

men talk

tcmc

twin cities men's center

in our 47th year
of public service

Oct/Nov 2023
Volume 47 #5

Explore your Truth, Find your Voice

Veterans Appreciation

– © 2023 LARRY BOATMAN

In honor of Veteran's Day (Nov 11) and our military veterans, I've compiled a media list to open your consciousness about the United States history of "Endless War". According to the government's own Congressional Research Service and other sources, the US military has waged war, engaged in combat, or otherwise employed its forces aggressively in foreign lands in all but **ELEVEN YEARS** of its existence. The years without a war or invasion are 1796, 1797, 1897, 1935-1940, 1977, and 1979.

Well worth the read is Professor David Vine's anthropological study, "The United States of War: A Global History of America's Endless Conflicts, from Columbus to the Islamic State". In the preface he notes our government's attitude toward engaging in endless conflicts. For example, at the 2016 Aspen Institute Security Forum, Richard Engel, Chief Foreign Correspondent NBC News, asked a question about the war in Afghanistan being a "forever" war. A panel member, Joseph Votel, Commander United States Central Command, responds to Richard's question rhetorically, "Define 'forever'". This is reminiscent of the entire demeanor of General Glen McMahon in the movie "War Machine". Brought in to bring a resolution to the conflict in Afghanistan, the General quipped, "*We're gonna liberate the shit out of you*". I brought this to Rachel Maddow's and Lawrence O'Donnell's attention shortly before we saw the rise of the U. S. "proxy" war in Ukraine. You can view this exchange on YouTube < <https://www.youtube.com/watch?v=gOSaqMcA3OA>>, a 48 minute+ video stream of the 2016 event wherein the citation is found in "live" speech at timing points 32:08-32:18 ff (through 32:42).

MEDIA LIST:

Veterans Appreciation Memorial <http://www.ediguys.net/Veterans_Appreciation_Memorial/Veterans_Appreciation_Memorial.html> - basically photos (with statistics) of each of the American Battle Monument cemeteries with background music provided by John Williams, "Hymn to the Fallen" and after about 6 minutes, an approximate 1 minute trumpet fanfare preceding the West Point Cadet Glee Club rendition of "Mansions

of the Lord." A reminder of the 1 minute of silence at 3:00 PM and the "eleven bells ceremony" (since November 11, 1918).

The Civil War - Ambrose Bierce's, "Chickamauga" and "An Occurrence at Owl Creek Bridge" (books).

World War I - Ernest Hemingway's, "A Farewell to Arms" (book), John Dos Passos', "Three Soldiers" (book), and Erich Maria Remarque's, "All Quiet On The Western Front" (book and film).

World War II - Norman Mailer's, "The Naked and the Dead" (book), Joseph Heller's, "Catch-22" (book and film), James Jones', "From Here to Eternity" (book) and "The Thin Red Line" (book), Kurt Vonnegut's, "Slaughterhouse-Five" (book), Stephane Hessel's "Time for Outrage" (book).

Vietnam War - Tim O'Brien's, "The Things They Carried" (book), Michael Herr's, "Dispatches" (book), and Karl Marlantes', "Matterhorn: A Novel of the Vietnam War" (book), the poetry of Brian Turner or Kevin Powers.

Era of AUMF (Authorized Use of Military Force) - Matt Gallagher's "Youngblood" (book), David Abrams' "Fobbit" (book), Elliot Ackerman's "Green on Blue" (book), "We Were Soldiers Once, And Young" (video 2002), "Taking Chance" (video 2009), "The Messenger" (video 2009), "Green Zone" (video 2010), "Eye in the Sky" (video 2015), "American Made" (video 2017), "War Machine" (video 2017), "Sand Castle" (video 2017), "The Laundromat" (video 2019), "Don't Look Up" (video 2021), "The Wall" (video 2017).

"Endless War: Trump and the Fantasy of Cost-Free Conflict" (web) - Ben Fountain in the Guardian <<https://www.theguardian.com/us-news/2016/may/28/donald-trump-endless-war-memorial-day>>.

So, when do you suppose the next war will be starting?

