

men talk

tcmc

in our 46th year
of public service

twin cities men's center

Jun/Jul 2022
Volume 46 #3

Explore your Truth, Find your Voice

“How Are You Doing as a Dad?” A Father’s Day Question

– © 2022 BY TIM DELMONT, PH.D.

It's hard to be a dad, but it might be the most important thing we men do. There are uncertainties: Few of us have had good role models or enough preparation. The needs of our kids change. Relationships with our kids' mothers or our partners can be complicated. Work demands are usually constant. There might not be enough time, money, and opportunity to be fully engaged. Does this list sound familiar?

If you're like me, you became a dad without thinking about these things too much. I assumed I could do it. I was optimistic, if ill-informed and inexperienced.

For several years, my wife and I together raised our son, committed to his well-being, making mistakes but learning as we went. We thought we were doing a good job. And then she died suddenly at 33, shortly after giving birth to our daughter.

From that moment and in succeeding decades, “How are you doing as a dad?” became the most important, recurring question of my life – trumping career aspirations, work issues, money or health concerns, romantic relationships, and more. For 21 years I was a single parent and, for two additional years, a step parent to another son in a second marriage that failed. In this journey, I thought hard about what it means to be a dad and how I was doing, which led to many other, specific questions. On this Father's Day, I'd like to share them with you:

1. Do you show up when your kids need you? How often and for what? Not just for fun, but when they are sick, lonely, scared, or have unresolved conflicts or problems? Do you talk with your children, listening closely? What expectations do you have for them? What do you teach them? What do you model? How do you hold them accountable? Do you attend their school or park league or other performances? How do you show them affection, approval, love? What are you doing well as a dad? In what ways, can you improve? What one step can you take today to be a better dad to your kids?

2. If you are married, divorced, separated or single, do you have a partner with whom you parent your child/children equally? Have you two identified the family and parenting roles you each do best or better, and do you regularly carry out your roles? Roles such as shopping, cooking, housework, laundry, upkeep of your home, childcare, and relationships with other family members and

friends? Do you each put about the same amount of time into these roles? Do you both think you're carrying your load? Do you and your partner work for pay? Or want to? How does that affect your decisions about carrying out family and parenting roles? If you don't have a partner, from whom do you seek help in parenting your kids? What one step can you take today to strengthen your relationship with your partner or other caregivers?

3. Before you became a dad, what were your life priorities? After becoming a dad, what are your life priorities? Has your work for pay been your main priority? If so, why? How do the priorities you've set benefit your kids, your partner, and yourself? How do you balance them? Do you want to change them? How will you do that and when will you start? What do you want to be remembered for in your life?

To find answers to these questions – probably like you – I've read widely, taken classes, and participated in professional counseling. I've sought and gotten insights from my wives, my in-laws, my mother, other family members, friends, and neighbors – a wide community of acquaintances and supporters.

Some years ago I decided that I wanted to be what I call an everyday dad, one who's there for my kids, who shares equally with my wives the parenting of our children, and who makes parenting and family life as important - and at times more important - as career growth and accomplishments. I have tried to “have it all,” but not at the same time. For me, trying to be an everyday father slowed my career trajectory. My kids came first and my most significant career accomplishments followed later. That's been my compromise.

How about you? What's your answer to the question “How are you doing as a dad?” What are your responses to the set of questions I've mentioned above? Which ones are most important to you?

*Tim Delmont, Ph.D. has been a faculty member, administrator, author, and consultant in the field of management, specializing in human resources management, at St. Mary's University, the University of Minnesota, and Metropolitan State University. He's the author of *Everyday Dad: A Memoir About Single Parenting*, the story of his first ten years as a single parent. You'll find it on Amazon and at local bookstores.*

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 jeffreyscotspringer@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

Celebrating the transition spring into summer — bringing new life to the land and TCMC. Gratitude for the milestones we have achieved with new energy of hybrid vigor both at our TCMC physical location in South Minneapolis and our growing online service area. This May, the board re-energized our four quadrant strategic planning visioning experience, by approving and updating the task group charters of: FINANCE Growing Our Resources, ADMINISTRATIVE Transforming Our Future, OUTREACH Boosting Our Signal, PROGRAM Nurturing Our Partnerships. Volunteers from our membership are much appreciated for these groups and more info can be found from our Volunteer Coordinator, Jim Heaney – <https://tcmc.org/volunteer-opportunities-twin-cities-mens-center.html>

Thanks to the generosity of the Herb Jaehne family our FCC Finance Task Group has sent out requests to bolster our two Anger Management Programs, with a matching grant opportunity up to \$5000 of denotations. Your continued generosity is

much appreciated and simple to do on our improved web payment portal <https://tcmc.org/payment.html>

We have installed three wall mounted TV's now at TCMC and are encouraged by the use of the Meeting Owl Technology, by hosting our first hybrid presentation in the large Robert Bly Room on April 21, Mark T. Scannell: Developing Resilience in Chaotic Times – "Developing Resilience means involves our bodies, our minds, our spiritualities as well as finding support."

