

men talk



in our 42nd year
of public service

twin cities men's center

Apr/May 2018
Volume 42 #2

#WeToo - Men Standing Up

— © 2018 BY BILL DOBBS

We are living in times of increasing awareness of sexual misconduct, from unwanted touching and language to violent sexual abuse. To some this awareness is “new” news; they are shocked to learn that someone in power whom they respected, behaved badly. At the Twin Cities Men’s Center (TCMC) we have been working with this awareness for decades.

In the 1970s environment of the women’s liberation movement, women raised consciousness about how they were oppressed. Following the lead of those courageous women, some men realized that we needed to raise our own awareness as well. One of the men’s “consciousness-raising” groups of the early 70s evolved into the Twin Cities Men’s Center (TCMC). Part of that raised “consciousness” examined the ways in which men are also oppressed and constricted by our cultures.

Sometimes media portrays sexual misconduct as if only men are the perpetrators, and only women are the victims. The reality of sex and power is much messier. I believe we all benefit from examining how we’ve been conditioned to behave.

Look at the ocean of media we Americans swim in. Many ads, TV scripts, and motion pictures reinforce beliefs about a normative gender of masculinity. Images of men imply that money and power will buy gratification. I’ve heard modern tropes such as, “it’s easier to ask for forgiveness than to get permission,” and “a bias for action is the most necessary trait for a successful entrepreneur.” Additionally, men are taught to stuff their feelings and minimize communication. Overt expression of assertive (often aggressive) conduct by men is frequently reinforced.

As Tyler Zimmer wrote in *Slate Magazine*:

“This policing of masculinity is the reason why the vast majority of fist fights I’ve witnessed between men were preceded by trash talk in which the men called each other “little bitches” or “pussies.” The worst thing a man could be accused of being is feminine, since femininity is, in contrast, just another word for weak, passive, and fit to be dominated by other men. (This kind of masculinity is not just responsible for misogyny then, but for homophobia and transphobia too.)”

At the same time, young females are taught to be valued for their appearance, to minimize overt expressions of power, and to use attraction and “wiles” to gain resources. The cosmetic-

industrial complex links images of women with beauty and sexual objectification. When driving through a local shopping area, I’ve seen wall-sized ads of Victoria’s Secret models. In the grocery checkout lane, I’ve seen women’s fashion magazines featuring low-cut cleavage and other “peek-a-boo” titillations. I don’t see similar displays of men. (When did “cod-piece” fashion for men fall by the wayside?) It’s a common stereotype that when a man exercises initiative he’s a “leader,” but when a woman does the same, she’s a “bitch.”

These lessons about normative genders are deeply learned and often expressed unconsciously. As a cis-gendered man, I wonder, “Did that touch on the arm, or perfumed glance signal sexual interest?” “Am I being flirted with?” I’ve heard from male friends, “If I offer a ride to a female co-worker, or pick up the lunch check, will she think I’m signalling my interest?” Before I was happily married, I often found it difficult to know if I should “take the initiative.”

Is it any wonder that some people behave badly (often men with money, power, and privilege)? Or that some will act transgressively given what our culture has taught them? If you believe that your power gives you the right to grab-first-ask-questions-later, you may assume a choice of clothing or conduct is an offer of sexual exchange. If the signal is mutual, we may call it consensual, healthy sexuality. But if it’s unwanted, unintentional, or imposed, it’s misconduct (or abuse).

What’s a man to do? Where is the line between conduct and misconduct? Our TCMC Healthy Sexual Boundaries support groups strive to help men work with beliefs and feelings around sexual behaviors. Men can raise their awareness of the gender messages they’ve been taught. Men can understand that we, too, have been constrained and oppressed by our cultures.

You can begin with respectful **caring** —which often begins with paying attention to your feelings, even if they are “feminine” and not what you’ve learned about masculinity. You can learn to respect yourself and others who share a full range of feelings.

You can work at **communication** —which often means listening to others without shame or blame. You can learn how to talk vulnerably about your experiences in a safe, supportive setting.

You can learn how **context** makes all the difference between

CONTINUED ON PAGE 2

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. Office Manager: Tom Maher
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Editor: Bill Dobbs

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Greetings from the Chair

TCMC members/volunteers/supporters/friends, I hope this letter find you all in good health and blessed spirits. I'm excited to lead this organization in these challenging yet promising times.

As the new chair of the board, I've committed to increased networking with like-minded organizations – for example, we welcomed UJAMAA (www.ujamaaplace.org) to make a presentation to the board to see how we can work together. We have so much to offer, such as our Anger Management program and our Healthy Sexual Boundaries groups – and we have so much to learn from others – that this is the time to strengthen our relationships.