Larry Boatman, White Pine Senior Living; Emeritus Appreciative Systems Synthesist; and Vietnam Era Vet as a PO2 in the U.S. Navy. You can find more of Larry's thoughts on his blog, "Jottings While the Fat Lady Prepares to Sing".

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

Veteran = "a person who has had a lot of experience". Our lead article about Veteran's Appreciation encourages us to honor experienced TCMC members such as Jimbo Lovestar serving TCMC for years, a Member of Veterans for Peace <www.veteransforpeace.org>, as well as our friend Eric Wickiser.

Honoring our other TCMC Vets! Here in autumn, the leaves turn color and fall, while bringing the awareness of our second annual IMD, International Men's Day Celebration on Nov. 19th at TCMC. Derek Gegner, board member has taken leadership as a veteran board member this year, and we will show our true colors in the months of October and November.

Thanks also our Veteran Anger Management Teachers we are able to offer our 6th 2023 class beginning Monday Sept.

25th. David Gianchristoforo, has stepped up to work with Office Manager Tom Maher to support another hybrid class utilizing the Meeting Owl in the Robert Bly Room at TCMC in South Minneapolis. Thanks AM Vets!

We celebrated more connections with past and future Anger Management Teachers at the John Hesch Memorial Gathering Sunday Sept. 24th in Edina. Without the continued support of volunteers, continuing in the spirit of John Hesch, and the financial support of members, we could not keep our doors open to continue the tradition of "Men Helping Men" for 47 years and beyond.

Best regards for a peaceful and healthy autumn season,

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.

In Memoriam: John Hesch



It is with great sadness that TCMC mourns the loss of long-time member, friend, supporter, Anger Management Coordinator and TCMC volunteer, John Hesch. John was a staple at TCMC for years and his work with the Anger Management Program impacted the lives of thousands of men and women across Minnesota and across the country. John was a fine and unique individual of extraordinary character. Of the many things that John will be remembered for, the way that his face would light up when he laughed will be a vision treasured by many. John's spirit of selfless service and contribution is an inspiration to many and will not soon be forgotten. John passed away on 08/10/2023.

The John Hesch Memorial Dinner was held at the New Hope Cinema Grill on Sunday, August 20, 2023. TCMC welcomed all who were touched by John to this event. Many men and women spoke heartfelt reminiscences about John for over three hours, and his family was presented with a plaque from TCMC in thanks for his years of service.

John's life was also celebrated by his family and friends on Sunday 09/24/2023 at the Cremation Society of MN in Edina, with a special hour of remembrance including stories, songs, and prayer. Please check out these links for his official obituary:

<https://cremationsocietyofmn.com/tribute/details/76108/John-Hesch/obituary.html>

<https://www.startribune.com/obituaries/detail/0000467378/>

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
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 1	BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 2	SUPPORT GROUP GAY ISSUES 7:30 PM ----- ANGER MGMT 7 PM 3	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- CLINIC FAMILY LAW 7 CLASS BEING A DAD 7 ANGER M. 7 4	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 5	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM 6	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 7
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Oct/Nov 2023

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

1976 IN OUR 47TH YEAR 2023
OF PUBLIC SERVICE

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 Clinic

Leader: Rasheen Tillman

Where: Online Zoom Chat

When: Wed., Oct. 4, 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: Online Zoom Chat

When: Wed., Nov. 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.

Being a Dad: How to Manage Difficult Issues

Facilitator: Tim Delmont

Where: TCMC 3249 Henn Ave S, #55

When: Sep. 20 to Oct. 11, 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.

Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Oct. 2 to Nov. 13, 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

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

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

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. 20 to Oct. 11, 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.

Beyond Anger: Reclaim Your Fire!

Mondays: Oct. 2 to Nov. 13, 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. **October 15th** at Damon Stark's, 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange) **November 19th** at Stan Bookout's, 2512 37th Av S 55406 612-377-1414. (in South Minneapolis near the Miss. River). 14 men attended Frank Brandon's brunch in August; 13 men attended the September Brunch at Andy Mickel's. – Andy Mickel, 2023-09-18.

