

# men talk



in our 48th year  
of public service

twin cities men's center

Feb/Mar 2024

Volume 48 #1

## Explore your Truth, Find your Voice Sensing, Feeling and Healing

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A Support Group is a safe place for people who need support and healing and who may be in personal crisis; to share and be heard when telling about experiences, feelings, and perceptions; in a chemically-free atmosphere of mutual respect, confidentiality, and self responsibility.

But how is that supposed to work? At the TC Men's Center support groups, there are no therapists, counsellors, or psychologists. Just a bunch of "people with problems." Sure, there are facilitators who start and stop the meetings, and make sure that everyone feels welcome and gets heard. But do I really think we can "sit around and talk" and heal ourselves? Yes.

Most support groups feature a "check-in", which is a personal time for each person to share how they are feeling, say a few words about how they are doing, and share any issues they are having. I've learned that my feelings often speak through my body... sensed through my physical sensations. I may have a pain in my gut, a tightness in my throat, a clenched fist, or crossed arms. By becoming aware of my body, I can connect these sensations to "feelings", that is, to emotions.

So I've learned to voice that I am feeling fear, or shame, or anger, or isolation, or a combination of these. And by being accepted by my peers when I share, I've learned that feeling are neither bad nor good; they just "are." No "authority" is telling me what I should be, or how I should feel.

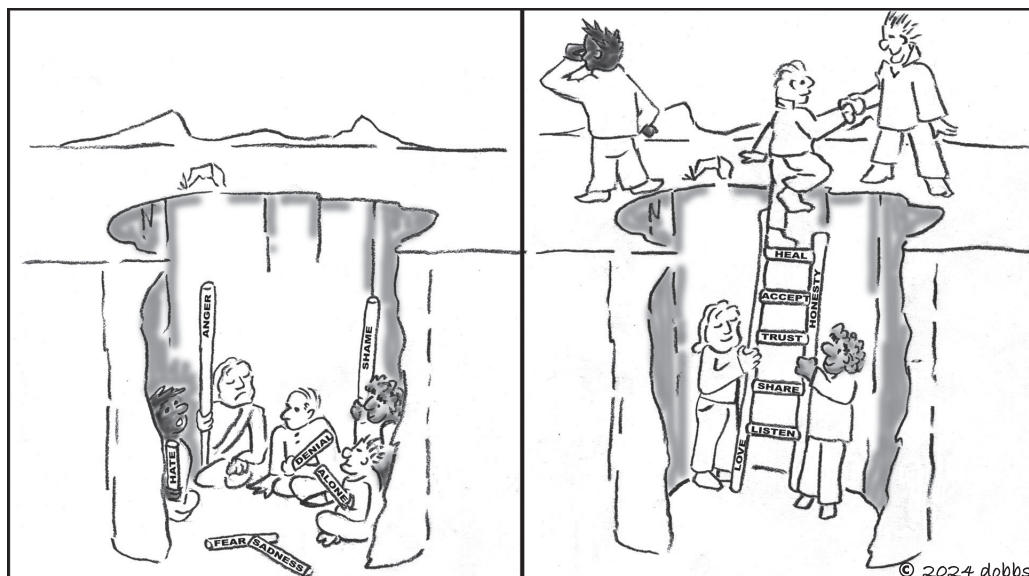
Mutual respect from peers helps me feel part of a community and reduces isolation. When I check-in, I try to use "I" statements; that is, rather than saying "you" or "we" which might be speaking inappropriately for the group. And when my peers use "I" language, I know that they are taking

responsibility for their own experience. Listening to other's experiences gives me valuable perspective.

Sometimes I'll ask for feedback, which can be helpful. Especially if it is respectful, positive, and confidential. Sometimes it's challenging; but as long as it's not confrontational or trying to "solve my problems," I can use that challenge to be honest about my own behavior, and make a change that leads to healing.

Every story is important; feelings are paramount; honest sharing is vital; and no one has to do it alone. While support group are not therapy groups, there can be a fine-line between support and therapy. I've learned that my buddies can help me change and improve, even heal. So, can we "sit around and talk" and heal ourselves? Absolutely!

