

# men talk

tcmc

in our 48th year  
of public service

twin cities men's center

Apr/May 2024  
Volume 48 #2

Explore your Truth, Find your Voice

## Healing the Shame that Drives Anger

— © 2024 DAN GORBUNOW

I lost it when she said horrible things about me in court. I felt emotionally violated. I wanted to explode.” Nick’s face was red, and his voice started shaking. The other men in the Zoom call listened with empathy, heads nodding.

“This has been the hardest part of the journey so far,” he continued, “hearing the worst things someone could say, from the person I loved the most. Now I feel hatred, and betrayal.” Nick lowered his face, and wiped his eyes. We arrived in a shared territory of stored feelings: anger, hurt, sadness, and noticeably – shame.

In every group I encounter doing healing and recovery work, whether as a participant or instructor, I find a common dynamic in men’s emotional reality: on the surface, below the smiles and cool countenances, stress bubbles up from a place of deep tension. At times this can percolate into anxiety, anger, and rage, breaking through a crust of shame and despair. Under the shame lies a raw core of hurt, grief, and/or fear. What is this shame that wraps around hurt and fear? How does it relate to anger? What can be done to heal or process the dynamic of shame?

First, men are taught or conditioned to deny or suppress their feelings. Being driven underground, starting with childhood experiences and conditions, difficult emotions become unconscious. Deepest are the ones that are the least permitted to experience or express: pain, hurt, sadness, grief, fear, and finally, shame. Over time, other feelings and experiences, including joy, security, self-esteem, go into the underground as well, like a black hole that pulls light and feeling into itself. Men like Nick can end up with ‘neck-up’ disposition, a being more of thoughts and less of feeling. The hurt gets wrapped tight.

Men can become numb and flat. Suffering can metastasize into coldness. To compensate, the inner lover or wild side can act out stored feelings in new roles as addict, predator, victim, or heroically as a way to get to the feeling state. Anger, too, is a valve that releases what is stored inside, including shame. Anger becomes addictive and infectious.

Shame is the inner dread and disappointment of self, a trapped belief that ‘there must be something wrong with me.’ Shame encumbers a diminished sense of self-value, that the self is less than, and can translate as other messages, ‘I don’t matter’, ‘I’m not good enough, not worthy, not wanted’, ‘I can’t do anything right’, ‘Loser!’ Unconscious shame is an error, a false belief of the self that disrupts personality.

How did these negative self-concepts and self-talk get lodged so deep? Experts weigh in. John Bradshaw, in his *Homecoming of the Wounded Child* series, shows how people get wired for shame in child-

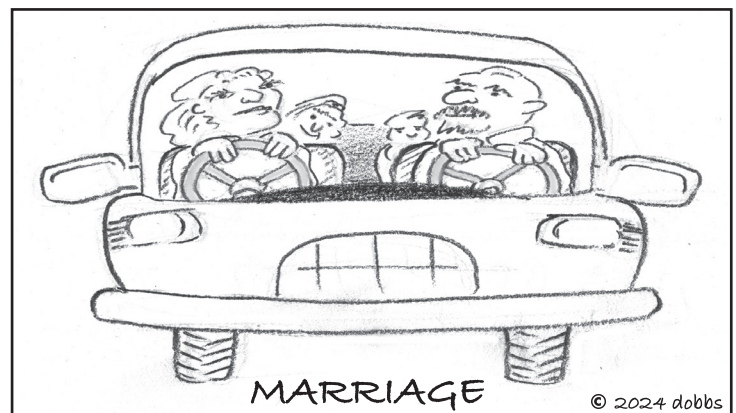
hood, in dysfunctional family systems.

Alice Miller in *The Drama of the Gifted Child*, shows how parents enroll children into their imbalances. The inner void contrived in childhood, fuels outer dysfunctions in personal psychology. Children feel abandoned when needs are not being met. Internalized abuse and oppression become the unconscious psychological basis for horrifying social and political systems, as Alice noted from her upbringing in WWII Poland during the Nazi takeover and destruction of her society. The urgency in our times to heed such lessons is clear. Shame-fueled rage begins within individuals and families, as stored pain. Anger is a re-activation of shame and stored pain.

When Joe is triggered by something outside, when others say or do something that resonates with Joe’s shame, then it flares up in him. Joe learned that anger is OK to show, but not the pain. The outer is not the cause, the cause is Joe’s stored hurt, fear, shame, damaged self-beliefs in his subconscious. Facing the underlying causes of anger are where Joe’s work of healing begins.

