

men talk

tcmc
twin cities men's center

in our 33rd year
of public service

Oct/Nov 2009
Volume 33 #5

A Man's Way through the Twelve Steps

— © 2009 BY DAN GRIFFIN

One night I was sitting with a young man who was sober for just over one year. He was struggling with a new relationship, fearing for his sobriety, trying to figure out if he wanted a relationship or just sex, and if he could do the latter and feel fulfilled. This young man had the ideas of what he was supposed to do, what he wanted to do, and what was most in alignment with his values and the struggle he was having was clearly intertwined with the conscious and unconscious script of masculinity that he was following.

Another time I was talking to a friend who has eighteen years of sobriety and was on his third marriage. His fundamentalist “preacher” father physically abused him when he was a child. He is a very successful and well-respected CEO. He was also on his third marriage and was ready to call it quits because of his struggles to connect in an authentic way with his wife and separate the pain from the unhealed wounds of his past from the inevitable hurt involved in an intimate relationship. At eighteen years of sobriety he began to look at how past trauma had impacted him and to apply the Twelve Steps to his life in a whole new way.

One critical fact about the two previously mentioned conversations is that men are not supposed to have them. Yet, these kinds of conversations happen on a daily basis all around the country, and even the world. I have sat with men while they cried over the pain of the abuse they have experienced. Sat with men who cried over the abuse they have perpetrated. Sat with men as they expressed their fears – fears that men are simply not supposed to have – about intimacy, of not being liked, of being frauds in their jobs, in being too sensitive, in not deserving love, and in being fated to suffer through life because of the wreckage they have caused in the past. I have watched men create loving, honest, and open relationships with their partners. I have watched men create loving and intimate (non-sexual) relationships with other men that defy the greatest taboos of male-to-male interaction. Yet, there are very few books written to men that speak specifically to men's experiences in recovery.

When I was working on my Master's research, looking at the social construction of masculinity in Alcoholics Anonymous, a friend gave me an advertisement for this certain liquor. It showed a very masculine arm with its hand outstretched to the reader saying, “Get in touch with your masculine side.” There is power in that symbolism not only with what is explicitly stated: “If you want to be a man drink this liquor.” But what can be inferred: “You are not a ‘real’ man if you do not drink.”

The truth is that men are dying every day from addictions — every day — and they are destroying the lives of those around them along the way. I want men to feel utter permission to be themselves regardless of what other people think or what they think other people will think about them. When men realize that they really can define who they want to be

in this world, the “rules” about being a man that they follow become less important — or at least less obligatory.

A Man's Way through the Twelve Steps asks men to look deeper at their beliefs about masculinity and take an even harder look at some of the barriers that operate in their lives preventing them from experiencing the fullness that recovery through the Twelve Steps has to offer them. You can't see what you are not looking at, so I attempt to create an unflinching and brutally honest mirror for men, never losing compassion for the pain at the heart of it all.

I got sober just before my twenty-second birthday and I did not have a clue about how to be in recovery or how to be a man. The men of the Twelve Step community taught me how to be a man – they gave me guidance and continue to show me the way. I wanted to share what I have learned and tell this amazing story about men in the Twelve Step culture. I have sat in rooms all around the country and listened to men of all ages and from all walks of life share openly and vulnerably about who they are. And, who those men are and how they share themselves and live their lives as men in recovery is so different from how most of our society thinks about men. That is a story that needs to be told and I am privileged enough to be one of the men to help tell it.

Dan Griffin has worked in the mental health and addictions field for more than a decade. His graduate work was centered on the social construction of masculinity in the culture of Alcoholics Anonymous. Griffin lives in Minnesota with his partner and their daughter and has been in long-term recovery from alcohol and other drugs for fifteen years. To learn more or purchase a copy of the book you can visit Dan's website: www.dangriffin.com and become Fans of the book on Facebook: <http://www.facebook.com/TwelveStepsForMen>

Honey, I know you are trying to be a good provider...
but I've had better cheese!



© dobbs 2009

Library Corner

— RAY CLARE, LIBRARIAN



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics.

