

men talk

tcmc 

in our 40th year
of public service

twin cities men's center

June/July 2016
Volume 40 #3

A Shout Out to Fathers!

© 2016 DAN GORBUNOW

Blessings to Fathers everywhere:

whether you are enjoying the love of your children or missing them,

whether your heart is full of joy, or grief, or regret, or worry, or rage - perhaps all of them at times!

whether you think you've done all you can or not enough,

whether you made peace and amends with your own father or still working on it,

whether you have found balance in the Sacred Masculine and Feminine or yet to find it,

whether you believe in your own healing power as a loving father or not so much,

Know that you are appreciated and valued by the spirit of fatherhood itself,

by Father Sky and Earth Father, the eternal and glorious mystery that lifts us all up in the

shadow of his wings, with beauty, awe, and love: gratitude and peace go with you.

*by Dan Gorbunow
Director of Men's Healing,
Sattva Healing Arts
thunderbird@live.com*

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 books in the Men's Center Library are sectioned off into 14 categories. These categories are: **Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.**

In addition to members having borrowing privileges from our library, we also have a reading room with free WiFi access. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

Address Change Notifications

from the post office cost the Men's Center \$1.71 each. Please let us know in advance of mailings!
Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at tcmc@tcmc.org. **Staff:** Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord. **Office Volunteers:** Rick Charlson, Jim Heaney, Dick Madigan.

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Greetings from the Chair

It's an election year here in the US, so it might seem obvious to say that we are in for many months of fibs, half-truths, deceptions, obfuscations, liberties with the truth, and outright lies. Most Americans just accept this as a matter of course, like they accept that most advertising makes claims ranging from the questionable to the intelligence-insulting. And while it might be therapeutic to spend this column ranting about the demise of the truth, my real interest is how the environment created by politics and advertising makes it difficult for men to make meaningful changes in their lives.

Everyone has had the experience of struggling to find something that was sitting right in front of them. When something lives in your environment for long enough, your brain starts to filter it out so that you don't notice it and it becomes part of your subconscious. So when politicians and advertisers constantly overload us with statements that we know to be suspicious, we eventually stop taking notice of it and even make excuses for it, saying "that's just politics", or "everyone has to make a living".

The problem is that this omnipresent devaluation of the truth conditions us all to care less about honesty. And this can be a real problem when you are trying to make significant changes in your life that require you to be completely honest with yourself. If you want to do a better job managing your anger, are coming to terms with your sexuality or gender identity, or are just trying to get through a stressful time in your life, you will not help yourself by being anything less than honest with

yourself. This starts with admitting that it will probably be hard to achieve your goal, but it also means not falling into the black and white trap.

If there's a common theme to the lack of honesty in politics and advertising, it's the abuse of superlatives in which a product or candidate is always "the best" and the competing candidate or product is "the worst". When was the last time you heard a politician say, "Actually, I'd probably be OK in that office"? The problem is that because of politics, advertising, and sports, we are so used to thinking in best/worst terms that we often carry this over into our own lives. The challenges that TCMC helps men deal with are hard, no doubt about it. But these challenges are met and won by honestly confronting them day by day, with small changes that gradually accumulate into big changes. Conceptualizing your challenge as an epic do-or-die gladiatorial struggle because that's how the Presidential election is portrayed does you no favors and makes it less likely you'll be successful. You can in fact be only partially successful in making your desired life change and still be very happy.

When you turn on your computer, cell phone, TV, or radio, you will be overwhelmed with dubious claims and attempts to portray the simplest choices as cataclysmically significant. That's fine. Just remember that YOUR life can be lived and changed with honesty and a personal appreciation of what's really important.

JOE SZURSZEWSKI
BOARD CHAIR

TCMC 40TH ANNIVERSARY PLANNING

Tom Weaver and John Ruud have stepped up to co-chair the TCMC 40th Anniversary ARC Committee, charged with planning a celebration of the decades of committed work done at the Twin Cities Men's Center on behalf of men.

Our working mission as of today is:

We create an attractive springboard for reconnection and celebration, through inviting active communication, including social media, on-line, print, audio and video, culminating in an engaging community celebration on Oct 22, 2016.

If you are interested in sharing your talents and muscle, please contact the TCMC 40th Anniversary ARC Committee at tcmc@tcmc.org

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>Jun/Jul 2016</h1>			SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLINIC Family Law 7 CLASS Anger Mgnt. 7pm 1	SUPPORT GROUPS Divorce/General 7:30 SA Survivors 7:30 pm CLASSES Mind and Emotions 6pm Mankind 7pm 2	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm 3	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 4
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31	<p style="text-align: center;">Call us about Anger Management Classes.</p>					

Call us about Anger Management Classes.

