbs and all the people who worked to make our new website the thing of beauty that it is: “I’m phoning in to rave about **how good your website looks!**” - Jennifer Ovadia, Divorce and Peace in Florida, 2017-04-05

“Just a few words of **THANK YOU for the kindness that you showed me, when my son went missing.** I have not and will not forget the kindness you at the Twin Cities Men’s Center offered in such a desperate time... I will never forget you. Thanks

again.” – E. Palmore, mother in Chicago, 2017-06-19

“Tom: It was truly **an honor to have you and your organization represented at our resource fair.** We thank all organizations for being a part of this event contributing to its amazing turn out. We look forward to working with you in the future.” – Jinaa Lane, Community Health Worker, Neighborhood Hub, Minneapolis, 2017-06-26.

ManKind Project’s I-Group Arrowspace Monthly Men’s Breakfast – Group Arrowspace hosts a monthly Men’s Breakfast on the second Saturday of every month from 8:00 – 11:00, (most people show up around 9:00) at The Lowry Café in North Minneapolis, (NOT in Uptown). The Lowry Café is located at 2207 Lowry Ave N, a half block west of the Lowry and Penn Ave intersection. This is a “pay your own way” breakfast. All men are welcome to join in the discussion and camaraderie.

Bring a male friend and enjoy the great food and atmosphere of The Lowry Café! (We usually sit along the west wall). Contact Tom Maher at 763-588-4679 with any questions. – Tom Maher, 2017-07-01.

“**MALE CIRCUMCISION: A gender double standard on genital mutilation**” opinion piece in the Minneapolis Star Tribune by Georganne Chapin. “Americans are appalled at seeing girls subjected to it, but mostly blind to issues involving circumcision of boys. It’s time for open talk... In the United States, doctors who cut (or “circumcise”) the genitals of little boys are paid for their services. But doctors who cut a girl’s genitals can be prosecuted under federal law.” More at: <http://www.startribune.com/we-re-appalled-at-genital-mutilation-of-girls-what-about-boys-and-circumcision/422052673/> Georganne Chapin is executive director of Intact America, a national advocacy group working to end involuntary circumcision in America. – 2017-05-12.

I ASK FOR 5

BY TOM MAHER

I have asked for 5 from those who came before you
 I am asking 5 from you
 I will ask for 5 from those who come after you
 I am here for 23 and I am there for only 1, knowing that the next 23 will surely follow
 I asked for 5 seconds to change your mind
 I asked for 5 thoughts to change the world
 I asked for 5 strings to make my music
 I asked for 5 notes to sing my song
 I asked for 5 beats to move the mountain
 I asked for 5 melodies to lift my words
 I asked for 5 books to change a life
 I asked for 5 words to tell my story
 I asked for 5 colors to paint my picture
 I asked and you heard me
 I asked for 5 to set me free
 I asked for 5 to let me be
 I asked for 5 so that I would know
 I asked for 5 so that I could grow
 I ask for 5

*Tom Maher is a volunteer with the global organization Alternatives to Violence Project which works in 5 different prisons in Minnesota on non-violent conflict resolution. This poem is from a collection of poems called **Between the Bars**, which are based on his experiences in the prison system.*

Twin Cities Men's Center ALL-PURPOSE FORM

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

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

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

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

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

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

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

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

Infinite Aperture Counseling

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MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
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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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