

men talk

tcmc

in our 47th year
of public service

twin cities men's center

Aug/Sep 2023
Volume 47 #4

Explore *your* Truth, Find *your* Voice

Managing Your Persistent Fears And Anxieties

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Are you looking for all of the answers on how to reduce your persistent fears and anxieties? Fear and anxiety can ruin your life if you do not know how to overcome it. As a result, here is a brief list of techniques that a person can use to help manage their everyday anxieties, stresses, and fears.

1. Take your fears apart: When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increases your chances of success.

2. Take a break: Sometimes we get stressed out when everything happens all at once. When this happens, take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. A person can get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

3. Get all of the facts of the situation: Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. This is a great way to take control of your mental health.

4. Use Self-Visualization: Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. By doing this, you will be better prepared when the time comes.

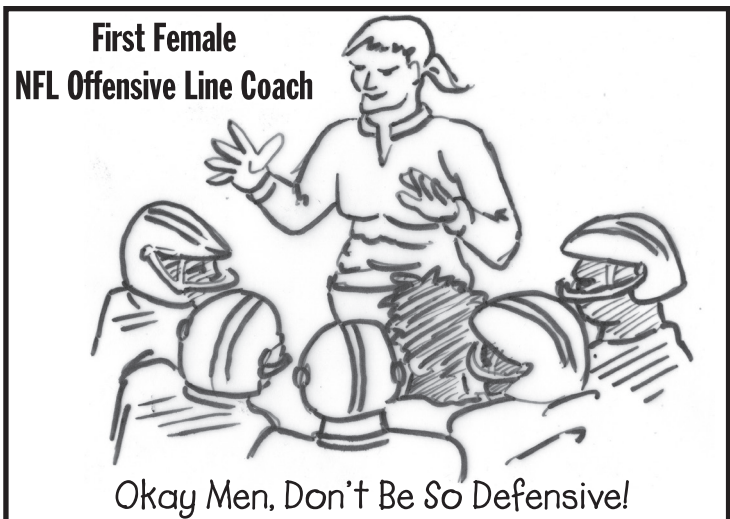
5. You can't predict the future: While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situ-

ation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

6. Think of a red stop sign: At times, a person might encounter a fearful thought that may be difficult to manage. When this happens, visualize a red stop sign, which can serve as a reminder to stop thinking about that thought. Regardless of how scary the thought may be, do not dwell on it. This technique is great in dealing with your negative thinking and will help reduce your fears.

7. Get some help: Sometimes, it helps to be able to talk to someone about your stressful situations. Talking to a trusted friend, counselor, or clergyman can give you additional advice and insights on how to deal with your current problem. Overcoming fear and anxiety takes practice. In time, you will become better able to deal with your stressful problems.

Stan Popovich is the author of the popular managing fear book, "A Layman's Guide to Managing Fear". For more information about Stan's book and to get some more free mental health advice, please visit Stan's website at <http://www.managingfear.com>



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Library Corner

– MATT BARNES, JEFF SPRINGER, LIBRARIANS



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

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Letter from the Chair

We continue to serve our growing community in challenging times. TCMC's mission states we "provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships."

Each of us, needs to consider what tools do we have to deal with a world of challenges in the 21st Century: the COVID 19 pandemic, racism leading to the killing of George Floyd, and today the fire smoke of climate change. And personal to TCMC: dealing with decreasing revenue. Anxiety is triggered in many of us. What choices do we have? Facing our fears in connection with others, in a support group, classes like Anger Management, is how TCMC continues to provide tools for men to not just survive, rather to thrive. Check out our online and face-to-face options at www.tcmc.org We continue to depend on the generosity of our members

FEAR "Facing Everything And Recover" gets us out of denial. Brain science supports are recovery – Consider The Five F's: Fight, Flight, Freeze, Fawn, and Flop are learned responses to past and present traumas. A perceived threat evokes a physical and emotional reaction in the person experiencing the event, which activates our Sympathetic Nervous System (SNS)—also known as fight or flight, (among others above) a necessary and important survival response. After trauma, the SNS remains activated, keeping the body and mind on high alert. The brain and nervous system become stuck in trauma and are rewired in

a way that makes healing a challenge. The Science of Neuroplasticity

Our brain is made up of three parts, known as The Triune Brain Model: 1) Reptilian (brain stem): responsible for survival instincts and autonomic body processes. 2) Mammalian (limbic, midbrain): processes emotions and conveys sensory relays. 3) Neomammalian (cortex, forebrain): controls cognitive processing, decision-making, learning, memory, and inhibitory functions. Here is where we can learn to override the reptilian brain Perception is driven by Cognition.

