

# men talk

tcmc   
twin cities men's center

in our 36th year  
of public service

Feb./Mar. 2012  
Volume 36 #1

## *Male Nurturance - An Excerpt*

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**M**en's issues are an expression of men's feelings. Something men have long been taught not to express. Repressed feelings don't lead to personal growth. We hear almost exclusively about women's concerns and feelings.

When we think of nurturing we don't usually think of men. Many men probably like to think they are capable of it, but maybe not as good at it as women. We hear very little about male nurturing or of the importance of men's nurturing. Some people think men aren't even capable of it. Consider Barbara Jordan's famous quote, "I believe that women have a capacity for understanding and compassion which a man structurally does not have, because he cannot have it. He's just incapable of it!"

### **WHAT IS NURTURANCE?**

Dictionary definition: Anything that nourishes; sustenance; food, the act of promoting development or growth; upbringing; rearing; educating; training. Steven Rhoads writes in *Taking Sex Differences Seriously*, differences in nurturing behavior between men and women are few if nurturance is defined as "caring for and promoting the welfare of others." Mending a leaky roof would then be a nurturing act."

Men frequently aren't great at expressing feelings, and don't understand that sometimes women just want a listening ear. To them supporting a woman is to help her with the problem that's upsetting her. That's taking her problem seriously and that means helping find a solution. This is an act of love. It would be cruel to do less. Finding solutions to problems is one form of male nurturance.

Another often unrecognized form of nurturance is providing the financial basis or "financial womb" for a relationship. There are exceptions, but it still holds true in most cases. This can permit a woman to work part time, full-time or not at all, to being a stay at home mom, to do volunteer work or other things for recreation or personal growth. This role often doesn't hit home until after divorce or after a man loses his job. It is a traditional male role and as such is assumed and invisible.

Fathering through coaching is a form of nurturance/child-care that needs to be recognized. There is some vulnerability in this -- he wants the team to win, but also to learn fairness, responsibility, attitude and losing -- and still have fun doing it. If the team loses, will he be seen as a nice guy loser, and lose respect? Can he coach with his son on the team and not play favorites?

### **WHAT IS THE IMPACT OF MALE NURTURANCE, PARTICULARLY THAT OF FATHERS?**

A Danish study compared children who lived with their dads with those who lived with their mothers. It found boys and girls living with their mothers were 3 times more likely to feel victimized by other children, experienced seizures of fear 4 times more, and had twice as many nightmares.

Feminist theory states that because the female brain has a thicker connection between the right and left side women are better at juggling children, dishes, laundry, etc. And this makes them better nurturers. There is a good body of research that contradicts that assumption and shows that children do notably better with single fathers than they do with single mothers; using the same logic this would indicate that fathers are successful at juggling as well. The work men traditionally have done also require juggling skills when one looks at it more closely.

When fathers spend more time with children, a study which was done over a 6 year period show children are more likely to be more empathic in adulthood. Warren Farrell in *Father and Child Reunion* believes it has to do with dad's style of discipline in enforcing boundaries. Teaching the child to treat boundaries seriously leads him or her to respect and consider others.

### **WHAT ARE THE BARRIERS TO MALE NURTURANCE?**

Single custodial mothers often acting as gatekeepers to their children seeing their father; almost 40% reported they had refused to let their ex's see the children for punitive reasons. This could be remedied by a presumption of joint physical custody unless exceptional circumstances dictate otherwise.

Men including fathers do not speak up for themselves. Evolution over the millennia selected men for being willing to die for their families but not to cry on their own behalf. There is a change in father involvement, but this is a very quiet "revolution." Men and women need to learn that it is OK for men to speak up for themselves and express their feelings, and we all need to accept that this is good and be willing to listen and encourage this new behavior.