As a Men's Center member, you are eligible to check out books from our library. And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Men's Journal
- Voice Male
- Fathering Today

Recent books that have been donated include: *Sex Addicts Anonymous*, *How the Homosexuals Saved Civilization*, *Nothing to Lose*, *The Gate House*, *Blind Fall*, *Quicksand*, *The Crush*, and *Protect and Defend*.

Address Change Notifications

from the post office cost the Men's Center \$1.14 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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Greetings from the Chair

Imagine that this newsletter in your hand (or on your screen) is a trick-or-treater. Imagine further that it has just rung your doorbell on Halloween night and stands in front of you, hand extended, awaiting some token of your generosity. Do you hand over the treats, or do you slam the door and risk a trick?

TCMC needs your help. We are kicking off our "Brothers Helping Brothers" fund-raising drive this month (see the article on the back page). I promise that we won't soap your windows or toilet-paper your trees if you can't help us. However, if our \$5000 goal isn't achieved, I can't promise that TCMC will always be here to help men in the many ways we do.

Everyone knows that these are difficult economic times. Lost jobs, reduced wages, and bleak prospects have all conspired to increase demand for TCMC's services, while also reducing the donations that support our work. The result is that our expenses are

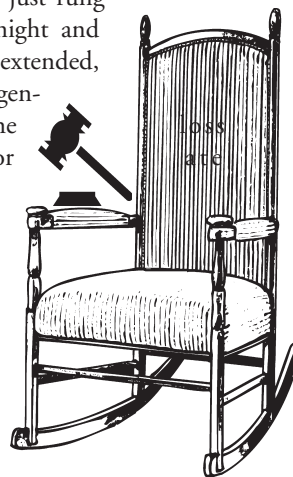
increasing, while our funding is in decline.

If you're reading this, the odds are good that TCMC has directly helped you in some meaningful way. So you know first hand how valuable TCMC is, and what a it would be if we ceased to operate because we couldn't pay our bills. To prevent this scenario, please consider making a contribution in any amount to the "Brothers Helping Brothers" campaign.

The new 'Donate' button on the TCMC web site, www.tcmc.org, makes it easier than ever to contribute, and you'll enjoy the instant gratification of helping ensure that Twin Cities men can continue bettering themselves and working through adversity.

In Halloween terms, if you've taken advantage of any of TCMC's resources, you've already received the treat. Please help to guarantee that there is no nasty trick.

JOE SZURSZEWski
BOARD VICE-CHAIR



A Man's Way through the Twelve Steps:

Available November 1, 2009

This book is...

- a great resource if you are a man in Twelve-Step recovery, or you know and care about men in Twelve-Step recovery
- for you if you work in the addiction and mental health field with men at any stage of Twelve-Step recovery
- for Twelve-Step sponsors to read with their sponsees to take a deeper look at the Twelve Steps and masculinity
- for men at any stage of Twelve-Step recovery looking to deepen their recovery and their experience of the Twelve Steps
- for any man in Twelve-Step recovery who wants to define his own sense of masculinity and heighten his potential for a lifetime of sobriety
- a great companion to go with *A Woman's Way through the Twelve Steps*, by Dr. Stephanie Covington

Pre-Order now from Amazon, Borders, and many other on-line venues

From Hazelden Publishing:

In *A Man's Way through the Twelve Steps*, author Dan Griffin uses interviews with men in various stages of recovery, excerpts from relevant Twelve-Step literature, and his own experience to offer the first holistic approach to sobriety for men. Readers work through each of the Twelve Steps, learn to recapitulate negative masculine scripts that have shaped who they are and how they approach recovery, and strengthen the positive and affirming aspects of manhood. This groundbreaking book offers the tools needed for men to work through key issues with which they commonly struggle, including:

- difficulty admitting powerlessness
- finding connection with a Higher Power
- letting go of repressed anger and resentment
- contending with their sexual issues, whatever they may be
- overcoming barriers to intimacy and meaningful relationships

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 33 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: **Daniel Braun, Soul Dancer, Jim Gerharter, Kelley Lorix, Andy Mickel, Bill Ronan, and Linda Wray.**

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.
Regular Members (\$20 level) – \$3
Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold 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).