It is healing to see a person who is angry as someone who is battling their inner shame; as someone who is hurting, grieving, and needing more love, support, and healthy containment. Healthy containment is an internal structure to process shame and anger, which is the role of healing work and therapy. Lewis Hyde, in his MMC discussion, *The Culture of Shame and the Art of Shamelessness*, discusses the purpose of shame, appropriate and inappropriate shame, and finding a meaningful, healthy balance.

Meeting anger with more anger is like two hurt children throwing more hurt onto each other, each struggling to get fed with some need not yet expressed. Inner demons can become social catastrophe and violence.



## Library Corner

— MATT BARNES,  
LIBRARIAN



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

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](mailto:tcmc@tcmc.org)  
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## Letter from the Chair

Springtime is a time of personal renewal reflected in the greening of Creation here in Mnishota Makoce, the land of the Dakhota Oyate. Compassionate self-care has been a long term theme for TCMC support group participants; as some say, "putting our own oxygen masks on first" allows each of us to have self love and compassion to be there first for ourselves before we have enough band width to serve others.

As humans, none of us is perfect, and we make mistakes. Each mistake is a new opportunity for learning, and perhaps doing things differently. Having compassion for ourselves allows each of us slow down and look inward, being aware of our "response abilities", our ability to respond, beyond old patterns of reactions.

As a participant in our long running successful "Men Helping Men with Anger Management" 12 week course, many of us needed to learn about our cycle of escalation, and then how to de-escalate prior to acting or saying things the way we used to.

Anger is known to be a secondary emotion. Underneath often are fear and

shame issues. Like anger, fear is normal for humans. When we live our lives out of fear, we are always out of balance. And when we admit our fear and refuse to let it control us, we have the possibility of moving into balance. A necessary survival tool, fear provides alertness that let's us know our survival is threatened. Fortunately we are rarely in situations where our life is literally threatened. That doesn't mean we have laid fear to rest.

We have developed our fears to deal with more subtle situations, most of which threaten our illusion of control, our self-esteem, and our need for stasis. When we recognize this, we can relax a little and be less willing to hand our lives over to fear. Most fear stems from lack of faith. Consider cataloging your fears. See what's underneath each of them. This can help you get a handle on them. And build a foundation of confidence to live more in balance in this world.

Best wishes for a joyful, balanced and compassionate spring,

In service,

TOM WEAVER, TCMC BOARD CHAIR

### *Continued from Page 1*

Shame is created in error. The error is lack of love, sense of belonging, esteem and healthy boundaries. Instead of reacting to shame-fueled anger, pause. Offer poise to calm the interior. Seek to understand before trying to be right. Know that your defenses, and their defenses, are protecting a hurt core. The core needs more love, compassion, healing presence, regulation, and breath. Breath is a universal spirit of life. Spirituality heals.

Take a breath, open your heart. Share your struggle and your voice. Honor your resilience. Abide in light, love, and the medicine of good people with good intentions, and ears to hear, and hearts to hold the self in peace, understanding and unity.

Join in the journey of healing your feelings and consciousness. Take the next **Beyond Anger: Reclaim Your Fire!** Course offered through TCMC.

*Dan Gorbunow, AMT, is the Executive Director of the Seven Feathers Society <[www.SevenFeathersSociety.org](http://www.SevenFeathersSociety.org)>. He is trained in Traditional Chinese Medicine, Taoist strategy, philosophy, martial arts; skilled in Eastern bodywork, experienced as a storyteller, drummer, initiator and mentor program leader. He is dedicated to bridging traditions and facilitating personal, family, and community healing. Visit <[www.WarriorVox.com](http://www.WarriorVox.com)> for podcasts and media on sacred wellness and natural recovery.*

### **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](http://TCMC.org) to read the full job description or contact our Office Manager, Tom Maher, at [tomm@tcmc.org](mailto: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
CALL US ABOUT ANGER MANAGEMENT CLASSES.	MKP CIRCLE 7 PM ANGER MGMT 7 PM	SUPPORT GROUP GAY ISSUES 7:30 PM PHOENIX RISING 7 PM ANGER MGMT 7 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLINIC FAMILY LAW 7	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM		SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM
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APR/MAY 2024

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

1976 IN OUR 48TH YEAR OF PUBLIC SERVICE 2024

## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 47 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

Since 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).