Another father distancing factor is the overwhelming influence of the female value system --in parenting, in elementary schools, in social work and in child protective services. Sitting still, raising your hands and speaking in turn are valued more than taking risks, experimenting and competition. This leads to boys not being accepted and loved for

*Male Nurturance continued on pg 2*

## Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

The Men's Center thanks Tom Weaver for his generous contribution of these new additions to our library. HUG AN ANGRY MAN, and you will see he is crying, by Sean Casey LeClaire. SUCCESSFUL AGING, by John Rowe & Robert Kahn. THE FRUITFUL DARKNESS, reconnecting with the body of the earth. IS IT A CHOICE, answers to 300 most frequently asked questions about gay and lesbian people. THE LIFE AND TIMES OF THE THUNDERBOLT KID, by Bill Bryson. THE SEAT OF THE SOUL, a remarkable treatment of thought, evolution, and reincarnation. TIMES ALONE, selected poems of Antonio Machado, translated by Robert Bly. A MAN'S WAY THROUGH THE TWELVE STEPS, by Dan Griffin.

## 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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## Greetings from the Chair

As TCMC heads into its 36th year of service to the men of the Twin Cities, I'd like to point out a few things to think about in the coming year.

But hold on, cue the sound of a phonograph needle scratching across a vinyl record, did I just say "36th" year? Because that's an extraordinary thing that neatly illustrates two crucial things about TCMC in 2012. First, demand for our services is as high or higher than ever before. This might seem obvious, but it's worth pointing out that we have busy support groups and full anger management classes because of high demand. Second, TCMC has survived for this long because men who benefited from our services take it upon themselves to make sure that other men have the same opportunity to get through difficult times and better themselves as they had.

And that, in a nutshell, is how TCMC works. Men whose lives have changed for the better decide that the support and resources they found at TCMC are too valuable not to be made available to other men. So they contribute money, time, and energy to make sure TCMC survives to see another year.

For examples of this, you have to look no further than the TCMC board. Vice-chair Tom Weaver and board member Ken

Knoll have put together a presentation for other non-profits who may be interested in partnering with TCMC and referring clients to us. If you are associated with, or know of a nonprofit that might be a nice fit with TCMC, please contact Tom Ken through the TCMC office.

But you don't have to be a board member to make a substantial contribution to TCMC's future. Treasurer Rick Charlson has issued a challenge to everyone who cares about the future of TCMC by including a \$2000 grant in the expected revenues part of the 2012 annual budget. Where will this grant come from? Nobody knows yet, but if you'd like to help us meet this obligation, you are encouraged to contact Rick or anyone on the board and tell us that you want to help plan, research, or write a grant.

There are many other exciting things happening at TCMC in 2012, but hopefully you see the pattern – for TCMC to continue to be a vibrant and essential resource for the men of the Twin Cities, it takes men who care, men like you, to step forward to and make it happen. Please join us in 2012!

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

*Male Nurturance continued from pg 1*

their core energy. Some athletic skills are often not recognized in a broader context --reading an opponent as an intuitive skill or teamwork as a relationship skill. This leads to boys not being reinforced and validated for what they have to offer.

One big factor influencing perceptions and attitude of men and fathers today is found in women's studies without balancing men's studies. We hear about "dead-beat" dads, but not about moms who deny access to children or make false accusations to obtain children. Funding for women's studies is in excess of 100 times that of men's studies. One sided funding results in one-sided results -- from there, biased social policy. True equality starts with equality of inquiry. Balanced funding would be an important step in balancing our thinking and attitudes.

### A REAL GOAL IS EQUALITY AND OPENNESS AND CARING FOR MEN, FOR WOMEN AND FOR CHILDREN.

It is important to recognize male nurturance and its unique contribution to our children, which hopefully will lead to constructive changes. The goal is not to diminish women and the nurturing they do, but to affirm men and the gifts they give.