DESCRIPTIONS

Family Law Clinic

Discussion Leader: Jim Gerharter
When: Wed, Oct. 7, 7:00-9:00 pm

Open to Men and Women

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. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Oct. 14, 7:00-9:00 pm

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

How to be a BEING

Presenter: Daniel Braun
When: Wed, Oct. 21, 7:00-9:00 pm

Open to Men and Women

Have you read self-help books on well-being? Practiced the four agreements? The seven habits? The 11 lessons or 12 steps? I do not wish to denigrate any system; however the way to well-being and, ultimately, to self-actualization is a very simple Way--once you see it. The author of this evenings presentation has developed a basic technology that involves but one single step or principle: The ONE-Principle®. This principle is indeed simple; and, once you understand, its simplicity can lead you, relatively easily, to a new power in your life. With some practice you can have the relaxation and contentment of an actualized BEING... without any particular extra effort or "success". You can recognize yourself as a BEING and not just some 'thing' that you have imagined yourself into being. Please, join us and bring your acquaintances, male and female, young and old.

The ecology movement of the 1960 & 70's changed Mr. Daniel Farris Braun. How could humans be so destructive to their own living support systems? Eventually during a solo trek in the wilds, he experienced a revelation. He has traveled to the roots of great philosophical traditions looking for the essence. The essence is there, but it's not where one would think it to be. As a writer and neurolinguistic philosopher, he has reduced the way to that essence to what he calls the ONE-Principle.

No Presentation

When: Wed, Oct. 28, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, Nov. 4, 7:00-9:00 pm

Open to Men and Women

See Oct. 7 Description

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Nov. 11, 7:00-9:00 pm

See Oct. 14 Description

I Left My Fat Behind!

Presenter: Soul Dancer
When: Wed, Nov. 18, 7:00-9:00 pm

How does one retire versus loose weight? How do thoughts add or subtract inches. When do you KNOW you're ready to begin taking small, consistent steps to gain then maintain your optimal weight? Soul speaks to these (and a few more) questions as he shares his story about how he successfully retired 115 pounds. Join us to share your wisdom, laughter and hopes. Leave with a renewed sense of hope along with bits of critical info on how to enjoy a healthy weight without ever stepping on a scale - ever again! Bring a pad of paper and pen! We'll be doing all sorts of interactive brainstorming and mind mapping techniques designed to help you understand how weight is more about what's happening in your mind than what you put in your mouth!

Questions? Soul Dancer, your group facilitator is intimately familiar with these issues. He retired 115 pounds years ago. Call Soul at 612-216-2022.

False Accusations of Domestic Violence and Rape!

Presenter: Bill Ronan
When: Wed, Nov. 25, 7:00-9:00 pm

Open to Men and Women

Bill will show a documentary developed by the untreated Victims of Domestic Violence (those falsely accused) and we will discuss pertinent research in the field of domestic violence and rape allegations.

William Ronan is a licensed independent clinical social worker, author of "Treating The Battering Husband", MN Divorce Mediator, and has a MS in Counseling. More information at www.mnhypnosis.com.

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Dec. 7, 7:00-9:00 pm

Open to Men and Women

See Oct. 7 Description

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 TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

- Minneapolis Location
3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

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.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

Survivors of Abuse - Unlocking the chains of the past.

However you were abused, it has left you with issues and memories that can interfere with your present goals or happiness. In this group you can find support and safety to deal with your issues, set your goals and receive encouragement from the group as you travel your chosen path. In a word, gain a new measure of control of your life. Whatever form of abuse you suffered this group is for you, unless you have yourself become an abuser, in which case we recommend The Cycle Stops Here group. This group is for persons that are only victims.

This is an open, drop-in group for victims. No registration or screening interview is required. Come, and see if we can work together to unlock the chains of the past.

- Mondays 5:30 - 7:30 pm

The Cycle Stops Here - Breaking the cycle of abuse

Are you an abuser? Did you know or have you recently discovered your own abuse? Even if you have been convicted for your abuse, in this group you can find a safe place to work through your own issues and break the cycle of abuse. Abuse comes in many forms, and here we are open to supporting victims of any kind of abuse including

- Physical, including sexual
- Emotional, verbal or physical
- Abandonment or neglect

This group is not intended for persons who were only victims, and may be very uncomfortable in the presence of abusers. Please see either of our other Victims of Abuse groups.