And as always, please check out our evolving menu of support groups, and consider joining at your earliest convenience. <https://tcmc.org/programs-support-groups-twin-cities-mens-center.html>

Sharing and being listened to are important gifts in developing your passion for life. As our letterhead motto emphasizes "Explore your Truth, Find your Voice" at the Twin Cities Men's Center.

Best wishes for growing healthy connections this summer!

In Service,

TOM WEAVER, TCMC BOARD CHAIR

New Support Group for Male Victims of Domestic Abuse

The Twin Cities Men's Center, in conjunction with Southern Valley Alliance, is beginning a Support Group via Zoom for men who have been the victims of any type of domestic abuse. Please look for more details to come in the next issue!

TREASURER Volunteer 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 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 or contact our Office Manager, Tom Maher, at tomm@tcmc.org.

ANGER MANAGEMENT COORDINATOR Job Opportunity

We are now accepting applications for TCMC's next Anger Management Coordinator. The AM Coordinator is responsible for administration of the program in all of its aspects, including program organizing and scheduling of classes, finding available facilitators, handling inquiries from men interested in taking the class, recording registrations, and collecting fees. Please visit TCMC.org to read the full job description or contact our Office Manager, Tom Maher, at tomm@tcmc.org.

ANGER MANAGEMENT Training Report

On April 23, 2022 the annual Anger Management facilitator training was held with 15 in attendance total. Most are looking to facilitate. Some were from other organizations and may be looking to start their own groups

tcmc

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

TUES DAY

WED NES DAY

THURSDAY

FRIDAY

SATURDAY

JUN/JUL 2022

SUNDAY	MONDAY	TUES DAY	WED NES DAY	THURSDAY	FRIDAY	SATURDAY
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 5	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM 6	SUPPORT GROUP GAY ISSUES 7:30 PM 7	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P 8	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 2	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM 3	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 4
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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 31	<p>WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892</p>		<p>CALL US ABOUT ANGER MANAGEMENT CLASSES.</p>		<p>1976 In Our 46th Year OF PUBLIC SERVICE 2022</p>	

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 46 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 34 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

Beginning August 2021, we have begun hybrid meetings, video and in-person, at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

COVID Note: Masks are recommended, but not required, when multiple people are present at the Men's Center

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., Jun. 1, 7:00-9:00 pm

Open to all Genders

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

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

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

Family Law Clinic

Leader: Heather Chakirov

Where: Video Chat

When: Wed., Jul. 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.

CLASSES

Anger Management I

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.

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 at 612-229-3102.

Anger Management II

Facilitator: Dan Gorbunow

Where: Video Chat

When: See calendar for dates

Open to Men Only, Registration Required

The New Anger Management II Course, "Beyond Anger: Reclaim Your Fire!" is a great way for men who have completed the TCMC Men Helping Men With Anger Management course (and have fully paid the fee) or have demonstrable equivalent training or background can now go further into new territory of self-development and emotional competency.

There is, however, much more to learn, and do, and become: your deeper self is at

hand. Now, it is time to go beyond anger, and discover the hidden sources of power, transformation, healing, and creativity.

We will guide you into a new space, language, and style of learning as a first goal. There's lots of fun and interactive material we will be exploring, some in materials and study, mostly in direct sharing and experience.

Please call TCMC at 612-822-5892 to register, or call the Anger Management coordinator 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 J, Thomas K, Sean K, and Gary W.

Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- 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: Pat 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: On hold

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

New Podcasts available on
Warrior Vox YouTube channel



"EMPIRE VS. UNITY CONSCIOUSNESS"
with Dr. Michael Obsatz, link:
<https://youtu.be/rBkDfV7MjQ>

Mankind Project Open Circle

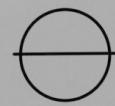
When: Every Mon., 7:00-9:00 pm, Online

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_XpJInGr35iDThnqBLOl2HyhPbdL7djzNDFVbJliw/viewform



ODYSSEY
MEN'S GATHERING

FELLOWSHIP Storytelling Peer Support
practical wisdom & discussion

APRIL 10 with TED HARRISON
MAY 1 with WALTON STANLEY

Monthly in Eagan, MN. Register at:
WWW.SEVENFEATHERSSOCIETY.ORG

6 Here and There

– Edited by Andy Mickel

Monthly Men's Sunday Brunches Resuming! June 19th (Father's Day – children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984.