*Nels Otto has a long term interest in men's issues and before that, women's issues and the human potential movement. It led him to change careers from banking to counseling. He's a retired vocational and rehabilitations counselor, and a long term member of the Men's Center. Author of two articles, "In Search of Male Spirituality" and "His-story a Need for Men's Studies", he believes much personal and social good can come from helping people evolve in constructive ways. He can be reached at 651-484-4590 or [ne123@intergate.com](mailto:ne123@intergate.com)*

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   |
|--|---|---|--|--|--|--|
| <b>Feb/Mar 12</b>  |   |   | <b>PRESENTATION</b><br>Family Law 7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition 7:30 p.m.<br>Northside Men<br>6:30pm <b>1</b> | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>2</b>                               | <b>SUPPORT GROUPS</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>3</b>                             | <b>SUPPORT GROUPS</b><br>Healthy Sexual<br>Boundaries<br>10:00 a.m. <b>4</b>   |
|  |   |   | <b>SUPPORT GROUPS</b><br>General/ Divorce/<br>Uncpl 12:30 p.m. <b>4</b>  | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>6</b> | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>7</b>       | <b>PRESENTATION</b><br>Mankind Project<br>Open Circle 7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition<br>7:30 p.m. <b>8</b>                         |
|  | <b>SUPPORT GROUPS</b><br>General/Div/Uncpl<br>12:30 p.m.<br>-----<br><b>BOARD MTG.</b> 7 p.m. <b>12</b> | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>13</b> | <b>PRESENTATION</b><br>Hypnotherapy<br>7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition<br>7:30 p.m. <b>15</b>                   | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>16</b>                              | <b>SUPPORT GROUPS</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>17</b>                            | <b>SUPPORT GROUPS</b><br>Healthy Sexual<br>Boundaries<br>10:00 a.m. <b>18</b>  |
| <b>BRUNCH</b> 10:00 a.m.<br><b>SUPPORT GROUPS</b><br>Men's Retirement<br>5:30 p.m. <b>19</b> | <b>SUPPORT GROUPS</b><br>General/ Divorce/<br>Uncpl 12:30 p.m. <b>20</b>                                | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>21</b> | <b>PRESENTATION</b><br>The Perfect Storm?<br>7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition<br>7:30 p.m. <b>22</b>             | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>23</b>                              | <b>SUPPORT GROUPS</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>24</b>                            | <b>SUPPORT GROUPS</b><br>Healthy Sexual<br>Boundaries<br>10:00 a.m. <b>25</b>  |
|  | <b>SUPPORT GROUPS</b><br>General/ Divorce/<br>Uncpl 12:30 p.m. <b>26</b>                                | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>27</b> | <b>PRESENTATION</b><br>Steve Onell 7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition<br>7:30 p.m. <b>29</b>                       | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>1</b>                               | <b>SUPPORT GROUPS</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>2</b>                             | <b>SUPPORT GROUPS</b><br>Healthy Sexual<br>Boundaries<br>10:00 a.m. <b>3</b>   |
|  | <b>SUPPORT GROUPS</b><br>General/ Divorce/<br>Uncpl 12:30 p.m. <b>4</b>                                 | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>5</b>  | <b>PRESENTATION</b><br>Family Law 7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition 7:30 p.m.<br>Northside Men<br>6:30pm <b>7</b> | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>8</b>                               | <b>SUPPORT GROUPS</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>9</b>                             | <b>ANNUAL MEETING</b><br>9:00am- 11:00am<br><b>FACILITATOR MTG</b><br>11:00am- noon<br>-----<br>Healthy Sexual<br>Boundaries<br>10:00 a.m. <b>10</b> |
|  | <b>SUPPORT GROUPS</b><br>General/Div/Uncpl<br>12:30 p.m.<br>-----<br><b>BOARD MTG.</b> 7 p.m. <b>11</b> | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>12</b> | <b>PRESENTATION</b><br>Mankind Project<br>Open Circle 7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition<br>7:30 p.m. <b>14</b>    | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>15</b>                              | <b>MEN TALK DEADLINE</b><br><b>SUPPORT GROUP</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>16</b> | <b>SUPPORT GROUPS</b><br>Healthy Sexual<br>Boundaries<br>10:00 a.m. <b>17</b>  |
| <b>BRUNCH</b> 10:00 a.m.<br><b>SUPPORT GROUPS</b><br>Men's Retirement<br>5:30 p.m. <b>18</b> | <b>SUPPORT GROUPS</b><br>General/ Divorce/<br>Uncpl 12:30 p.m. <b>19</b>                                | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>20</b> | <b>PRESENTATION</b><br>Preparing for Your<br>Own Death 7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition<br>7:30 p.m. <b>21</b>   | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>22</b>                              | <b>SUPPORT GROUPS</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>23</b>                            | <b>MEN TALK MAILING</b><br>9:00 am<br>-----<br><b>SUPPORT GROUPS</b><br>Healthy Sexual<br>Boundaries<br>10:00 am <b>24</b>                           |
|  | <b>SUPPORT GROUPS</b><br>General/ Divorce/<br>Uncpl 12:30 p.m. <b>25</b>                                | <b>SUPPORT GROUPS</b><br>Gay Issues 7:30 p.m.<br>-----<br>Addiction Busters<br>7:30p.m. <b>26</b> | <b>PRESENTATION</b><br>In Search of Male<br>Intimacy 7pm<br>-----<br>H.S.B. East 5:30pm<br>Transition<br>7:30 p.m. <b>28</b>     | <b>SUPPORT GROUPS</b><br>Divorce/Uncpl<br>General 7:30 pm <b>29</b>                              | <b>SUPPORT GROUPS</b><br>Men's Bisexual & Gay<br>Issues 7:30 p.m. <b>30</b>                            | <b>SUPPORT GROUPS</b><br>Healthy Sexual<br>Boundaries<br>10:00 a.m. <b>31</b>  |