- Mondays 7:30 - 9:30 pm

Addiction Busters

Open to Men and Women

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!

- Tuesdays 7:30 - 9:30 pm

Gay Issues

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.)

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to Men and Women

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

Do you feel like you are the only one this has ever happened to? It's not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

Call 612-822-5892 if you are interested in this group because it's not a "drop-in" group.

- Thursdays 7:00 - 9:00 pm

Two Spirits & Gate Keeper

Community

Open to Men and Women

We are Two Spirit People and Gatekeepers

of the Spirit World, offering a Safe & Connective environment. Serving the LGBT & Queer & Questioning community, our allies & our families in Minnesota. Our focus is to remain inclusive of every ethnic genre; allowing for positive community interaction to promote spiritual & emotional growth, emphasizing self awareness, group enlightenment & personal empowerment. We live in a world that resists our journey to seek those pathways that reconnect us to the indigenous teachings of elders long ago. We create this circle to receive kindness, express compassion and speak our truth with one another.

- Last Friday - Silent Group Meditation and Talking Circle and Potluck
7:00 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries 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 safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

- Saturdays 10:00 am - 12:00 pm

Men's Healthy Weight

Calling on super-sized guys! Tired of being tired? Alone? Girth prevents much mirth in life? Soul Dancer, your group facilitator is intimately familiar with these questions. He retired 115 pounds years ago. He knows the ropes. He's ready to support you when you're ready to gain then maintain your optimal weight.

Who do you know needs support to gain then maintain a healthy weight? Step by step, we'll work together to enjoy a lighter life, in many ways.

- Saturdays 1:00 pm - 3:00 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **October 18th** at the Men's Center 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 in conjunction with our 34th anniversary celebration. Join brunch host Andy Mickel. **November 15th** at Stephen Sewell's, 647 Lincoln Ave #F, St. Paul, 55105 (just east of Dale Av) 651-917-2495. Paul Busch co-host. 1523 Laurel Avenue, St. Paul 55104 651-646-4656. About a half a dozen men each attended the August and September Men's Brunches. - Andy Mickel, 2009-09-23.

"Thank you for the continuing good work you do!" - Jill Ann Marks, 2009-08-16

"Great work - keep it going! Enclosed is a Boys to Men story and a co-housing story for the newsletter." - Rick Gravrok, 2009-08-13

Conference: Engaging Fathers; Strengthening Families - The Minnesota Fathers & Families Network is joining together with the Strong Foundations Conference to offer a joint conference, "Strong Foundations & Fatherhood Summit", January 13-15, 2010, in Alexandria, MN at the Arrowwood Resort. The conference intends to strengthen the knowledge, skills, strategies, and alliances of those who work with expectant families, infants, toddlers,

fathers, mothers, and communities to build a strong foundation for healthy development. The 2010 conference theme, **Engaging Fathers: Strengthening Families**, reflects the integral role that fathers play in the healthy development of young children. The joint conference is designed for professionals in public health, health care, social work/mental health, child care, early childhood education, ECFE, ECSE, School Readiness, Early Head Start, child abuse prevention, home visiting, parenting education, family law, child support, and those who work with refugee and immigrant communities, the field of fatherhood, and other helping professions. We anticipate about 450 professionals to attend. The conference aims to highlight sessions that offer new information, advanced knowledge, practice, and skills development with opportunities to collaborate, build awareness of existing services and resources, and forge new professional relationships. - Paul Masiarchin, 2009-09-01.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 16-18, 2010 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container

with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with any questions **612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2009-07-07.

Come sing with us! Call the One Voice office to schedule an audition and receive an information packet. One Voice rehearses at Unity Church Unitarian in St. Paul from 7-9:30 pm on Monday nights. For a complete performance schedule, ticket, volunteer and audition information—contact the hotline at 651-298-1954, send us an e-mail at info@ovmc.org, or visit our website at www.ovmc.org.

