

# men talk

tcmc  
twin cities men's center

in our 34th year  
of public service

Apr/May 2010  
Volume 34 #2

## What Can Be Done? — © 2010 BY WILLIAM B. DONNAY

Our contemporary society includes many terrifying things. For many people John is one of those terrifying things. John is a convicted sex offender. He gets out of prison in a few weeks. He is scared knowing he has done terrible things to other people. He has deeply harmed the victims of his offense. The victim's family and friends have suffered because of his actions. John's family and friends have been hurt and many have abandoned him. In addition to these many individuals, the community in general has been damaged by crimes including those done by him. He is now re-entering that community.

Many people in the community do not want him to be released and they definitely do not want him anywhere near their community. Yet, John will be released and he will be returning to the community.

John has reached this point in his life after many irresponsible decisions. Some of those poor decisions may be a result of a disadvantaged childhood. Still he has had his share of second chances and failed. Yet he keeps trying. He has hope that this time will be different. This time he will find a job, a place to live and maybe a friend or two. He knows it won't be easy but he holds onto a sliver of hope that he too can have a 'normal life,' a life that includes work, a safe home and healthy relationships.

People in the community want a normal life too. They want to go for a walk without worry. They want their kids to play without fear. They want to be able to impact what happens in their community. They want their community to be safe for everyone. What can they do?

There is a program that is designed to give community members a way to increase their safety and help men like John safely transition from prison to community. It is called Minnesota Circles of Support and Accountability, also known as MnCoSA.

MnCoSA is a program operated by the Minnesota Department of Corrections. It is a unique re-entry program to support Level 2 sex offenders as they transition from institution to community. It is currently operating for offenders who are released to Hennepin, Ramsey or Olmsted counties. The program uses a circle of four to seven volunteers from the community to support one offender who is called the core member. Volunteers are screened, background checked, and interviewed by staff from the Department of Corrections. The volunteers complete training to prepare for their "job" as a circle member. Once the training is complete they meet with their core member in the institution where the core member is incarcerated for a series of visits until the core member's release. The circle visits occur in the institution and allow for the circle to structure itself to allow for possibilities for speaking the truth, dropping masks and protections, acknowledging mistakes and fears, and acting in accordance with the circle's core

values.

Once the Core member is released, the Circle meets at a community location which is agreeable to all circle members. The circle focuses on providing support to the offender as he struggles with the issues of finding work, residence, and positive social activities. The circle also holds the core member accountable to his responsibilities such as following conditions of supervision, making appointments, and taking care of daily tasks. In other words the circle talks about life and how to manage the daily demands.

As time goes by and the core member experiences a few months of successful transition the circle may decrease meeting frequency from once a week to once or twice a month. Eventually the circle may disband. Although friendships developed in circle frequently last long past the formal circle existence

This program has been operating in Canada for many years and Canadian studies have shown dramatic reductions in recidivism. The Minnesota project is research based and will also result in a report on outcomes.

MnCoSA depends on volunteers from the community. Obviously this is a unique volunteer opportunity for a non professional to get a first hand experience of the correctional system and how it manages sex offenders. It is also a chance to spend some time with a person who is facing some of the most difficult and important decisions in his/her life and has asked for your support.

*William B. Donnay is the director of the Risk Assessment Community Notification Unit, Minnesota Department of Corrections. He started the MnCoSA program, which is now directed by Joann Dillavou. If you wish to volunteer or get more information about this program please call her at 651-361-7593 or email at Joann.Dillavou@state.mn.us.*



## Library Corner

— RANDY GENRICH,  
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

### FREE BOOKS:

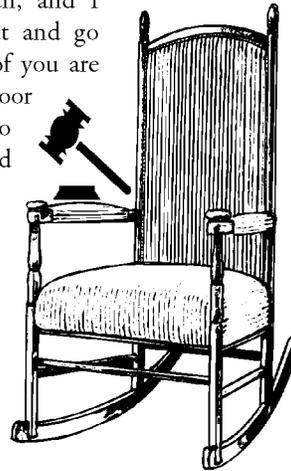
*Men Freeing Men*, Edited and donated by Francis Baumly.

*The Gay Issue Revisited* (packet of articles) Compiled and donated by Francis Baumly.

