

men talk



in our 46th year
of public service

twin cities men's center

Feb/Mar 2022
Volume 46 #1

Explore Your Truth, Find Your Voice at the Twin Cities Men's Center

When Depression Leads to Addiction – © 2021 BY GEORGE MILLER

Many with mental illnesses – especially depression – turn to self-medication which quickly becomes substance abuse, and in many cases, addiction. Nobody sets out to become an addict, but the temporary relief they get from drugs or alcohol becomes something they depend on. It doesn't take long for this to quickly spiral out of control.

Furthermore, it most likely means that the person is not being treated for their mental illness. Drugs or alcohol may temporarily make a person feel happy, but the reality is that this will only last for a matter of hours, and ultimately, depression symptoms will worsen. It's a vicious cycle.

After using a drug, or alcohol, or an addictive behavior over a period of time, your body may develop a dependency that seems hard to reverse. Fortunately, you can overcome addiction and begin to live a happier and healthier lifestyle. The path to recovery will be filled with many bumps and you will have moments where you will question recovery. The fact is, you are worth it and you can do this.

Form a network of support.

Even though addiction can be very isolating, it is important that you don't try to go through the recovery process alone. Surrounding yourself with positive influences such as friends and family is a valuable asset in recovery. Make your family members aware of your commitment to your recovery and request their support. Ask that they are available to you for those moments you feel like you are close to giving in to temptation.

A good support team will encourage you and uplift you, without judgment. Use them as a light to keep you going in the right direction. While some family will be there for you immediately, you may have a difficult time rekindling other relationships. It is completely normal for some close relationships to become estranged due to addiction. If you feel as though those relationships need a little more help being mended, consider going to family therapy or relationship counseling.

While you were using, chances are your only friends were those who used drugs or drank alcohol often. On your path to recovery, it is a necessity that you befriend people who are sober. It may seem difficult to make new friends, but do not let that

keep you from trying. Taking a class, volunteering, and attending events in your community are all great ways to broaden your social network.

For many people, connecting with a therapist is an important step. Look into your insurance options. If you have Medicare, you may qualify for counseling services through Medicare Part B.

Learn healthy ways to deal with stress.

Many people turn to drugs and alcohol as a means to escape a stressful event or to cover up painful memories. To have a successful recovery, you have to develop healthier ways to deal with your depression and manage stress.

Being in nature is a great way to de-stress. When you feel wound up, go for a brisk walk outside. The fresh air will help reset your mind and give your mood an instant boost. There are many ways to relieve stress, and over time you will find which ways work best for you. Once you become confident in your ability to quickly de-stress, dealing with certain pressures and issues won't feel so intimidating or overwhelming.

Don't be discouraged by a relapse.

Even after you learn ways to cope with your depression and stress, you still may be at risk for various triggers that can cause you to relapse. Strong temptations or urges, withdrawal symptoms or social pressure are all reasons why many stray off track. Should this happen to you, do not become discouraged.

Relapse is actually a common part of the recovery process, but that is not an excuse to go back to your old habits. Use a relapse as a stepping stone to become better. Once you regain sobriety, look at what triggered the relapse and what you could have done differently.

Deciding to break away from addiction is only the beginning of the journey. Recovery takes hard work and motivation, but there are many success stories of people who have overcome addiction. Each day you move toward recovery, you are building a success story of your own.

George Miller believes one of the keys to well-being is security. In his free time, you can probably catch George at an Atlanta Braves game with his family or tinkering with his latest home DIY project.

Library Corner

– MATT BARNES, JEFF SPRINGER, LIBRARIANS



I'm looking for suggestions on what I can do to organize the library and make it more user friendly. What would people like to see in the library? They can text or email me suggestions at 612-275-5861 or jeffreycotspringer@gmail.com.

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, 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

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Letter from the Chair

Explore Your Truth, Find Your Voice, at the Twin Cities Men's Center" is a motto that past TCMC Board Member Chris Durant envisioned back in 2017. A visionary moment for how we continue to be "Growing Our Resources, Transforming Our Future, Boosting Our Signal, and Nurturing Our Partnerships" prescient language from our Strategic Planning sessions a few years back! Thanks Chris!

Now in 2022, Tom Sullivan, newly elected board member expressed his passion for simplicity in messaging, and advocates for dynamic energy to attract more men to our work this year of hybrid vigor. He envisions more clarity in our discerning of how to attract men in the 21st century, to share tools learned, with support of other men that can used to be balanced members of society in these transformative times. His energy was palpable at our fully masked face-to-face Jan board meeting; with five men in personal attendance, and six more via hybrid zoom. Our second newly elected board member, Derek Gegner, returning from work in Hong Kong, zoomed in a bring a youthful music tone to the center as a past visionary in bring a screening of "The Red Pill" to TCMC in the Robert Bly Room in 2018, attended by a gender mixed audience. https://en.wikipedia.org/wiki/The_Red_Pill

"Some of the issues discussed as facing men and boys are male suicide rates, workplace fatalities and high-risk jobs, military conscription, lack of services for male victims of domestic violence"

Also on the horizon, Anger Management Level #2 Beyond Anger Reclaim Your Fire" proposed by Dan Gorbunow – Our first 2022 Anger Management Class begins on Jan 19, again online which is going smoothly with the seasoned experience of office Manager Tom Maher who has shown great flexibility to step up to manage the office during these challenging pandemic times and our team of dedicated facilitators Dave N, Joel F, Bob E, and more.