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phone: 612 / 822-5892

1976 - In Our 36th Year - 2012  
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 its founding 35 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 are **Eric Christopher, Al Jones, Kelley Lorix, Bob Manson, Andy Mickel, Steve Onell, Keith Pederson, Rasheen Tillman, and Tom Weaver.**

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

Non-Members of TCMC – \$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: Rasheen Tillman  
When: Wed, Feb. 1, 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.*

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, Feb. 8, 7:00-9:00 pm

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

*ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.*

### Hypnotherapy

Presenter: Eric Christopher  
When: Wed, Feb. 15, 7:00-9:00 pm

*Open to Men and Women*

This is a discussion about what hypnosis is, what it is not, and how it can be used to help release and heal the emotional roots of anxiety, depression, or any other stuck, limiting feeling or pattern. It can also be used to access and utilize a creative and wise aspect of ourselves that we may not be aware of. It will be experiential.

*Eric Christopher, MSMFT, CHT, has a background in Marriage and Family Therapy. He has been practicing hypnotherapy for the past 12 years in St. Paul.*

### The Perfect Storm?

Presenter: Keith Pederson  
When: Wed, Feb. 22, 7:00-9:00 pm

*Open to Men and Women*

Historically, there have been many diseases that are thought to have been eradicated. Only to have prevention efforts dwindle, and the disease comes back full force.

Once HIV was discovered, named and responded to in the 1980's the number of new transmissions began to decline. People were afraid of becoming HIV positive and dying! People talked openly about how the disease is transmitted and their behavior reflected safer sex activities. There was a time in our past when Syphilis had all but disappeared as well.

Fast forward to the current situation

where new infections of Syphilis and HIV are on a dramatic incline (especially among men who have sex with men). In this presentation we will discuss some of the hypotheses thought to explain why we have the increasing new incidence of HIV and other STDs. We will also examine some of the painfully real economics contributing to a serious health care coverage issue facing our nation.

Finally, the combined views will paint the picture for you of what I believe is the beginning of The Perfect Storm!

*Keith Pederson is the Project Coordinator for Man2Man, a Minnesota Department of Health HIV prevention program of the University of Minnesota, School of Public Health, Division of Epidemiology and Community Health. Keith also co-chairs the Community Cooperating Council on HIV and AIDS Prevention (CCCHAP). Keith's education is a unique combination of multimedia communications, social work and GLBT studies.*

### Presentation

Presenter: Steve Onell  
When: Wed, Feb. 29, 7:00-9:00 pm

No description was submitted by press time. Please see our website at [www.tcmc.org](http://www.tcmc.org) for updates.