*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: Rebecca Randen

Where: Online Zoom Chat

When: Wed., Apr. 3, 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: Linda Wray

Where: Online Zoom Chat

When: Wed., May 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.*

## CLASSES

### Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

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!

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Apr. 8 to May 20, 2024

Register: on TCMC website  
or call 612-822-5892.

Cost: \$197 (TCMC members receive a 10% discount).

Scholarship options are available.

*Open to all Genders*

Live / In-Person group (at the instructor's community room and residence in Mendota Heights near the MSP airport), with assigned readings, peer support, and expert guided live instruction. This course

offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

### Phoenix Rising: Creating Emotional Sobriety in Your Relationships

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Mar. 5 to Apr. 2, 2024

Register: at [www.warriorvox.com](http://www.warriorvox.com)

*Open to all Genders*

A follow-up to the popular Beyond Anger Course, offered by the instructor. If you want to continue your path, this course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

## 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:** Online/Hybrid/In-Person

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

In-person groups are held at TCMC, 3249 Hennepin Ave. S. Suite 55, Minneapolis MN 55408

You can request a link for Zoom Video using "Contact a Group Facilitator" at <https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>

### General Men's/Divorce/ Uncoupling Issues

*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:** Online Zoom

• 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:** Online / 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:** Online / In-Person

- Wednesdays 7:30 - 9:30 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:** Online Zoom

- Scheduled by appointment

## 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](mailto:agnostictc@gmail.com)

**Location:** In-Person

- Sundays 6:00 - 7:00 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:** In-Person at 901 1st Street N. Downtown Hopkins, MN 55343

- Saturdays 10:30 am - noon

## 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.

**Minneapolis Location:** In-Person

3249 Hennepin Ave. S. Suite 55

- Saturdays 10:00 am - 12:00 pm

**St. Paul Location:** In-Person

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

## Beyond Anger: Reclaim Your Fire!

Tuesdays: Apr. 8 to May 20, 2024

6:00 - 7:30 pm CST, Live / In-Person Course

(at the instructor's community room in Mendota Heights)

This course is a good follow up for the successful *Men Helping Men: Anger Management Class*, however, enrollment is open to all genders, with no prerequisites.

- Expert-guided peer support processes
- Wisdom teachings and data on men's and women's emotional communication styles
- Honest, safe, confidential conversations and fellowship
- Self-healing tools to take your personal practices to another level of skill and proficiency
- Spiritual education and storytelling through mythology and archetypal psychology
- Positive support group and networking

### REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 or register online:  
[tcmc.org/programs-beyond-anger-registration.html](http://tcmc.org/programs-beyond-anger-registration.html)



*"The Beyond Anger-Reclaim Your Fire! class helped me integrate the pieces of learning and awareness I have gathered in my adult life from talk therapy, 12 steps, family systems studies, and my ManKind Project men's group. The result is that I'm now able to trust myself in social situations that match patterns from my past and act more responsibly with my emotions."*

– Andy M.

**Upcoming Monthly Men's 3rd Sunday Brunches.** April 21st at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). May 19th at Rick Gravrok's 2925 Monterey Ave S, St. Louis Park, 55416. (on the west side of Lake Calhoun, off Lake St.). 952-220-8153. 12 men attended Stephen Sewell's February brunch and 15 men attended Bobby Schauerhamer's brunch! – Andy Mickel, 2024-03-10.

**ManKind Project Minnesota (MKP-MN) NWTM May 16-19, 2024 near Red Wing Minnesota.** The upcoming Spring MN MKP Weekend begins Friday evening 6pm, ending Sunday afternoon 4pm. This experiential training has enabled men to create spectacular, life-changing, awe-inspiring results. Men like you take this journey. If you're willing to challenge yourself, you will emerge more the man you were born to be. The world needs you, and a brotherhood of men is ready to support you. Contact: David Kaar <drkaar@mkp.org> 612-275-5165 or Brett Benson <brettbenson@me.com>

\$150 Deposit holds your place; \$695 full payment. To register: <https://mkpconnect.org/civicism/event/register?reset=1&id=59657> Meals, materials, and accommodations are included. After your initial application and deposit, you will be sent an additional questionnaire required to finalize your registration. You will also receive information about the location of the training and what to bring. – David Kaar, 2024-01-14

The Minneapolis StarTribune recently ran several articles on loneliness, perhaps to complement the featured article in the Feb-Mar Men Talk by Bill Dobbs on "Sensing, Healing, Feeling" in TCMC Support Groups.