## Greetings from the Chair

As I write this the temperature has passed 50 degrees outside, not even halfway through March, and I am eager to get my bike out and go for a ride. No doubt many of you are also looking forward to outdoor activities and getting back into shape after a long winter. And while physical health is vitally important and explicitly part of TCMC's mission statement, so is emotional health. A healthy man may be able to run a marathon or swim across a lake, but he also knows how to reach out for emotional support when he needs it, and how to talk about his feelings in an honest way.

When I mention TCMC to someone I've just met, I sometimes hear, "Oh yeah, that's for gay men, right?" I always answer, "Absolutely", and go on to say that it's also for bisexual men, straight men, and frankly, all men. Not only does our sexual orientation not define us as men, neither do the myriad other labels that are often used to slice and dice people into tidy categories. And though we are all individuals, with unique strengths, weaknesses, dreams and aspirations, as men, we share a common experience that makes each of us ideally suited to helping other men through difficult times.



When I attended my first TCMC support group years ago, I was so nervous about the very idea of men sitting in a circle talking about their feelings, I'm sure I would have bolted from the room like a startled deer had someone made a sudden movement. Fortunately I stayed, and was astonished to learn that though I had not previously met any of the other men present, they knew almost exactly how

I felt about a wide range of troubling issues. And that's the 'magic secret' of TCMC's support groups - though our life stories, and the labels we could use to describe each other are incredibly varied, the feelings we have about the events in our lives are remarkably consistent. By sharing them with a supportive and understanding audience we realize we are not alone, and that whatever our specific problems, there is a positive way forward.

So as you tune up your bike or shop for a new pair of running shoes, don't forget your emotional fitness. Consider this your invitation to check out a TCMC support group and flex your feelings muscles.

JOE SZURSEWSKI  
BOARD CHAIR

## 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](mailto:tcmc@tcmc.org)  
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## TCMC's "BROTHERS HELPING BROTHERS" FUND RAISING DRIVE

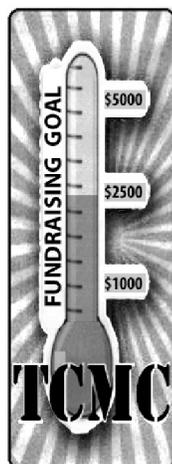
To help support rising operating expenses for the coming year, the Twin Cities Men's Center initiated a campaign to raise \$5,000 over the next 6 months. During this time, TCMC's fundraising task group will seek individual donations by contacting members directly by phone and e-mail. We choose a fund 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.

GO TO [WWW.TCMC.ORG](http://WWW.TCMC.ORG) / CLICK "DONATE"

To make a tax-deductible contribution, simply go to TCMC's website, [www.tcmc.org](http://www.tcmc.org), and click "Donate" in the lefthand navigation bar. 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

**WE'VE ALREADY RAISED \$2350!**  
**LET'S MAKE IT \$4000 BY THE NEXT MEN TALK ISSUE.**



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	
<h1>Apr/May 10</h1>				Call us about Anger Management Classes.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
				<b>1</b>	<b>2</b>	<b>3</b>	
<b>4</b>	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law Clinic 7-9 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	
<b>11</b>	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
<b>BRUNCH</b> 10:00 a.m. <b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Dealing with Sexual Addiction 7-9 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
<b>25</b>	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Managing Sanity and Resilience... 7-9 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m.	<b>NEW YEAR HOLIDAY</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	
<b>2</b>	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law Clinic 7-9 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
<b>9</b>	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m.	<b>MEN TALK DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual Issues 7:30p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
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<b>30</b>	<b>SUPPORT GROUPS</b> General 12:30 p.m.	Check out our web site: <a href="http://www.tcmc.org">www.tcmc.org</a> e-mail: <a href="mailto:tcmc@tcmc.org">tcmc@tcmc.org</a> phone: 612 / 822-5892					
<b>31</b>	1976 - In Our 34th Year - 2010 of Public Service						

## 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 the wider community. This tradition has been part of the Men's Center offering since it's founding 34 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: **Jim Gerharter, Harry Greenberg, Nancy Helland, Bob Manson, Andy Mickel, Shane Nygaard, 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: Bob Manson  
When: Wed, Apr. 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, Apr. 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.*

### Dealing with Sexual Addiction in Everyday Life

Presenter: Nancy Helland  
When: Wed, Apr. 21, 7:00-9:00 pm  
*Open to Men and Women*

Sexual Addiction effects both men and women. The stigma it has, is shaming. The shame, I think is what prevents us from seeking help and support. In my 20 years dealing with this issue, open support is what I have been searching for. Without judgment and no "being on and off the wagon". In my presentation I will discuss some of the following issues; Awareness, Stress management, triggers, obsessive/ compulsive behaviors, and boundaries for ourselves and each other. My hope is to start an open discussion and support group open to everyone. Please come.