### Family Law Clinic

Discussion Leader: Kelley Lorix  
When: Wed, Mar. 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

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### Mankind Project Open Circle

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

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Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

*ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.*

## Preparing for Your Own Death & the Death of a Loved One

Presenter: Tom Weaver

When: Wed, Mar 21, 7:00-9:00 pm

*Open to Men and Women*

Transcending Denial of Death to enjoy Mindful Living - An opportunity to share experiences, strength and hope around near death experiences, to co - create hopeful ways of preparing for death with dignity.

*With my own experience of 23 years as a family doctor, and being the primary care-giver and life navigator, for my mom, Peg Weaver. Peg passed over in 2007 at age 97, having survived a Whipple Procedure for pancreatic cancer at age 74. We will share our experiences in the circle of life. Practical preparation such as Health Care Directives, Living Wills, Power of Attorney and cremation and burial celebrations will be shared in the context of recommended reading: The Tibetan Book of Living and Dying: The Spiritual Classic & International Bestseller by Sogyal Rinpoche.*

## In Search of Male Intimacy

Presenter: Al Jones

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

*Open to Men Only*

Do you want more fulfillments in your relationships with men, yet finding yourself alone and unsatisfied? It may be time to pursue the true meaning of intimacy with men. Whether you're building new friendships, actively dating or are pursuing a committed relationship you will engage in some level of intimacy. Your success in developing fulfilling relationships with other men may reside in your understanding of how to obtain lasting intimacy.

The seminar "In Search of Male Intimacy" participants will engage on a

journey inward to explore ways to create loving and fulfilling relationship by learning some basic strategies to improving ones level of intimacy with other men.

Participants will learn the meaning of intimacy, discover the levels of intimacy, explore the barriers that prevent intimacy and develop strategies to creating intimacy in their life and relationships.

*With my own experience of 23 years as a fAlvero Jones is the Executive Director and Founder of Relationship Quest. For further information call 612-338-2294 or visit www. RelationshipQuest.org*

## Family Law Clinic

Discussion Leader: Bob Manson

When: Wed, Apr. 4, 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.*

## 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/Decoupling

*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.

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

### Abuse Survivors

*Open to Men and Women*

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors 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 victims into survivors.

- On Hold 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

*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.

- 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

### Healthy Sexual Boundaries- EAST

*Open to Men Only*

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.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

**Location:**

Project Pathfinder Group Room "B"  
Griggs-Midway Building (NE Entrance)  
3rd Floor, Suite N385  
1821 University Ave. W.  
St. Paul, MN 55104  
• Wednesdays 5:30 - 7:30 pm

**NORTHSIDE General Men's Issues / Relationship Issues**  
*Open to Men Only*

Men can express thoughts and feelings about the process of life's challenges and experiences, and what it means to be a man in American culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men. Facilitators: Michael Martens, Malik Holt-Shabazz

• First Wednesdays 6:30 - 8:30 pm

**Location:**

Harrison Neighborhood Association - 503 Irving Ave N, Minneapolis 55405  
FFI: Michael Martens, 612-377-5496

**Bisexual and Gay Issues**

*Open to Men Only*

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

• Fridays 7:30 - 9:30 pm

**Healthy Sexual Boundaries**

*Open to Men Only*

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.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

• Saturdays 10:00 am - 12:00 pm

**Men Facing Retirement Issues**

*Open to Men Only*

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): **March 18th at Eric Mann's** 632 Morgan Ave S., Minneapolis, 55405, 612-481-2839 (on the north side of I-394, Penn Ave Exit). **February 19th at Jamie Wellik's** 31 Meander Road, Golden Valley, 55422. 612-267-2467 (west of Hwy 100 off Glenwood Ave). About a dozen men attended November's brunch at Rick Charlson's and another ten at December's brunch at Mark Bloom's - Andy Mickel, 2012-01-11.