TCMC's trained teachers and facilitators supported by our Meeting Owl Technology to allow hybrid events the can be attended from anywhere. Check out our emerging offerings at tcmc.org and register. *ENRICHING YOUR LIFE 1.0* Six weekly sessions, starting September 14, 2023, "Beyond Anger: Reclaim Your Fire!" – the new course in healing your self-care mind-body-heart-spirit. And a new four-week class in parenting led by Author Tim Delmont.

Thanks again to our generous volunteers and members who continue to donate as we work to emerge solvent through our smoky summer. I am asking, like early in the pandemic, if men would consider giving an extra \$60 to support us. I am using this link <https://www.tcmc.org/payment.html> to do just that today. Thanks again for taking care of yourself and each other, doing our part in healing ourselves to benefit future generations.

In service,

TOM WEAVER, TCMC BOARD CHAIR

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.

VOLUNTEERS Needed for the TCMC State Fair Booth!

While networking at the MCF - Stillwater State Prison Transitions Fair, Tom M and Tom W spoke to a representative from NAMI, (National Alliance on Mental Illness), who offered TCMC a free booth at the State Fair on Monday, August 28th. The Outreach Committee Meeting agreed to take on this project. While we have some VOLUNTEERS, we need others can support a 3 or 4 hour shift. TCMC will have give-aways similar to the International Men's Day last year, and a drawing will be held for a free Anger Management course to one lucky winner! Contact our Office Manager, Tom Maher, to volunteer for this event, tomm@tcmc.org or 612-822-5892.

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
<p>WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892</p>		<p>SUPPORT GROUP GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLINIC FAMILY LAW 7 ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM</p>	<p>SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM</p>	<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS (ON HIATUS)</p>
		1	2	3	4	5
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM</p>	<p>MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM</p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS (ON HIATUS)</p>
6	7	8	9	10	11	12
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM</p>	<p>BOARD MTG. 7 PM MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM</p>	<p>SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM</p>	<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS (ON HIATUS)</p>
13	14	15	16	17	18	19
<p>MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM</p>	<p>MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM</p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS (ON HIATUS)</p>
20	21	22	23	24	25	26
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM</p>	<p>MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM</p>	<p>SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM</p>	<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS (ON HIATUS)</p>
27	28	29	30	31	1	2
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM</p>	<p>MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLINIC FAMILY LAW 7</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM</p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p>
3	4	5	6	7	8	9
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM</p>	<p>BOARD MTG. 7 PM MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS BEING A DAD 7 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM CLASS ENRICH YOUR LIFE 7 PM</p>	<p>MEN TALK DEADLINE SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM</p>	<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p>
10	11	12	13	14	15	16
<p>MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM</p>	<p>BEYOND ANGER 6 PM MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS BEING A DAD 7 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM CLASS ENRICH YOUR LIFE 7 PM</p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p>
17	18	19	20	21	22	23
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM</p>	<p>BEYOND ANGER 6 PM MKP CIRCLE 7 PM</p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM ANGER MGMT 7 PM</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS BEING A DAD 7 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM CLASS ENRICH YOUR LIFE 7 PM</p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p>
24	25	26	27	28	29	30

AUG/SEP 2023

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

1976 IN OUR 47TH YEAR OF PUBLIC SERVICE 2023

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

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 Clinics

Leader: Rebecca Randen

Where: Online Zoom Chat

When: Wed., Aug 2, 7:00-9:00 pm

Leader: Linda Wray

Where: Online Zoom Chat

When: Wed., Sep. 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

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.