TCMC Support Groups easily discovered through online searches that have expanded our service area. Thanks to Bill D and Andy M for tweaking our website regularly to be flexible and robust portal to TCMC online. BC "Before Covid" at TCM Center in Uptown we would pass around an envelope for donations. Venmo is an app that allows virtual donations using our QR code. See this link with practice to hover your smart phone camera over the QR code below: <https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>.

Our end of year success in generous donations in December, is giving us a big lift to carry us into the New Year. We are confident we will continue to support each other into this year sharing how to be resilient in acceptance, joy and compassion and trusting the process on our journeys together.

Thanks to all of our supporters! Easy Does it, and enjoy the journey of growing more connections in the coming year.

In Service,
TOM WEAVER
TCMC BOARD CHAIR

Annual Facilitator Training, Sat., April 23rd, 12:15–2:30pm.

Training will be taught by Tommy Jones, Gary Weldon and several other experienced facilitators, plus Tom Maher! All current support group facilitators, plus those wishing to become one, are welcome to attend. This is a wonderful opportunity to connect with other facilitators, to sharpen old skills, learn some new ones and to share your experiences with others. Please RSVP to Tom Maher and tomm@tcmc.org or (612) 822-5892. Please consider attending....see you there! Masks required!

VOLUNTEER TREASURER OPPORTUNITY

We are now accepting applications for TCMC's next Treasurer following the recent announcement that our current Treasurer will be stepping down in April 2022. The Treasurer will be responsible for financial management and oversight, budgeting and monitoring, tax reporting, and making monthly reports to the Board of Directors. Qualified candidates will have demonstrated experience in accounting and/or finance and a strong alignment with the TCMC mission. Please visit TCMC.org to read the full job description. Interested parties can contact our Office Manager, Tom Maher, at tomm@tcmc.org.

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 GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 7	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM	
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27	28	29	30	31			

FEB/MAR 2022

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

1976 IN OUR 46TH YEAR 2022
OF PUBLIC SERVICE

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 45 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 33 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 continue to meet by phone or video chat. Beginning August 2021, we have begun hybrid meetings, both video and in-person 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

Where: Video Chat

When: Wed., Feb. 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

Leader: Heather Chakirov

Where: Video Chat

When: Wed., Mar. 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

Where: Video Chat/In-Person

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, Bill Baldwin, 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.

• **Location:** Video Chat - request a link a using "Contact a Group Facilitator" at <<https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>>

As we resume in-person groups, please check with a facilitator if your group is meeting in-person.

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.

Location: Video Chat / In-Person

- 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.

Location: Video Chat / In-Person

- Tuesdays 7:30 - 9:30 pm

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!

Location: Video Chat / In-Person

- Wednesdays 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? Worried 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 confidential, non-confrontational and non-judgmental place to talk with other men about healthy sexual boundaries.

If you are currently participating in or have completed a sex offender treatment program you are welcome. If you have never been involved with the legal system you are also welcome. Facilitated by: Tommy Jones, Thomas Koepke, Sean Kratz, and Gary Weldon.

Location: Phone

- 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.

Location: Video Chat / In-Person

- Thursdays 7:30 - 9:30 pm

The Sexually Evolving Man

Open to Men and Transgender Men

If sexuality is at the root of our existence and "change" is the only continuous thing in life. Why would our sexuality, how we identify ourselves, desires, and experiences be any different? This group is for men who are evolving sexually and question how the evolving intersect with their day to day life.

Location: Video Chat / In-Person

- Fridays 7:30 - 9:30 pm

Men's Wellness

Open to Men Only

This group creates a space for men to work on creating a healthy, happy, productive and meaningful life with the support of other men, or anyone identifying as male. We will include time for men to share uninterrupted about the life they're creating, along with a brief weekly meditation, no-impact energy exercises, and a short teaching as a conversation starter.

Location: Video Chat / In-Person

- Saturdays 10:30 am - noon

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.

Location: In-Person

- 3rd Sundays 5:30 - 7:00 pm

We Agnostics of Uptown AA

Open to Men Only

A support group for men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Frank at agnostictc@gmail.com

Location: In-Person

- Sundays 6:00 - 7:00 pm

Mankind Project Open Circle

When: Every Mon., 7:00-9:00 pm, Online

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.

Registration: https://docs.google.com/forms/d/e/1FAIpQLSdBQh40_

XpJInGr35iDThnqBLOl2HyhPbdL7dqzNDFVbjliw/viewform



CHECK OUT WARRIOR EVOLUTION

A Cool New Podcast/Video Channel.

In-depth Discussions and Interviews with healers, educators, and wise guys!

Men's Health - Initiation - Spirituality Recovery - Wisdom - Stories - and more.