"Bob and Randy to an excellent job of facilitating the Tuesday evening Gay Issues Support Group. This support group saved my life. I'm glad that the Men's Center exists." - Dan Diercks, 2011-12-01.

"To honor our TCMC Anger Management Facilitators, I'm making a donation because I'm so proud of the work you do to make this world a better place. Thank you." - Dick Madigan, 2011-11-28.

"I get warm feelings hearing from you guys once in awhile and knowing that you continue in the good work. With my blessing," John Everingham, 2011-11-15.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 27 - 29, 2011 at Voyageur Environmental Center, Mound, MN west of Minneapolis.

The cost is \$595, 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. FFI: **Andy Mickel 612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2012-01-07.

National Association of Social Workers-MN **February 10 workshop: "New Rules of Marriage: Transforming Couples By Changing the People Within Them."** Learning Objectives: • How to quickly diagnose and articulate the couple's core issues using The Relational Grid™ • How to "take sides" and skillfully confront difficult truths • The process of forming a true alliance with difficult partners by precisely identifying what they are doing that is dysfunctional, the negative consequences of not changing, and the rewards of changing • How to use the relationship to produce dramatic character transformation • Strategies to work with grandiosity and shame. Presenter: Terry Real, LICSW, Family Therapist, Author of *The New Rules of Marriage*, the best-selling *I Don't Want to Talk About It*, and *How Can I Get Through to You?* His work uses a rigorous, commonsense approach, and speaks to both men and women.

He is the Relationship Expert for "Good Morning America". Registration \$80 - \$150. - Rachel Konzem, NASW-MN Program/Office Coordinator, 651-293-1935, 1885 University Ave W, Suite 340, St. Paul, MN 55104, <<http://www.naswmn.org/>> - Rachel Konzem, 2011-12-22.

**SHAMANTRA Trance-Formational Dance** is an uncharted experience to help us connect joyfully with Self, Spirit, Intent, Healing, and Community in a safe space of free expressive movement, mystery, beauty, sound and ritual. 1st Saturdays 8:15 - 10 p.m., 2nd, 3rd, 4th Sundays 7:15 - 9 p.m. at: Living Waters Market & Cafe / Center for Harmonious Living, 12201 Minnetonka Blvd, Minnetonka 55305. 952-938-1929. FFI: Dan Gorbunow 612-987-0324, Check "shamantra transformational dance" at MeetUp.com - Dan Gorbunow, 2012-01-11.

**Minnesota Fathers & Families Network Seeks Executive Director** MFFN enhances healthy father-child and family relationships by promoting initiatives that inform public policy and further develop the field of fatherhood practitioners statewide. More at [www.mnfathers.org](http://www.mnfathers.org). Submit electronically in a single MS Word or PDF document to "Search Committee" at [curt@orgdev.org](mailto:curt@orgdev.org). Deadline: Friday, 2012-02-03. No phone calls, please. - 2012-01-11.

**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 \$\_\_\_\_\_  \$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 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: \_\_\_\_\_  
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 Home Phone: \_\_\_\_\_  
 Work/Other Phone: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

**PLEASE SUPPORT OUR MEN TALK ADVERTISERS!**

**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:** \$235 for TCMC Members (\$250 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, John Hesch, on the Anger Management phone 612-229-3102.

**Annual Facilitator Training report**

We had 13 persons attending our Annual Facilitator Training on January 7th, following the Annual Meeting. Randy Genrich, and Norm Petrik led the training. We had excellent discussions about how to facilitate our support groups, which are a very important part of the Men's Center. And we also had lunch paid for by the Men's Center. Thank you facilitators for stepping forward to lead groups.

Norm Petrik, Chair Program Comm.

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**MEN TALK ADVERTISING RATE SCHEDULE**

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

**(612) 822-5892**  
**tcmc@tcmc.org**

**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**

**TMC Office Hours: M | 1:30am-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 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)*

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

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**4**

# Family Law Clinic

Only \$5

**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: 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!**

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