Being a Dad: How to Manage Difficult Issues

Facilitator: Tim Delmont

Where: TCMC 3249 Henn Ave S, #55

When: Sep. 18 to Oct. 4, 2023

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

Open to Men only. Registration Required

As a dad, are you dealing with difficult issues? Issues in our families, such as a death, a separation, a divorce, financial problems, job loss or demands, health or others can undercut our ability to be the dad we want to be. In this class, we'll identify complicated personal issues in fathering, select several to focus on, and develop plans for effectively managing them. The class is chiefly built on group discussion and peer support from participants, providing opportunities to learn from our experiences and insights. Join us, whether you are a biological dad, a single dad, a step-dad, a foster dad, or a granddad, for practical strategies and tips on becoming a better dad.

ENRICHING YOUR LIFE 1.0

Facilitator: Andy Baltins

Where: TCMC 3249 Henn Ave S, #55

When: Sep. 14 to Oct. 19, 2023

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

Open to all Genders

This is a guided workshop in self-worth, acceptance, personal congruence and communication based on the teachings of Virginia Satir. During these six 90-minute sessions, coping stances, and other non-congruent behavior will be addressed

experientially. Possible blockages to inner resources, including latent survival rules and defensive behaviors, will be explored.

Although participants will be expected to read a Satir-based workbook, this series is not intended to be "book learning" but primarily experiential. The Course tuition is \$60 for this pilot program. The workbook Your Life (\$20), is available to order online @ satirglobal.org

Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Sep. 18 to Oct. 30, 2023

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-Online group 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".

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

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: Online Zoom
• 1st & 3rd 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: In-Person at 901 1st Street N. Downtown Hopkins, MN 55343
• Saturdays 10:30 am - noon

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 agnosticc@gmail.com

Location: In-Person
• Sundays 6:00 - 7:00 pm

Choosing Healthy Sexual Boundaries

Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worried about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a confidential, non-confrontational and non-judgmental place to talk with other men about healthy sexual boundaries.

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

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

ENRICHING YOUR LIFE 1.0

Six weekly sessions

Thurs. Sep. 14 to Oct. 19, 2023, 7:00 - 8:30 pm

This is a guided workshop in self-worth, acceptance, personal congruence and communication based on the teachings of Virginia Satir. During these six 90-minute sessions, coping stances, and other non-congruent behavior will be addressed experientially. Possible blockages to inner resources, including latent survival rules and defensive behaviors, will be explored.

Although participants will be expected to read a Satir-based workbook, this series is not intended to be "book learning" but primarily experiential. The Course tuition is \$60 for this pilot program. The workbook Your Life (\$20), is available to order online @satirglobal.org

The facilitator for the course, Andy Baltins, is a certified Satir Coach and has been a facilitator of numerous sessions of the Men's Center's anger management program. He views the Satir process as moving beyond anger management to becoming more fully human. Andy is not a psychologist or therapist. This workshop is psycho-educational, not psycho-therapeutic. He invites you to learn together the journey towards congruence.

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 to register.

Beyond Anger: Reclaim Your Fire!

Mondays: Sep. 18 to Oct. 30, 2023

Time: 6:00 - 7:30 pm CST, Online only class.

What you'll experience and take away from **Beyond Anger: Reclaim Your Fire!** Live-online course from TCMC:

- 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: tmc.org/programs-beyond-anger-registration.html

Upcoming Monthly Men's Sunday Brunches. August 20th at Frank Brandon's, 651-487-3511, 975 Como Blvd E, St. Paul, 55103 (on the east side of Lake Como). September 24th (Fall equinox) at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). 8 men attended Jimbo Lovestar's Father's Day brunch in June; 10 men attended the July Men's Brunch at Rick Gravrok's in St. Louis Park. – Andy Mickel, 2023-07-17.

Science News magazine's July 1st cover story and editorial "*The Unseen Suffering of Boys: Mental health surveys may miss depression in young males*" describes a U.S. survey that raised alarm over increased despair among girls but that screenings may miss struggling boys. "Teenagers in the United States are in crisis. The release of a nationally representative survey found that almost a third of teenage boys reported feelings of 'sadness' or 'hopelessness' -- common words used to screen for depression..." – Sujata Gupta, www.sciencenews.org

Lessons from a Coming-of-Age festival The Tenetehar Wa Tembe village, is located in the Alto Rio Guama indigenous territory in Para state, Brazil. In this article describing their six-day, coming-of-age ritual, we learn the adolescents involved go through instruction, physical challenges, they are deprived of food, and they have their bodies painted and decorated.