"Thanks for the newsletters; Good luck and keep up the good work!" – Richard Keller, 2023-06-10.

"Thanks for the good work you are doing!" – Jill Ann Marks, MA, LP, Healing Through the Heart, 2023-06-10.

I want you to know how much I value the work that all of you are doing even at 1,800 miles away. My best to all. – Bob Schauerhamer, 2023-09-25

The Men's Center joined more than two dozen organizations at promotional tables at the **Minnesota State Fair all day on August 28th**, "**Mental Health Awareness Day**" courtesy of NAMI Minnesota. A good group of Men's Center volunteers handed out informational literature to fairgoers and engaged in many one-on-one conversations—including the men staffing the other tables! Volunteer Bob Strong shot video that he turned into a short promo video for the Men's Center. <https://youtu.be/irxRqy1Ti2c> (6:39). – Andy Mickel, 2023-09-19.

MOONSHOT for MANKIND - "On July 25, 2023, the Moonshot for Mankind, was launched, in partnership with Ubiquity University and Humanity Rising. At this stage of my career, spanning more than fifty years, I want to use the time I still have to make the most positive impact in the world. Research conducted by Randolph Nesse, MD and Daniel Kruger, PhD showed that **in every country studied, men, as a group, died younger and suffered from most major diseases at rates higher than women.** The study concluded with three powerful statements:

- "Being male is now the single largest demographic factor for early death."
- "Over 375,000 lives would be saved in a single year in the U.S. alone if men's risk of dying was as low as women's."
- "If male mortality rates could be

reduced to those for females, this would eliminate over one-third of all male deaths below age 50 and help men of all ages."

In 2021, I invited a number of colleagues whose work was making a positive difference in improving men's mental, emotional, and relational health to join me in exploring ways we could reach more individuals and organizations who were committed to helping improve the lives of men and their families..." MORE AT: <https://menalive.com/the-moonshot-for-mankind-healing-men-women-humanity/> – Jed Diamond, 2023-07-30.

"Men's groups expand with an urgent message: It's okay to open up" Washington Post, by Tara Bahrapour August 13, 2023 Niobe Way, a professor of developmental psychology at New York University and the author of "Deep Secrets: Boys' Friendships and the Crisis of Connection," said many boys are raised with what she called "the cowboy mentality—"I can do it myself, I don't need others," often perpetuated by "the father wanting the son to man up and not be so soft. ... The whole model of getting help is part of so-called femininity." As a result, she said, "Women end up being the therapist for their husband, and more are getting sick of it."

Today, a battle over the face of American masculinity is underway. Popular music, action movies and leaders like former president Donald Trump and Sen. Josh Hawley (R-Mo.), author of the recent book "Manhood: The Masculine Virtues America Needs," push for a more aggressive model. Such conceptions, though, leave no room for vulnerability, said Mark Greene, founder of Remaking Manhood, a consultancy that works with organizations to help improve men's professional relationships.

"If a boy expresses too much emotion or too much need for connection, is too giddy, is too joyful, what we say to that boy is, 'What are you, a sissy? What are you, a girl? What are you, gay?'" Greene said. "It's your job to dominate those around you, or you will lose status, and that will increase the number of individuals above you who can dish out dominance to you. And what we find is that in that system, in that structure, men are constantly in competition with each other and constantly driven by this sense of anxiety."

But some men are looking for alternatives, and some are finding them in fellowship organizations with names like EvryMan, the ManKind Project and the Journeymen, the group doing breathwork that night in D.C. "We have all these groups that are just spontaneously coming into being, as men say, 'I want a circle of men that I can call my brothers, I want a circle of men that I can express what's going on for me emotionally, and I want a circle of men who will hold me accountable in positive ways,'" Greene said. The theme of the Journeymen's gathering in April, their first in-person meeting in D.C. since the pandemic, was "heartbreak and grief." As the sky turned cobalt, Williamson implored the men to sense their emotions and "let them flow freely," to raise their voices and "release them into the darkness."

Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact us at tcmc@tcmc.org

The Perspectives Exchange Laboratory (PX Lab)

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

Look for more details about The PX Lab at <https://www.tcmc.org/pxlab/>

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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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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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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