*Nancy Helland brings her years of experience around this issue, and is considering starting a support group at the Men's Center.*

### Managing Sanity and Resilience Through Divorce/Uncoupling

Presenter: Harry Greenberg  
When: Wed, Apr. 28, 7:00-9:00 pm  
*Open to Men and Women*

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety

of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

*Harry Greenberg is an educator, social worker, and social justice activist. He received his masters degree in social work and his teaching license from the University of Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce. His work as an educator and counselor focus on client self-empowerment, user-friendly education, and the use of narrative and solution focused inquiry.*

### Family Law Clinic

Discussion Leader: Linda Wray  
When: Wed, May 5, 7:00-9:00 pm  
*Open to Men and Women*

See Apr. 7 Description

### A Circle of Warriors

Presenter: Andy Mickel  
When: Wed, May 12, 7:00-9:00 pm  
See Apr. 14 Description

### Gay Mysticism, part II Song of the Soul: The Voice of the Sacred Feminine

Presenter: Shane Nygaard  
When: Wed, May 19, 7:00-9:00 pm  
*Open to Men and Women*

In a follow-up to the intro to Gay Mysticism, this is the next presentation to help bring us into a deeper and more personable understanding of the soul of the gay community. "Song of the Soul: The Voice of the Sacred Feminine" will be a focused look into the Sacred Feminine and the connection with the vital and exquisite roles each of us in the gay community has in rebirthing her presence on the planet. What is your individual role? How do you begin to know it? Why is this important to know? Through a look at the symbolism of Archetypes, historical perspectives, and modern-day examples, we will explore a further understanding of the essential qualities we as gay people bring to today's constantly-shifting world. Come listen!

*Shane M. Nygaard earned his BA degree in Theater at the University of Minnesota, with a particular focus on Musical Theater. He is a CMED Institute Certified Archetype Consultant, having completed the Sacred Contracts course taught by Caroline Myss and additional faculty including Andrew Harvey and Jim Curtan. He currently runs local groups focused on Poetry, Poetry Writing and Archetype Casting for Actors.*

## Managing Sanity and Resilience Through Divorce/Uncoupling

Presenter: Harry Greenberg

When: Wed, May 26, 7:00-9:00 pm

Open to Men and Women

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

*Harry Greenberg is an educator, social worker, and social justice activist. He received his masters degree in social work and his teaching license from the University of Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce. His work as an educator and counselor focus on client self-empowerment, user-friendly education, and the use of narrative and solution focused inquiry.*

## Family Law Clinic

Discussion Leader: Jim Gerharter

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

Open to Men and Women

See Apr. 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

## 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

## 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

## Boundaries for Men in SO Treatment

Some men occasionally think about their sexual boundaries and how their behavior has affected others. Other men never have to think about how their sexual behaviors has harmed someone. And, then there are a few men, who think about how their sexual behaviors have harmed others all the time. If you are among this last group of men, then it may be that you have served time in a correctional facility and are participating within a sex offender treatment program. This support group is for men who are currently in or have graduated from a sex offender treatment program. Men who would like to participate in this group for the first time are encouraged to call the TCMC office and leave a message for the facilitator of this group.

- 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

Give a Gift  
of a  
Men's Center  
Membership

ONLY \$20

# Here and There - Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **April 18th at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 16th at David Miner's**, 311 E 24th St. #1, Minneapolis, 55404, 612-345-4835 (across 3rd Ave S from Art Institute). Brunch times are between 10 a.m. and 1 p.m. About 16 men attended February's brunch at Nathan Salzl's. - Andy Mickel, 2010-03-11.

**On Going Down Into Depression:** The October 16 reading in the daily readings book: **A Quiet Strength: Meditations on the Masculine Soul**, Wayne Kritsberg, John Lee, Shepherd Bliss, 1994. cites the poem: "Mankind owns four things / That are no good at sea-- / Rudder, anchor, oars, / And the fear of going down." - Antonio Machado (translated by Robert Bly) The reading continues and explains that depression, according to Robert Bly, is when "we refuse to go down, so a hand comes up and pulls us down." Depression is not the same as grief, which is when we choose to go down.

