

men talk

tcmc

twin cities men's center

in our 46th year
of public service

Oct/Nov 2022
Volume 46 #5

Explore *your* Truth, Find *your* Voice

Why So Many Mass Shootings? What Men and Boys Really Need.

– © 2022 BY DR. MICHAEL OBSATZ

There is a hole in the heart for many young men and boys these days. Some are hurting so badly that they become depressed. Others become violent and take out their anger, pain, and self-hatred on others through mass shootings.

Unfortunately, some boys are abandoned, shamed, bullied, and ostracized. Some from dysfunctional and abusive families. Others have never been taught how to love themselves, and feel connected. The world can be a hostile and confusing place sometimes. Internalized shame can lead to violent outcomes. Suicide and suicide attempts are increasing among boys and young men.

It is important to grow up knowing one's authentic self. But how does a boy do that when he is continuously told what he is supposed to do and be? He is also encouraged to believe that his validation as a man has to come from outside, from other men, and from women.

This co-dependent message creates inner emptiness which boys attempt to fill through activities, addictions, and macho posturing.

Excessive playing of video games consumes of the time of many young men and boys.

There are dozens of books written about raising healthy boys. Michael Gurian, Terrence Real, Herb Goldberg, Samuel Osherson, Robert Bly, and many others have written books on this topic. How many parents and educators have read them and taking them seriously?

There is a lack of love, affection, and guidance for many boys and men. Here are some questions which need answers for boys and men to be able to love themselves, create a supportive network, have a sense of meaning and purpose and navigate a complex and puzzling world:

Who am I?
What do I love to do?
What skills and passions do I have?
How do I communicate my needs and feelings?

How do I choose who to trust?

How do I deal with all of the anger, rage,
and violence in the world?

How can I make a living?

How do I take good care of my body?

What does spirituality mean to me?

How do I incorporate spirituality into my life?

How do I avoid toxic people and situations?

How do I leave abusive people?

What is my role in bringing more love and peace
into the world?

How do I care for and respect the earth's resources?

What can I learn from elders?

How do I learn to cope with change,

and let go of the need to control when it is necessary?

How do I develop resilience?

How do I forgive those who hurt me?

How do I achieve some inner peace?

How do I support others in finding their way?

How do I learn to appreciate what I have?

How do I develop the flexibility to cope
with the changes in life?

How do I learn to take care of myself?

How can I love myself, be proud and also humble?

How much of material wealth is enough for me?

We need understanding, mature, helpful adults who can support boys in their growth into healthy and mature manhood. This learning can take place in families, communities and spiritual settings. Unless this happens, we will continue to see this cycle of violence and suffering in the world.

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

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 e-mail 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 Wi-Fi 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 our humility to learn new things. Being human, with humor and humility are important in being open and willing to change. Grateful for our Sept. hybrid board meeting where younger men attended. Derek Gegner, board member, brought Paul O'Connell, artist, to our meeting who educated us about IMD, International Men's Day. (according to Wiki, IMD has been celebrated since 1993, currently on Nov 19.) "Jerome Teelucksingh, who revived the event, chose November 19 to honour his father's birthday and also to celebrate how on that date in 1989 Trinidad and Tobago's football team had united the country with their endeavours to qualify for the World Cup." Who knew?

We at TCMC consider ourselves as knowing about men's work, and no one I know of in the US, has talked about this day. This week, we propose that TCMC change this: first, with education. In this issue of MenTalk we declare "TCMC recognizes International Men's Day" and will co create something to celebrate the day in our community in 2022! Some interesting facts: Six pillars The IMD objectives are given as:

1. To promote positive male role models: not just movie stars and sports men but every-

day, working-class men who are living decent, honest lives.

2. To celebrate men's positive contributions to society, community, family, marriage, child care, and the environment.

3. To focus on men's health and wellbeing: social, emotional, physical, and spiritual.

4. To highlight discrimination against men in areas of social services, social attitudes and expectations, and law.

5. To improve gender relations and promote gender equality.

6. To create a safer, better world, where people can be safe and grow to reach their full potential.

The IMD theme for Nov 19 2022: "Importance of gender Equality" Check out <https://internationalmensday.com/> and follow us here at www.TCMC.org and Facebook for updates for a TCMC sponsored. Nov 19th event.