*Bill Dobbs is a long-time TCMC member, ex-board Vice Chair, current support group facilitator, and editor of Men Talk, the official newsletter of the Twin Cities Men's Center. He was recently a guest on MPR News with Angela Davis, speaking about peer-to-peer support groups.*



Use Your Talking Sticks

## 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

Sensing, Feeling and Healing is the theme of our lead article this issue. With the New Year, I am sensing and feeling that Nature is giving us a lot of clues of how to take care of ourselves as men. Being gentle with ourselves, while we are witnessing and learning to live sustainably. Sharing The Need to Grow!

At our Jan 6th annual meeting, we celebrated 2023 as a turning point with more financial and volunteer abundance at TCMC. Ben Alfaro our FCC task group chair procured a family foundation Grant for \$5000 in 2024. It builds on our **Men Helping Men with Anger Management** program that *"will be used to advance core program activities including group facilitation, specialized follow-up courses, community outreach, and partnerships with public agencies and peer organizations... will also offer operational capacity to the program as it expands its digital footprint and continues to develop holistic and responsive ways to help men navigate times of personal challenge and change."*

Sensing and feeling the healing influence of Creation and natural systems, we have the resources to continue to support enrichment of the men and families we serve: 1) not only with financial abundance to offer scholarships (thanks to the John Hesch Fund for Anger Management); but also 2) have attracted a healthy community of volunteers. They teach in our Anger Management Program, and are trained support group facilitators, who provide the fertile soil to build a thriving community of support in Minnesota and beyond! Consider attending our facilitator training on

Feb 3rd at TCMC learn more. <https://www.tcmc.org/events-twin-cities-mens-center.html>  
We have had participants several states and even Canada in the past

One metaphor supporting our Need To Grow: it's like the building of soil and growing food organically with a very big mix of microorganisms to create a living soil to absorb carbon.

Some of the options for urban gardens are shared in this free screening of a video on Jan 8th to start our new year. <https://grow.foodrevolution.org/screening/>

At TCMC we have a mission to support diversity in men who are sensitive, self aware and open to healing themselves. And having a supportive network of friends has shown to be important! Our plant and tree relatives model how important the underground "wood wide web": fungal networks in soil that allow plants to absorb water through their roots. The practice of regenerative agriculture involves feeding the soil and not just the plants.

While I write this column, I sense we at TCMC, continues to provide fertile soil. Supporting our Mission *"The Men's Center provides resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships."*

Thanks for reading and consider adding your support and participation in a good way in 2024.

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](http://TCMC.org) to read the full job description or contact our Office Manager, Tom Maher, at [tomm@tcmc.org](mailto:tomm@tcmc.org).

## TCMC Annual Facilitators Training

Saturday, February 3rd, 2024, from 12:30pm until 4:00pm.

This annual training will take place in-person at the Twin Cities Men's Center, 3249 Hennepin Avenue South, Suite 55, Minneapolis, MN 55408, and online by zoom video. All facilitators are asked to attend this event to brush up on the best methods to manage peer-to-peer support groups. If you are considering being a facilitator at TCMC, this is the first step to your journey.

If you'd like to attend online, email [tomm@tcmc.org](mailto:tomm@tcmc.org) and request a link.

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
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## FEB/MAR 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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EASTER HOLIDAY						
<b>31</b>	WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892					CALL US ABOUT ANGER MANAGEMENT CLASSES.

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 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., Feb. 7, 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., Mar. 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.

### Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Jan. 16 to Feb. 27, 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-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".

### 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

## 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 [agnosticct@gmail.com](mailto:agnosticct@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

## Phoenix Rising: Creating Emotional Sobriety in Your Relationships

Offered by Dan Gorbunow

A Follow-up to the popular *Beyond Anger* Course  
Tuesdays, March 5 - April 2, 6 - 7:30pm CST

### Prerequisite: *Beyond Anger: Reclaim Your Fire!*

This course is a follow-up to the popular *Beyond Anger* Course, offered by the instructor. If you want to continue your path, this live-online course offers:

- 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

Offered by Dan Gorbunow. Register at [www.warriorvox.com](http://www.warriorvox.com)