A short, accessible November, 2009 article in Psychology Today "**Practical Mindfulness: The New Witness Protection Program**" (appearing also as a blog at: <<http://www.psychologytoday.com/print/34415>>) addresses depression by using an attitude of "**compassionate witnessing**". - Andy Mickel, 2010-02-21.

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 now \$500, 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, 2010-03-05.

In the US, the number of children with a father in prison increased 77% from 1991--2007 and the number with a mother in prison increased 131% in the same period. **Children of Incarcerated Parents - Minnesota Fathers & Families Network (MFFN)'s newest Fact Sheet** was produced in collaboration with the Minnesota Second Chance Coalition on Families with Incarcerated Parents. Learn what policymakers can do to lessen the impact on children and families here: <<http://www.mnfathers.org/FamiliesOfIncarceratedFACTSHEETfinal.pdf>> - Paul Masiarchin, MFFN 651-222-7432 <[pmasiarchin@mnfathers.org](mailto:pmasiarchin@mnfathers.org)> - 2010-03-02.

**Men's Support Group Research Project** - U of St. Thomas and St. Kate's U graduate student Ernie Gunderson is making a mid-life career change from engineering to social work and conducting a study for adult male participants in men's support groups to determine whether these support group experiences have an effect on one's psychotherapy. FFI: Ernie Gunderson, 612-721-9103, <[egunde@aol.com](mailto:egunde@aol.com)>. - 2010-01-19.

**Prevent Child Abuse Minnesota's Annual Prevention Conference** will be held at St. Cloud Civic Center, April 7, 2010. In-depth workshops on nationally recognized strategies that participants can use to promote the well being of children, families and communities. Featured presenters include PCA America President Jim Hmurovich, the "Good Enough Moms(TM)" Dr. Marti Erickson and Erin Erickson Garner; Cordelia Anderson, Casa

de Esperanza, Ambar Cristina Hanson and Olga Trujillo, etc. FFI: <<http://www.pcamn.org/>>, 651-523-0099 or 1-800-621-6322 - PCAM, 2010-02-15.

The 36-page **Winter, 2010 issue of Voice Male Magazine, Changing Men in Changing Times** <<http://www.voicemalemagazine.org/>> was sent in bulk to the Men's Center in January; feature article: "The Men's Story Project". Originally, VM was the newsletter of the Men's Resource Center (MRC) in Amherst, MA. MRC is now reorganizing having closed its physical office and sold its building and outsourced its Moving Forward programs. <<http://www.mrcforchange.org/>> - Rob Okun, 2009-12.

The annual 2009 **Tracking Project newsletter** provides a tribute to Japanese poet Nanao Sukaki, and a schedule of 2010 "Art of Life" classes in Corrales, New Mexico. The Tracking Project works with community educators and Native elders from around the world to design a series of teachings which connect individuals directly to the natural world. FFI: John Stokes, 505-898-6967

Pittsburgh author Joshua Colbert announced his new book **Male by Birth, Man by Choice** <<http://www.lpinc.org/tedxlp/presenters/Colbert.asp>>. Insights from a man who has created a guide for young men based on his own battles to overcome low self-esteem, homelessness and rampant incarceration of family and friends for theft, drugs and murder. FFI: <<http://www.manbychoice.net/>> 412-441-1441 <[campaign@manbychoice.net](mailto:campaign@manbychoice.net)> - 2010-02-11.

The upcoming **Psychotherapy with Men Conference in Austin, TX**. Website <<http://ows.edb.utexas.edu/?q=site/2nd-national-psychotherapy-men-conference/>> (corrected URL): - Aaron Rochlen, 2010-01-08

## 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 Wed. 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 \$\_\_\_\_\_  \$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.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

\_\_\_\_\_  
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DATE: \_\_\_\_\_  
 FROM Name: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Work/Other Phone: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

### 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, there are two in Hopkins (Tues, Weds), A new class is scheduled to start at TCMC on April 19 (Mons).

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.

**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](http://www.wuollet.com)  
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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](mailto:tcmc@tcmc.org)

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**TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Tu, Th, F 1:00pm–4:00pm. 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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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**4**

# Family Law Clinic

Only \$5

- 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:** The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

**When:** Every 1st Wednesday from 7:00 to 9:00 PM

**Just come! No advance registration required!**

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:

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