More shall be revealed, with life long learning about men, and supporting men to grow in body, mind and spirit. Take care and be well.

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 follow!

TREASURER Volunteer Opportunity

We are still accepting applications for TCMC's next Treasurer. The Treasurer will be responsible for financial management and oversight, budgeting and monitoring, tax reporting, and making monthly reports to the Board of Directors. 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 still 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.

Twin Cities Jewish Community Mental Health Conference

TCMC has been invited to man a resource booth at the Twin Cities Jewish Community Mental Health Conference on October 23rd and also asked if we would like to be included in their directory of mental health resources in the Twin Cities. If anyone is interested in volunteering to man the booth, they can contact Tom M at tomm@tcmc.org

MSOP African/American Support Group

TCMC was contacted by MSOP in St Peter about starting an African/American Support Group for their internal clients. They are looking for a group where African-American men can discuss issues such as the George Floyd/Duante Wright deaths. Details to follow,

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 |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

Oct/Nov 2022

WEB SITE: WWW.TCMC.ORG
E-MAIL: TCMC@TCMC.ORG
PHONE: 612 / 822-5892

CALL US ABOUT ANGER MANAGEMENT CLASSES.

SUPPORT GROUP
HSB 10:00 AM
MEN'S WELLNESS
10:30 AM

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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., Oct. 5, 7:00-9:00 pm

Open to all Genders

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

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

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

Family Law Clinic

Leader: Heather Chakirov

Where: Video Chat

When: Wed., Nov. 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

Men Helping Men With Anger

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.

Beyond Anger: Reclaim Your Fire!

Facilitator: Dan Gorbunow

Where: Video Chat

When: See calendar for dates

Open to Men Only, Registration Required

This new Advanced Anger Management 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

Beyond Anger: Reclaim Your Fire!

TCMC Advanced Anger Management Class

Seven Weeks, Mondays 6:00 – 7:30pm;
Class Dates: October 17, 24, (skip Halloween),
Nov 7, 14, 21, 28, Dec 5.

Zoom/Online Only

\$149.00 (TCMC members may receive a 10% discount: \$15)

Open to All Genders

"This course is about healing and transformation. Focus is on helping and guiding men to think about and implement physical, mental and spiritual self-care. I enjoyed Dan's approach to guiding/helping men learn about themselves. He empowers his students to live in the present, investigate the spiritual world that is part of us, be mindful of our past and what causes stress/anger and use our innate intuition to make the best choices possible when it comes to our self-care. I appreciated Dan's knowledge, caring and grace and I recommend this class." - Paul O., 2022

"I'm participating in my own healing when I take this class I got more clarity about myself and life. Dan is an expert at awareness of the human condition, deep in his understanding. With this knowledge, I reduce my risks in life. Thanks Dan" – David C., 2022



Monthly Men's Sunday Brunches Resuming! August 21st at Frank Brandon's deck 975 Como Blvd E, St. Paul, 55103 651-487-3511. (on the east side of Lake Como). **September 18th at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). About half-dozen men attended the Father's Day brunch in June at Jimbo Lovestar's; the July brunch at Tom Borden's was cancelled. – Andy Mickel, 2022-07-17.

Upcoming Monthly Men's Sunday Brunches October 16th at Tom Borden's backyard 3933 41st Ave S, Minneapolis 55406. 651-792-5040. **November 20th at Stan Bookout's:** 2512 37th Av S 55406 377-1414. 14 men attended the August brunch at Frank Brandon's in St. Paul and 13 men attended the September brunch at Andy Mickel's in September. – Andy Mickel, 2022-09-19.