2024-02-19: "A key piece to solving loneliness? Friendship. Friendships help stave off loneliness, build connection and cultivate a healthy 'social biome'."

2024-02-19: "Small talk can make big changes - THE LONELINESS CURE"

2024-02-19: "Yes, you should talk to strangers. Small talk has big benefits. Chit-chatting, handing out a compliment or simply greeting a stranger can help you feel less lonely."

2024-03-03 "Are you lonely? Exercise your social muscles - THE LONELINESS CURE" – Andy Mickel, 2024-03-11.

Veterans For Peace News, Winter 2023-24, volume 26, issue 6, "Health Care for Veterans is Being Threatened" by Arlys Herem and Jeff Roy, notes that the Veteran's Health Administration is not properly staffed resulting in many veterans unable to receive the high-quality, veteran-centric care they need. – 2024-02-01.

Satirist James Lileks who began his career at the U of Minnesota writing columns for the Minnesota Daily, has several columns a week in the Minneapolis StarTribune. His February 13 column, "What Most Men Just Don't Get About Chocolate" appears in time for Valentine's Day. Before sharing his personal attitude toward chocolate, Lileks

explains: "Women's View: 'after a trip to the chocolate aisle, where the dark slabs are arrayed like slim mysterious romance novels in a Paris bookstore, I have a flat brick of 85% cacao organic sustainably sourced fair-trade, rainforest, shade-grown dark chocolate with notes of raspberry and fleeting euphoria and a finishing note of regret, but only if you had four squares... Oh the taste is sublime, life is good, I am flooded with joy!'"

Men: 'I guess I'll eat this whole king-size Milky Way I just found under the front seat, it's still good.'

Read the whole column at: <https://www.startribune.com/what-men-dont-get-about-chocolate/600342300/> – Andy Mickel, 2024-02-13.

Minneapolis StarTribune entertainment critic Chris Hewitt's book review: "Your story is important, Steve Almond says" NONFICTION: In "Truth Is the Arrow, Mercy Is the Bow" and in classes at the Loft, Almond gets to the root of storytelling. Truth Is the Arrow, Mercy Is the Bow By: Steve Almond. Publisher: Zando, 234 pages, \$18. Almond teaches writing, including three online classes March 16-April 13 for Minneapolis' Loft Literary Center.

Read the whole review here: <https://www.startribune.com/steve-almond-wants-you-to-know-your-story-is-important-and-teach-you-to-tell-it/600349495/> – 2024-03-10.

## TCMC is having a SOCK DRIVE!

The Twin Cities Men's Center is excited to announce our very first Sock Drive for the Homeless!! Did you know that when someone is homeless, one of the things that can have the biggest impact on their health is the condition OF THEIR SOCKS?!?!? It's True!!! Socks are also the most requested article of clothing at homeless shelters! And The Twin Cities Men's Center is calling on YOU to help make a difference!!! We will be collecting new socks from now through May 15, to be given to the homeless!!

**Bring your socks to:  
3249 Hennepin Ave S, Ste. 55  
Minneapolis MN 55408**

The donation box will be in the kitchen! If the Center is not open, leave them outside the door and we will get them where they need to go! And the box is already starting to fill! If the box fills, we will make multiple trips to donate or WE'LL JUST GET A BIGGER BOX!!

Socks will be delivered to St. Olaf's Church in Minneapolis! St. Olaf's has a long history of gathering and donating clothing to the homeless! Let's have some fun and let's DONATE SOME SOCKS!!! (And thank you, Board Member, Matt Barnes, for coming up with the idea to do something for the homeless of the Twin Cities!)

## 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*



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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!

### 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**

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hgreenberg@iacounseling.com  
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<https://authenticmenstherapy.com>



Subscribe to AMP's free, semi-monthly echeck-in to keep updated on points to ponder, helpful resources, thoughtful quotes, suggested activities, and space for your reflections.



**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.**

*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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org).**

**Check TCMC out on Social Media! Facebook: [facebook.com/tcmc.org](https://facebook.com/tcmc.org) Instagram: [instagram.com/tcmcofficemanager](https://instagram.com/tcmcofficemanager)**

The Twin Cities Men’s Center  
3249 Hennepin Avenue South, Suite 55  
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**8**

***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 on the Anger Management phone 612-229-3102.

*28 Years of Successful Classes*

***What’s  
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