Whatever you think about this communities' ideas and rituals, we should really be paying attention. We have important things to learn from them. The people of the Tenetehar Wa Tembe village are recreating the kinds of ritual events people do through the centuries, in cultures all over the world, have performed for the survival of their people. They are enfolding their adolescent youngsters into the life of the community.

Full posting at: <http://journeytomanhood.blogspot.com/2023/07/lessons-from-coming-of-age-festival.html> - **The Man-Making Blog** (about men, boys, male culture, mentoring, rites of passage, and men helping boys on their journey to manhood. – Earl Hipp, 2023-07-17.

"Men are lost. Here's a map out of the wilderness." "I started noticing it a few years ago. Men, especially young men, were

getting weird. It might have been the 'incels' who first caught my attention, spewing self-pitying venom online, sometimes venturing out to attack the women they believed had done them wrong.

It might have been the complaints from the women around me. "Men are in their flop era," one lamented, sick of trying to date in a pool that seemed shallower than it should be..."

Full opinion piece by Christine Emba, columnist, Washington Post, at: <https://www.washingtonpost.com/opinions/2023/07/10/christine-embamasculinity-new-model/> – Arlene Walker-Andrews, 2023-07-10.

Oh Grow up! is a new website: www.MentorsMatter.us that provides guidance for adults in leadership positions and their followers who lack maturity, wisdom, compassion, and spiritual connection. **Many leaders and their followers remain in a childhood trauma system which they believe renders them powerless.** Others who feel this way try to hide this by demanding power over others, becoming abusive and violent. This includes people who rise to power politically, personally, or organizationally. – Michael Obsatz, 2023-05-15.

Minnesota Men's Conference In-Person Event: Gifts to the Resonating Night—Awakening the Male Emotional Body Boys and men in modern culture are locked into suppressing their own emotional bodies,

leaving them with little range or ambit of response. This living mummification of the emotional body reduces the eloquent voices of men to monosyllabic grunts. Unexpressed emotion then erupts into the only channel open to it: rage.

When the male emotional body is awake, men make heart-gifts to the world around us, and the world resonates with us.

As always, there will be powerful stories, deep poetry, soulful discussion, song, and feeding of the ancestral and ever-present sprits through ritual. Joining us again will be Miguel Rivera, Ben Dennis, Walton Stanley, Timothy Young, Jonathan Stensland, and others.

Dates: October 4-8, 2023 (Wednesday afternoon through Sunday early afternoon).

Cost: fee for the 5-day/4-night event is \$750.00, covering meals, lodging, and the conference activities. Reduced fees and scholarships are available for those who request them. Inquire about financial aid at: Contact@minnesotamensconference.com

Location: YMCA Camp St. Croix, 532 County Road F, Hudson, Wisconsin 54016

To Register: <https://minnesotamensconference.com/events/gifts-to-the-resounding-darknessawakening-the-male-emotional-body> – Minnesota Men's Conference, 2023-06-27.

Being a Dad: How to Manage Difficult Issues

Facilitator: Tim Delmont

Where: TCMC 3249 Hennepin Ave S, Ste. 55
Minneapolis MN 55458

When: Weds. Sep. 13 to Oct. 4, 2023, 7:00 - 8:30 pm

Open to Men only. Registration Required

As a dad, are you dealing with difficult issues? Issues in our families, such as a death, a separation, a divorce, financial problems, job loss or demands, health or others can undercut our ability to be the dad we want to be. In this class, we'll identify complicated personal issues in fathering, select several to focus on, and develop plans for effectively managing them. The class is chiefly built on group discussion and peer support from participants, providing opportunities to learn from our experiences and insights. Join us, whether you are a biological dad, a single dad, a step-dad, a foster dad, or a granddad, for practical strategies and tips on becoming a better dad.

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 to register.

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!

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3249 Hennepin Ave S**

	Non-Profit	Profit event
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

(612) 822-5892
tcmc@tcmc.org

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days.

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.

Check TCMC out on Social Media! Facebook: facebook.com/tcmc.org Instagram: instagram.com/tcmc officemanager

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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 on the Anger Management phone 612-229-3102.

27 Years of Successful Classes

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