## Beyond Anger: Reclaim Your Fire!

Tuesdays: Jan. 16 to Feb. 27, 2024  
6:00 - 7:30 pm CST, Live-Online Virtual Course

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)

**Upcoming Monthly Men's 3rd Sunday Brunches.** February 18th at Stephen Sewell's 647 Lincoln Ave #F, St. Paul, 55105 (just west of Dale Av) 612-229-6699. March 17th at Bob Schauerhamer's 3232 Fremont Avenue North, #120, Minneapolis, MN 55412, 612-670-6508. (South on Fremont from I-94/Dowling Ave N exit) 12 men attended Rick Charlson's December brunch. – Andy Mickel, 2024-01-16.

The article "Weller Than Well" by Michael Obsatz in the Dec-Jan 2023-2024 issue of Men Talk contained a reference error regarding John Bradshaw's books which were largely written in the late eighties and nineties—not the seventies as stated. Gershon Kaufman's seminal book, *Shame: the Power of Caring* was published in 1980, and remains a monumental contribution of men's work to the human potential movement. – Andy Mickel, 2024-01-10.

**ManKind Project Minnesota (MKP-MN) NwTA 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/civcrm/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

**Integral Life Practice Men's Group, guided by Jason Lange**  
February 13 at 1pm - 3:00 pm CST. A monthly, 2-hour deep dive! Join evolutionary men's guide Jason Lange for an experiential men's group. Get present

with yourself, connect with other men, and come away with more clarity about what's ready to happen next in your life. The session will include some light embodiment practices, individual check-ins, breakout rooms to go deep with another man, and space for a few men to get deeper support from the entire group. This will not be a conceptual or teaching-oriented group - your lives will be the focus! PLEASE NOTE: This group requires on-time attendance, and will be closed after 10 minutes to maintain a smooth container. FFI: <https://integrallife.com/event/integral-mens-group-2-2/2024-02-13/>

Jason Lange applies an integral framework to all the work he offers, drawing on many disciplines and modalities to effectively serve. Learn more about Jason at <https://evolutionary.men>

**Calling All Men: Are You Ready to Get Healthy in Body, Mind, and Spirit in 2024?**

Jed Diamond shares what he's learned about health and wellbeing is through his writing. My 17 books include such health-promoting titles as:

- *Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions.*
- *Surviving Male Menopause.*
- *The Whole Man Program: Reinvigorating Your Body, Mind, and Spirit After 40.*
- *The Irritable Male Syndrome: Understanding and Managing the 4 Key Causes of Depression and Aggression.*
- *The Enlightened Marriage: The 5 Transformative Stages of Relationships and Why the Best is Still to Come.*
- And my most recent book, *Long Live Men! The Moonshot Mission to Heal Men, Close the Lifespan Gap, and Offer Hope to Humanity.*

**Beginning in 2024, Jed will be offering a number of 7-week courses** open to men and women who want to better understand and put into practice what he's learned about men's mental, emotional, and relational health and also for people who are working professionally to improve the lives of men and their families.

**Course #1: Men Alive: The Hidden Truth About The Hazards of Being Male and A New Hope For Humanity.** A Foundational Course on the New Science of Trauma-Informed Gender-Specific Health Care.

**Course #2: Men Alive: Healing Ourselves, Helping Other Men.** On the Unique Healing Journey All Men Must Take.

**Course #3: Men Alive: Making a Great Living Helping Men And Their Families.** For Those Working in the Field of Men's Health.

**Course #4: Men Alive: Understanding, Preventing, and Healing Male Violence Towards Self and Others.** For Addressing All Forms of Violence.

**Course #5: Men Alive: Creating Centers of Connection, Compassion, and Sanity in a World Out of Balance** For Living, Loving, and Making a Positive Difference in Today's World.

FFI: <https://menalive.com/calling-all-men-courses-to-get-healthy-in-2024/>  
– Jed Diamond, 2023-12-19.

### 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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DATE: \_\_\_\_\_

FROM Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
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\_\_\_\_\_

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](http://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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<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/tcmc officemanager](https://instagram.com/tcmc officemanager)*

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*

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