1976 In Our 40th Year of Public Service 2016

web site: www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 30 years.

In recent years, attendance of the presentations by TCMC supporters has diminished to the extent that the TCMC Board of Directors has agreed to schedule them intermittently as the interest arises.

The 1st Wednesday of the month Family Law Clinic will continue by providing legal support for those experiencing legal issues.

The Board wishes to express appreciation to the supporters who attended the presentations and the many volunteer professionals who gave their time and talent to support a strong educational component of the TCMC mission.

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

- Non-Members of TCMC – \$5.
- Regular Members (\$25 level) – \$3
- Sustaining Members – FREE

All presentations, classes, and clinics meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

CLINICS

Family Law Clinic

Leader: Rasheen Tillman
When: Wed, June 1, 7:00-9:00 pm

Open to all genders

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend.

Seven Feathers 10 Year Anniversary! Open House

Host: Dan Gorbonow
Wednesday, June 22, 7-9PM

All men, all ages, backgrounds, beliefs welcome.

Seven Feathers is a system of integral healing and wisdom for personal growth, recovery, and community.

Ten years ago, Summer Solstice (June 21-22) of 2006, the vision for Seven Feathers was recorded and shared for the first time. Since that time, Seven Feathers has grown into an effective program that has served many hundreds of people in dual recovery including adults and youth all over Minnesota. Please join us in the circle as we celebrate our common spirit! Bring an offering of healthy snack or side dish if you like; bring a friend, father, brother, or foe, for radical fellowship and connection.

Dan Gorbonow, AMT, Director of Seven Feathers. Donation to TCMC is appreciated. For questions or RSVP, contact Dan: thunderbird@live.com

Family Law Clinic

Leaders: Bob Manson
When: Wed, July 6, 7:00-9:00 pm

Open to all genders

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend.

CLASSES

Mankind Project Open Circle

Facilitator: Jamie Wellik
When: Every Thurs, 7:00-9:00 pm

Open to Men Only

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.

• Thursdays 7:00 - 9:00 pm

Anger Management

Facilitator: various
When: See calendar for dates

Open to Men Only

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

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.

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TCMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for all genders.

• **Minneapolis Location**

3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

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

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 all Genders

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

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

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

Choosing Healthy Sexual Boundaries

Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? 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 Tom Duvall, Hardy, Rich Powell, Tommy Jones, Bobby Schauerhamer and Gary Weldon.

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- Tuesdays 12:00 pm - 2:00 pm
- Saturdays 10:00 am - 12:00 pm

• St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm **Sexual**

Trauma & Abuse Survivors

Open to all Genders

Co-facilitators: Jerry Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of both sexes. This support group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from survivors into living life to the fullest. Questions, call Jerry, 763-546-4133.

- Thursdays 7:30 - 9:30 pm

ANNOUNCEMENTS

Cleanup/Painting Initiative:

There was a TCMC cleanup day held on April 23 and we painted the foyer, snack room, and library on April 30, 2016. A BIG Thank You go out to all of those who helped; Jamie Willek (co-organizer), our professional painter volunteer Brett Reiersen w/ Edge Enterprises, and volunteers Stan Bookout, Iyare Oronsaye, Harry Greenburg, Tom Weaver, Jim Haney, and Dick Madigan for with out your help this wouldn't have been possible.

Fortunate for all of those who wanted to help; there is still a lot more to do. I am looking for volunteers to assist w/ paint prepping, painting, and minor handy work. If anyone is interested in helping out please email Damon Starks at dam.star@hotmail.com for more information.

VOLUNTEERS NEEDED

Pride 2016

I am happy to announce that TCMC will be participating in the Pride Festival again this year. Our theme this year is 40 years! Men Helping Men! to commemorate our 40 year anniversary. Pride 2016 is Saturday June 25 and Sunday June 26, 2016 from 10am-6pm at Loring Park, and we are looking for volunteers to work 2 hour shifts at our booth. Please email Damon Starks at dam.star@hotmail.com for more information.

SAVE the DATE!

The TCMC 40th Anniversary
Party is coming!

Join us on a journey of creating
a year of "Celebration and
Renewal" geared toward a fun
community celebration on

Oct 22, 2016.

Details to follow.

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **June 19th (Father's Day – children welcome)** at **Jim Lovestar's** backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 17th at David Kaar's duplex:** 2936 44th Ave S. Minneapolis 55406 (near Lake St. & Miss. River) 612-275-5165. 16 men attended Andy's brunch in April; May's brunch was cancelled on short notice. — Andy Mickel, 2016-05-16.