July 17th at Tom Borden's backyard 3933 41st Ave S, Minneapolis 55406. 651-792-5040. 9 men attended the year's first brunch in April at Andy Mickel's; 12 men attended the May brunch at Frank Brandon's.
– Andy Mickel, 2022-05-17.

"[I suggest:] Annual camp trips w/ the other group affiliate w/Twin Cities Mens group or annual get together" - Matt Barnes, 2022-03-22

"Hang in there! :)" - Russ Rayfield, 2022-04-18.

"My men's group still meeting weekly via Internet, and now have moved from Chicago to Vermont to live with my son. Am still in pretty good health."
– John Everingham, 2022-04-19.

"I love the support the TCMC (Twin Cities Men's Center) provides. It is a blessing to everyone. It's not only for men, women are welcome too. I attended one of the classes they offer and it was heartwarming to witness what they do. It will forever change you. I'm so grateful for them." – Christine, 2022-05-18.

Long-time Men's Center volunteer, one-time board member, creator of the original Men Helping Men with Anger Management workshop, Herb Jaehne died of natural causes at his retirement home in Hawaii on January 12th. Several Men's Center involved men attended a celebration of life event in the backyard of Herb's old residence on Emerson Ave S in April hosted by his daughter, Suzanne. Herb was practical, effective and energetic about the need to create the Anger Management program at TCMC. We will miss his spirit!
– Andy Mickel, 2022-04-27.

A visceral story by Frank Bures appeared in the Minneapolis StarTribune on March 28th entitled: "Dead Cold" about a solo canoe close call on the Mississippi River near the Lake Street bridge where he tipped his canoe in the wind and cold. He references another incident detailing an essay about deaths on a glacier-filled lake that killed a troupe of Boy Scouts. After his experience, Frank answers the question: "When you die in cold water is it caused by hypothermia or by drowning?" Answer: "It's both: Hypothermia paralyzes you. Then you drown." Read the full story at: <https://frankbures.com/2022/03/28/dead-cold-a-near-miss-on-the-mississippi/>
– Frank Bures, 2022-03-28.

The Spring 2022 issue of Veterans for Peace News packs many stories into its 16 pages. Included personal stories of activists who are studying peace and building peace alternatives in an increasingly militaristic world, especially now that we witness 19th century behavior of Russia waging war against Ukraine. "When we glorify war, we are not honoring the dead, we are enticing the living to join them."
– Smedley Butler, 4-star US Marine Corps General.

Is the Female Father Wound Wrecking your Relationship? What Men and Women Need to Know

Jed Diamond, of MenAlive.com, posted a two-part article describing the Female Father Wound. He writes: "I've been dealing with the family father wound my whole life, but it has taken me a long time to recognize how prevalent the father wound is in the lives of men and women and how the female father wound can harm our health and destroy our relationships ..." A self-study online course for men and women who want to understand how their early relationship to their fathers is affecting their adult lives in areas like relationships, money and sex. Read more about the course at: <https://diamondprograms.podia.com/healing-father-wound>.
– Jed Diamond, 2022-05-08.

In Memorium – Herb Jaehne

The Twin Cities Men's Center mourns the loss and celebrates the life of Herb Jaehne; long-time Men's Center Member, Board Member, and creator of the original Men Helping Men with Anger Management Workshop. Without Herb's vision and dedication, hundreds of men would not have improved their lives with Anger Management.

A ceremony was held on April 10 for Herb at Temple Isreal Cemetery 4123 3rd Ave S, Minneapolis, MN 55408. Mourners then bundled up for a BBQ 3401 Emerson Ave S, Minneapolis 55408. The website obituary can be found at <<https://www.startribune.com/obituaries/detail/0000421849/?fullname=herbert-alfred-jaehne>>.

The Healthy Boundaries Support Group has resumed in-person meetings!

The meeting at Project Pathfinder's location in St. Paul will resume Wednesday, April 6th at 5:30 PM.

The meeting at Twin Cities Men's Center in Minneapolis will continue Saturday, April 9th at 10:00 AM.

Confirmation of vaccination is required.

The conference call has been suspended until further notice.

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.

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

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

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

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

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(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
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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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