Another area that I've committed my energies is to fundraising. TCMC has operated on a slim budget for many years. We've learned resilience, but sometimes at the cost of sharing our 42 years of wisdom. To further these goals, I'm delighted to present a fundraiser with Delaware North a vendor for the Minnesota Twins.

Delaware North is offering the Twin Cities Men's Center the opportunity to work concessions for Twin home baseball games in exchange for payment. The TCMC board gave its

blessings to move forward with the Target Field (TF) concessions fundraiser, and we committed to have at least 10 volunteers to cover 10 games (you don't have to do all 10 games... I will be happy with whatever you can do.). Each shift is roughly 6 hours and we are required to wear black pants, white shirts, and non slip shoes. All volunteers are required to complete a 3 hour training session (next trainings are April 24 and May 8) in order to be eligible to volunteer.

Needless to say we need as many volunteers as possible to make this possible, so please share this opportunity with any person (male/female) over the age of 18 you may think would serve as a great volunteer. If you are interested in volunteering please email me directly at dam.star@hotmail.com.

I hope you will consider volunteering. This fundraiser will not only raise money for TCMC, but it will also be a great opportunity for us to bond.

Thank you!

DAMON STARKS
TCMC BOARD CHAIR

CONTINUED FROM PAGE 1

appropriate and inappropriate behavior. Work relationships differ from home relationships. Power differences matter.

You can learn that affirmative consent requires fluid, on-going agreement. "Yes" at one time isn't "yes" always. Healthy, consensual sexuality requires mutual communication.

#WeToo* at the Twin Cities Men's Center stand up against sexual misconduct. We invite you too, to stand up and raise your awareness, regardless of gender.

Bill Dobbs is a long-time Men's Center member and editor of Men Talk, the TCMC newsletter. He served a couple multi-year terms on the TCMC board (in the 80s and 90s), and is also a current support group facilitator. Heartfelt thanks to my wife, Rebecca Frost, for dialogue and editing. Conversations with her have made a vital difference in this article.

** Acknowledgements to the group of Japanese students who, on March 5, 2018, called "for the evolvement of the #MeToo worldwide campaign shedding light on sexual harassment into the #WeToo movement — encouraging third parties to get involved in taking action against sexual harassment."*

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
1	SUPPORT GROUP Divorce/General 12:30 pm 2	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters 7:30p CLASS Anger Mgmt. 7pm 3	SUPPORT GROUPS H.S.B. East 5:30 pm CLINIC Family Law 7 CLASS Anger Mgmt. 7pm 4	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm PRESENTATION Mankind Project 7pm 5	6	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 7
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Apr/May 2018

Call us
about Anger
Management
Classes.

1976 In Our 42nd Year 2018
of Public Service

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).

Mankind Project Open Circle

Facilitator: Dave Semenchuk and David Grocott

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.

Thrivent Financial Workshop Financial Planning Basic

Facilitator: Patti Czech

When: Weds., Apr. 18, 7:00-9:00 pm

Open to all Genders

Everyone can benefit from a financial plan that is tailored to individual needs and circumstances. A financial roadmap can motivate you to save money, help you meet your financial goals, and improve your overall financial security now and in the future.

In this seminar on Financial Planning Basics, you'll learn:

- How to construct a budget and the importance of establishing an emergency fund
- Credit fundamentals
- Basic investment concepts, including risk tolerance and the difference between pre-tax, after-tax, and tax-deferred investments
- Basic estate planning concepts

Patti Czech is a Financial Associate with the Central Minnesota Regional office of Thrivent Financial.

Love Porn? Why It Scares & Still Entices You

Presenter: Rod Froseth, Upside Life Skill
When: Weds., May 9th, 7:00-9:00 pm

Open to Men Only

We publicly keep porn at arms length but privately close to our heart. There's never been such a controversy-ridden, love-hate piece of our sexual lives that we make look small but is so so huge. After all, the porn industry made the Internet what it is. Join the fun as we explore what exactly torments us about porn and why it's entertainment plus a few ways to not get hurt and still keep the peace. Bring your questions. The workshop is upbeat, accepting of all and totally sex positive. Join us for a good time!

Rod Froseth is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or desiring to develop sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com.

Thrivent Financial Workshop Identity Theft: What You Need to Know

Facilitator: Patti Czech

When: Weds., May 16, 7:00-9:00 pm

Open to all Genders

Be proactive in protecting your identity. Learn how identity theft can occur, get tips and tools to help protect yourself, and discuss

what to do if this growing crime happens to you.

Patti Czech is a Financial Associate with the Central Minnesota Regional office of Thrivent Financial.