Available on Spotify and Google

YouTube - Warrior Vox Channel

Visit www.WarriorVox.com for links.

The Perspectives Exchange Laboratory (PX Lab)

We believe in the value of your experiences and insight. Our purpose is to provide a venue where individual perspectives are shared through bold conversations. We aim to build a place to be heard and to learn from listening that's centered on a foundation of courage, authenticity, respect, and engagement.

Look for more details about The PX Lab at

<https://www.tcmc.org/pxlab/>

Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your

time; please contact us at

tcmc@tcmc.org

Monthly Men’s Sunday Brunches On Hold Until April. Four men attended Stephen Sewell’s December brunch in St. Paul – Andy Mickel, 2022-01-17.

“Thanks for all the great work you guys do!” – Keith Johansen, 2021-11-15.

To John Hesch: “I took your class about 10 years ago. It has come to my attention that you have recently retired from the TCMC Anger Management Program. I wanted to thank you for your tireless and unselfish commitment to the program. I was always impressed with your efforts and with you as a human being. If everyone in the world was like you the world would have no problems. Good luck with, and enjoy your retirement. And thanks for your help in helping me.” – Dave Hafner, 2021-12-13.

The Passing of Robert Bly

The guiding force behind the modern men’s Mythopoetic Men’s Work movement, **Robert Bly, known primarily as a Minnesota poet and author of books such as *Iron John: A Book About Men, The Soul is Here for its Own Joy, The Sibling Society: An Impassioned Call for the Rediscovery of Adulthood, and The Rag and Bone Shop of the Heart*, passed at age 94 in Minneapolis in late November, 2021.** A heartfelt obituary written by poet and colleague Thomas R. Smith (a former Men Talk editor), appeared in the Minneapolis StarTribune on Sunday, November 21st. You can read Smith’s letter on the <https://www.robertbly.com/news.html> website, managed by Mark Stanley over the past 15 years.

With the help of many men, Robert Bly organized annual Minnesota Men’s Conferences beginning in the mid-1980s over the next 30+ years. Hundreds of men experienced story telling, drumming, poetry and learned the human wisdom of mythological heritage that contributes to the essence of men’s souls. At the conferences he teamed with 4 or 5 other teachers to present a broad range of men’s

work activities: indigenous teachings, drumming, dance, mask-making, wilderness tracking, access to ancestors, etc.

A in-depth, biographical film, “Robert Bly: A Thousand Years of Joy” was released in 2015 at film festivals throughout the country, and subsequently broadcast on PBS. DVDs are available at: <http://robertblyfilm.com/>.

TCMC honored Robert Bly over the years by inviting him as the featured keynote speaker at Men’s Center-organized Midwest Regional Men’s Conferences in 1980, 1985, and 1989. The large meeting room at our offices was named the Robert Bly room in 2018.

– Andy Mickel, 2021-12-01.

Long-time Men’s Center volunteer, and alternate board member, Dan Gorbunow launched his **new collaborative resource for men: The Seven Feathers Society in St. Paul**, to focus support primarily for men in recovery: assisting individuals and communities recovering from substance use disorders, addiction, trauma, and chronic dysfunction, by providing holistic wellness education and services, in-depth peer support, healthy food and lifestyle experiences, wisdom-based ritual and spiritual education. Read more at: <https://sevenfeathersociety.org/about/> – Dan Gorbunow, 2021-12-01.

2022 Minnesota Men’s Conference: “Into the Belly of Ice and Snow” February 4-6, 2022 <https://minnesotamensconference.com/>

Hosted on the wooded banks of the St. Croix River at the YMCA Camp St. Croix just outside Hudson, WI (about 30 miles east of the Twin Cities). We have the use of a beautiful lodge with a large and roaring fireplace as well as snug heated bunkhouses for all participants. Shared meals are provided in the camp’s spacious cafeteria beginning with breakfast Saturday, February 5th. Guests include old friends Miguel Rivera, Ben Dennis, Timothy Young, and Walton Stanley.

Conference fee is \$350.00 (reduced fees available for those in need). – Walton Stanley, 2021-12-31.

The 2 Million Year Old Man No One Knows: Awakening the Masculine Soul

Since I began my work helping men and their families more than fifty years ago, there has been a steadily **growing recognition of the importance of healing men if we are going to heal humanity.** No one has to tell us that we are living during a time of massive change. The arrival of the Coronavirus has impacted everyone on earth, reminded us that we are all connected, and calling humanity to reconnect with our partnership roots before our dysfunctional practices bring about our demise. I recently wrote an article, “My Moonshot Mission to Save Man Kind,” to offer a call to action in support of humanity. Read more at Jed Diamond’s Men Alive blog: <https://menalive.com/the-2-million-year-old-man-no-one-knows/> – Jed Diamond, 2021-12-02.

Make a
Donation
to the TC Men’s Center.
It’s fast, safe and simple!

Scan this Venmo Code with
your smart phone today.



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

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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

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

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, Bill Baldwin, on the Anger Management phone 612-229-3102.

26 Years of Successful Classes

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