Half-price "raw wilderness" ManKind Project New Warrior Training Adventure (NWTa) for men in Minnesota will be hosted by Central Plains MKP "Next Mankind Project Warrior Training will be held on native prairie land in the wilderness near Pipestone, MN June 17-19. Cost is \$300 with some scholarship assistance available from Thursday Open Men's Circle at Twin Cities Men's Center. For more information, go to www.newwarriortraining.org. FFI: Jamie Wellik, 612-267-2467. — Jamie Wellik, 2016-05-13.

"Divorce outside the box" Minnesota has long been a leader in making divorce less awful. We've led the way with collaborative lawyers, mediators (who guide couples without offering legal advice) and co-parenting coaches. We have early neutral evaluation (ENE) to help divorcing and never-married parents move more quickly and cheaply through the courts. Here are some new ideas that build on those concepts:

Private divorce: A bill gaining traction in the Legislature would allow divorcing couples to complete an online form, then submit agreements on finances, children and more. The agreement could be modified at any time.

Wevorce.com: This online system takes couples through every aspect of divorce, offering legal, financial and emotional help for an average price of \$6,000.

Dads are important: Minnesota, sadly, is not among a growing number of states moving to an assumption of 50-50 parenting-time arrangements. But legislators are acknowledging that children need both parents in their lives.

Discernment counseling: This new form of short-term counseling, focusing on "mixed agenda" couples where one wants to divorce and the other doesn't, explores whether the marriage can and should be saved <www.discernmentcounseling.com>. — Gail Rosenblum, Star Tribune, 2016-03-27

"Bringing fresh thinking to divorce"

A bill to keep divorcing couples out of court may or may not pass this legislative session. But couples navigating the tough terrain of a split should take heart regardless. Introduced by Rep. John Lesch and Sen. Sandy Pappas, both St. Paul DFLers, the "cooperative private divorce" bill joins other innovative ideas aimed at helping couples uncouple without losing their morals, money or minds. More at: <http://www.startribune.com/rosenblum-bringing-fresh-thinking-to-divorce/297793341/> — Gail Rosenbaum, Star Tribune, 2016-03-29

"As the times change, should alimony, too?" The end of a marriage, as anyone who's been through it knows, is rarely the end of a marriage... Marriage rates are down since the 1950s in most age groups...The Minnesota Alimony Reform bill (HF1333) would require that payments end when the payee provides evidence of the ex's joint back accounts, joint responsibilities for living expenses, recognition of the new relationship with family and friends and

the sharing of household duties. - Gail Rosenblum, Star Tribune, 2016-03-27

Star Tribune; Date: Mar 14, 2016; **"LIKE A GIRL": So much more than an insult**

The phrase "like a girl" has become demeaning. So many young teenage boys and girls hear it used in an unacceptable way. "You throw like a girl." "You run like a girl." It is a phrase that just stuck with a sinking, belittling definition behind it. That needs to change. But the tragic truth of it all is that it does not end there. Gender roles are still a huge problem in our country. Not only for women, but men, too. Men are supposed to be tough, hardworking people, and when they do not act that way, they get harassed. Women need to cook and clean and cannot lift anything heavy because they are too fragile. All of these are stereotypes that need to end. — A Jacobson, Star Tribune; Date: Mar 14, 2016;03.

Give a Gift
of Men's Center
Membership
ONLY \$25



Twin Cities Men's Center ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Weds. presentations.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$25 (Regular) \$50 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Where: 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!

Infinite Aperture Counseling

harry greenberg, msw, licsw
Specializing in Men's Issues

2435 Garfield Avenue South
Minneapolis, MN 55405
(612) 599-3298

hgreenberg@iacounseling.com
www.iacounseling.com

THANK YOU!

The Men's Center receives generous donations of baked goods from Breadsmith Bakeries. You can find them at 50th and France or online at: www.breadsmith.com



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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

**Twin Cities Men's Center,
3249 Hennepin Ave S**

	Non-Profit	Profit event
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

TCMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Th 1:00pm–4:00pm, 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.

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

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

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

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8

Anger Management Program

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: \$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.

20 Years of Successful Classes

***What's
Inside***

Page 1 *A Shout Out to Fathers
by Dan Gorbonow*

Page 2 *Library Corner
Letter from the Chair*

Page 3 *Family Law Clinic
Community Ads*

Page 4 *Back Page:
Anger Management*

Inserts *June/July Calendar
Presentations
Support Groups
Here & There*