CLINICS

Family Law Clinic

Leader: Bob Manson

When: Wed., Apr. 4, 7:00-9:00 pm

Open to all Genders

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

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

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

Family Law Clinic

Leaders: Linda Wray & Steve Yasgur
When: Wed., May 2, 7:00-9:00 pm

Open to all Genders

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

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

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

CLASSES

Anger Management

Facilitator: various

When: See calendar for dates

Open to Men Only, Registration Required

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

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)

Addiction Busters

Open to all Genders

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless?

Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 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 Survivors⁵

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

Transitions

This group has been lacking new membership for more than a few years. We have tried to reignite the spark of interest for this group, but have decided that the group has run its course. Anyone interested in issues pertaining this group should check out the Saturday Healthy Sexual Boundaries group.

- Canceled

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



Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **April 15th at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 20, 10am – 1pm at Bob Schauerhamer's**, 3232 Fremont Avenue North, #120, Minneapolis, MN 55412, 612-529-8245 (612-670-6508 cell) 9 men attended Rick Gravrok's brunch in February. – Andy Mickel, 2018-03-05.

“MANY BLESSINGS TO TCMC!” – James Svihel, Duluth, 2018-02-14

“Thank you for the wonderful work you are doing!” – Jill Ann Marks, MA LP, 2018-02-19.

Dan Gorbunow interviewed Dr. Warren Farrell on the topic of “The Boy Crisis”, title of his new book that featured local musical artists Tony Frank and Bafo broadcast on KFAL, Twin Cities Fresh Air Radio – Dan Gorbunow, 2018-02-04

Gail Rosenbaum, regular Minneapolis Star Tribune Variety columnist interviewed TCMC volunteers Bob Schauerhamer and Tommy Jones about our Healthy Sexual Boundaries Support Groups in the Sunday, February 15th issue:

“In 2004, the Twin Cities Men's Center (tcmc.org) added a support group called Choosing Healthy Sexual Boundaries. The initial group soon grew too big for its space, so two more groups were added. The three groups remain robust today, with more than 50 men active at any time. The Men's Center, which opened in 1973, offers support groups, family law clinics and anger-management classes to help men

become better husbands, fathers, sons and community members. We caught up with two of the boundaries groups' volunteer facilitators, Tommy Jones, 71, a retired teacher, and Bobby Schauerhamer, 67, a digital press operator, to ask what brings men in, what success looks like, and why some men struggle to see themselves as victimizers. Read the interview at: <http://www.startribune.com/twin-cities-support-group-helps-men-overcome-bad-choices/474237723/> – Tom Maher, 2018-02-16

According to the National Center for Fathering: “More than 20 million children live in a home without the physical presence of a father. Millions more have dads who are physically present, but emotionally absent. If it were classified as a disease, fatherlessness would be an epidemic worthy of attention as a national emergency.” Read more in: What Your Therapist Never Taught You About The Absent Father Wound: <http://menalive.com/what-your-therapist-never-taught-you-about-the-absent-father-wound/>. – Jed Diamond's MENALIVE, 2018-02-04

Dave Decker, St. Paul therapist and Anger specialist launched a vastly improved Anger Resources website that updates most of the material and visually presents the vast quantities of information in a visually pleasing and accessible format. Take a look at: <http://www.angerresources.com/> – Andy Mickel, 2018-02-24

ManKind Project Minnesota is producing a July Warrior Weekend for men in northern Minnesota this August 3-5. FFI: <https://mkpusa.org/new-warrior-training-adventure/> and David Grocott 651-894-2685. – David Grocott, 2018-02-17

TCMC is now eligible to receive Choice Dollars through Thrivent Financial!

Are you a member of Thrivent Financial who's eligible to direct Choice Dollars? Choice Dollars charitable outreach funds can make a world of difference to the Twin Cities Men's Center! Thrivent's Choice Dollars program allows eligible Thrivent members to recommend where they feel Thrivent should distribute a portion of its charitable funds. Directing Choice Dollars to TCMC is easy. Simply go to thriventchoice.com to learn more and find program terms and conditions. Or call 800-847-4836 and say “Thrivent Choice®” after the prompt.

Thrivent also has other opportunities to help the Twin Cities Men's Center, but we need to know which of OUR supporters are also THEIR members! If you believe in TCMC's mission and you are a Member of Thrivent Financial, please contact Tom at tomm@tcmc.org to find out about other ways you can help TCMC through Thrivent Financial!

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.

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 Milwaukee Brewers on Saturday night, May 19th at 6:10 PM 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). We had a great turn out, a great game and a great time last year! Join us in doing it again this year!

Twin Cities Men's Center ALL-PURPOSE FORM

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

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

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

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

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

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

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

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

Infinite Aperture Counseling

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

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

hgreenberg@iacounseling.com
www.iacounseling.com

THANK YOU!

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



MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
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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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twin cities men’s center news

men talk

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.

22 Years of Successful Classes

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