ManKind Project Minnesota has scheduled its first in-person NWTa (New Warrior Training Adventure) for November 18-20 (Fri-Sun):

- Good Earth Village, 25303 Old Town Road, Spring Valley, MN 55975, www.goodearthvillage.org

Contact the Enrollment Coordinator, Tom Borden, if you are interested in signing up: tjb076@gmail.com, (651) 792-5040

Questions: Call Jamie Wellik at 612-267-2467 or Gerardo Ramos at 651-352-5154
– Jamie Wellik, 2022-09-18

International Men's Day: November 19th
“Every day, I check what holidays it is that day. For every holiday we can name, there are hundreds of obscure ones that we're missing out on (I wrote this on National Food is Medicine Day, which is also National Cream Filled Donut Day). It doesn't bother me too much that Free Queso Day and Make A Hat Day (tomorrow) slip under the radar, but there is one holiday in November that could use more attention: the 19th, International Men's Day.

November 19th ought to be a day that everyone celebrates every year. Everyone can think of at least one man worth celebrating. It's also a great opportunity to raise awareness about the dozens of long-neglected issues affecting men and boys. And

it's on a Saturday. TCMC will be having an Event this year, and I hope that will be just one of many new traditions to look forward to. We're still working out details, so stay tuned! Bring a friend, otherwise they'll be upset that you went to the Historic First Annual IMD celebration at TCMC without them.” – Derek Gegner, 2022-09-14

New Nationwide Mental Health Crisis Line: “988” Beginning the weekend of July 16, dialing 9-8-8 can connect anyone to an integrated crisis line making access simpler than the several crisis lines that have been in existence. In Minnesota we still have crisis lines that have been operating for more than 50 years. – Andy Mickel, 2022-07-12.

TCMC Board alternate Dan Gorbunow is the author of Chapter 4 in the **Amazon Best-Selling book *Find Your Voice 4: Transcendent Men, Real Stories***, 20 authors on men's healing. Available for purchase at Magers & Quinn Bookstore in Uptown! – Dan Gorbunow, 2022-09-19

Social and Emotional Intelligence
“Social-Emotional Learning Should be a Core Subject in School” Op-Ed in the Minneapolis StarTribune. Concerned about addressing violence in America (such as school shootings), nurse practitioner Rachel Frazin writes that a long-term investment in social-emotional learning (SEL) is required as a core subject from pre-K through high school graduation in partnership with families and communities. She cites the necessity for SEL requires an understanding of the psychosocial dynamics underlying aggression. She states that with Minnesota's tradition of investing in social capital, we can lead the nation in supporting

the flourishing of hearts and minds.
– Rachel Frazin, StarTribune 2022-09-06

“Would've Helped Younger Me” In response, letter writer Karen Cox stated her wholehearted agreement: “I could have greatly benefited from learning about emotions and how to regulate them when I was growing up. Trauma and parental dysfunction aren't supportive for learning emotional regulation, self-connection or self-esteem—in fact often produces the opposite...”
– Karen Cox, StarTribune 2022-09-11

The Real Issue for Men is Vulnerability
“I was his firstborn after he came home [from WWII]. In all the years I knew him, he never spoke about the war of what happened to him. Any attempt to speak about it, he would tear up, then clam up. The reason he gave was to spare us from the pain. I've come to believe it was to spare him from the vulnerability he felt when remembering his past, connected to his learned belief that ‘big boys don't cry,’ or ‘masculine’ men aren't vulnerable...”

...In order to be empathetic, however, one has to care. But caring involves feeling vulnerable, and to care about others makes one feel, at least, somewhat vulnerable...

...If vulnerability is seen as a weakness (as many men have learned to see it), don't we then react to it as if it makes us weaker a person, rather than that it is just being part of our humanness? It's been written that women respect men for their strength but love them for their vulnerability. How can a man be truly loved if he's not able to own and share his vulnerability?

– Gary Burt, StarTribune 2022.07-23

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 Gilette's book.

Registration: https://docs.google.com/forms/d/e/1FAIpQLSdBQh40_XpJInGr35iDThnqBLOI2HyhPbdL7djzNDFVbJliw/viewform

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: Zoom Video conference (request a link at tcmc.org)
 When: Every 1st Wednesday from 7:00 to 9:00 PM

No advance registration required!

Infinite Aperture Counseling

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UPTOWN AREA SPACE TO RENT

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

| | <i>Non-Profit</i> | <i>Profit event</i> |
|------------------|-------------------|---------------------|
| 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: \$285 for TCMC Members (\$295 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

***What's
Inside***

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