For 20 years One Voice Mixed Chorus has united gay, lesbian, bisexual, transgender people and straight allies in working for social change. Nationally known for musical excellence, diverse repertoire, humor, and strong commitment to community outreach, One Voice is the largest GLBT mixed chorus in North America, and has performed for thousands of people in the Twin Cities, greater Minnesota and beyond.

St. Cloud Area PFLAG

(Parents, Family and Friends of Lesbians and Gays)

Invites You to Join us for

"A Celebration of Commitment"

An afternoon set aside to honor the love and lasting relationships of same- sex couples in Central Minnesota

Details at a Glance

Day/Date: Sunday, October 11th

Location: Peace United Church of Christ
(An Open and Affirming Congregation)

402 – 8th Avenue South

St. Cloud, MN

Time: 2:00 to 4:00 p.m.

Same-sex couples and their families and friends are invited to this celebration to show honor and respect to gay and lesbian couples that have dedicated their love for each other and share the ups and downs of life together. It is a time for family and friends to gather for an afternoon of fun and laughter, and to publicly congratulate couples whose love and devotion have endured the test of time. Food and refreshments will be served. Reservations are not necessary but would be appreciated so we can plan accordingly. RSVP to pflagstcloud@gmail.com.

The Men's Center ALL-PURPOSE FORM

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- 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 \$_____ \$20 (Regular) \$40 (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 Men's Center mailing list; the pre-addressed gummed mailing label is attached.
(You won't receive Men Talk if this box is checked.)

I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____ FROM: name _____

_____ Mailing address _____

_____ Home phone _____

_____ Work/other telephone _____

Anger Management Program

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: \$215 for TCMC Members (\$225 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently two in Hopkins (Tues and Weds), and a one in Minneapolis.

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, John Hesch, on the Anger Management phone 612-229-3102.

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UPTOWN AREA SPACE TO RENT

**The 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

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	2" x 3 1/2"	\$25

E-mail the editor at tcmc@tcmc.org

THANK YOU!

The Men's Center receives generous donations of baked goods from Wuollet's and Breadsmith Bakeries. You can find them at 25th and Hennepin or 50th and France

or online at:

www.wuollet.com
www.breadsmith.com



BREADSMITH™
HAND MADE. HEARTH BAKED.™

TMC Office Hours: M, Tu, Th, F ; 1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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men talk

twin cities men's center news

4

GO TO WWW.TCMC.ORG / CLICK "DONATE"

TCMC LAUNCHES "BROTHERS HELPING BROTHERS" FUND RAISING DRIVE

To help support rising operating expenses for the coming year, the Twin Cities Men's Center has initiated a campaign to raise \$5,000 over the next 6 months. During this time, TCMC's fundraising task group will seek individual donations by contacting members directly by phone and e-mail. We choose a fund raising drive as an alternative to raising membership rates. Membership rates remain the same to keep things affordable for all program participants. "Brothers Helping Brothers" provides quick and easy means to donate for those who can afford to do so.

At the same time, TCMC will be pursuing donations from Twin Cities-area businesses, as well as long-term funding through public and private grants. As part of this drive, we would also like to know your "wish list" — what would you like to see TCMC offer in the future, as well as the steps you wish to support to see such offerings. To make a tax-deductible contribution, simply go to TCMC's website, www.tcmc.org, and click "Donate" in the lefthand navigation bar. Your donation will be processed through PayPal.

Contributions by personal check, payable to TCMC, can be directed to TCMC's office:

Twin Cities Men's Center
"Brothers Helping Brothers"
3249 Hennepin Ave. So., #55
Minneapolis, MN 55408

Please help support the future of TCMC's programs and activities by donating what you can.



***What's
Inside***

Page 1 *A Man's Way through
the Twelve Steps*
by Dan Griffin
Page 2 *Library Corner*
by Ray Clare

Page 2 *Letter from the Chair*
by Joe Szurszewski
Page 3 *All Purpose Coupon*
Anger Management Class
by John Hesch

Page 4 *Brothers Helping Brothers
Fund Raising Drive*
Inserts *Oct/Nov Calendar
Here & There*
by Andy Mickel