

men talk

tcmc
twin cities men's center

in our 42nd year
of public service

June/July 2018
Volume 42 #3

Explore Your Truth, Find Your Voice at the Twin Cities Men's Center

The Boy Crisis and The Healing Vitality of Fathers

— © 2018 BY DAN GORBUNOW, AMT

Nowhere is the loss of critical bio-psycho-social structures so keenly felt in modern families, society, and governance than in the disappearance, absence, neglect, or exile of fathers. Dad-deprivation is the underlying root cause of many personality issues in our children, with boys being more adversely affected. Researcher, author, and speaker Dr. Warren Farrell, in his new book *The Boy Crisis*, demonstrates that males suffer in dramatic ways from the loss of connection to their dads.

The modern boy crisis exists in the most developed countries around the globe where divorce is considered a viable and often likely option, thus leading to fathers leaving the homes and children being raised heroically by single moms as the primary parent. *The Boy Crisis* reveals that boys and males have more adverse and statistically drastic differences compared to girls and females: higher suicide rates (six times that of young women at college age); lower testing scores and college entry and completion rates; increased mortality – men die sooner and with more health issues including addiction and depression; more likely to be involved in violence as both victims and perpetrators; greater susceptibility to recruitment by gangs and extremist groups (e.g. in Nazi Germany, “Blood and Honor” fascist youth were recruited from fatherless boys); much more likely to die on the job in hazardous duty including construction (which claims one life per construction hour of each day) and military (where men are expected to die as part of the job); and other factors.

Males in modernity suffer worse in emotional and mental health for various reasons: the cultural conditioning that teaches men, from a young boy onward, to deny feelings and pain, to “cowboy” or “man” up rather than acknowledge pain or grief; the social bribes that culture offers boys to not feel pain and thereby gain status and rewards; and to not have healthy male role models for their emotions and how to safely and more healthfully express themselves. Asking men in dual-recovery treatment, “*What feelings are you taught that you're allowed to feel and express?*”, the typical responses I get are: **none** (emotional flatness), or **anger and rage** (but not the sadness, hurt, shame, or grief that underlies the anger). Of the many things that parents, peers, health professionals, community, and government can do to address the boy crisis and help balance out the males in our society, and create a healthier society with more intact families, perhaps the most crucial is right at home: **to help fathers to father.**

If fathers don't receive support, encouragement, and guidance in this vital role, then they may, by default or dismissal, disappear in cases of family fragmentation or divorce; then everyone, including society, suffers and pays for it – to the tune of billions of dollars and a vast, untold loss of potential and with many great risks to family and community. Fathers ought never to be discouraged in any way from fathering (of course there are abusive and at-risk father situations to consider carefully against the risks of dad-deprivation), nor forced out away from being present in the upbringing and connection to their children.

Examples of concrete changes that government can implement to reduce the risks of the boy crisis and dad-deprivation: enact Shared Parenting legislation; reduce prison sentences for non-violent crime and decriminalization of street drugs (and prison reform); and prohibit ICE raids and tactics that break up families and remove parents from children. In valuing the pivotal role that fathers play in bringing up children, especially boys, we can better help families and society and reduce government costs when government must do more when fathers are absent.

Healthy fathers provide the healing link of development in our psyches: to help us negotiate the difficulties of life and to accept others more compassionately, especially those whom are different; to balance out personal concerns with the concerns and demands of others; to take appropriate risks and find our edge without betraying ourselves or others; to put our ego in check and not expect the world to always cater to our personal wishes; to help set and keep personal boundaries and respect limits and agreements; to stay focused on tasks and assignments and not give up easily in school and work (children raised by single fathers are half as likely to develop signs of ADHD than those raised by single mothers); to take care of ourselves as well as others as a basis for healthy relationships; and, especially for males, to not assume heroic self-sacrifice as the first (or last!) thing we do. Fathers, and other healthy men such as elders, coaches and role models, help us to emotionally and spiritually mature.

I watched my sons being born in the world through the labor of unfathomable and excruciating pain, effort, and love from their mothers. These are amongst the most memorable and soulful experiences of my life, and I'm grateful for them. Out of the mothers' womb our sons emerge; to be there thus as father, and cut the cord and welcome them

CONTINUED ON PAGE 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 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. Office Manager: Tom Maher
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Greetings from the Chair

I came to TCMC roughly 10 years ago. Like many other men who come to TCMC I was at a crossroad in my life and I needed a safe space to put words to my feelings and experiences.

During my TCMC beginnings I learned that growth is not comfortable, that in difficult times I am my worst enemy and my only savior, and that I needed TCMC. It was also during this time I recognized that I could never pay back to TCMC what it had given me, but I was going to try.

One of my personal goals for TCMC this year was to elevate the board through creating and encouraging robust committee work. Committees are essential to the nutrition of TCMC for this is where the work gets done and we can use your help. While we pride ourselves on being a working board we recognize that we cannot do it all.

With that said I am looking for volunteers to create and serve

on committees. This ask requires vision, creativity, a sense of commitment, and a little of your time. Currently we have a Fundraising/Donations Committee and Outreach Committee. We are looking to form a Anger Management Committee that will operate under the direction of the Anger Management Coordinator, Facilities Committee, Support Group Committee, Strategic Committee, and Presentation Committee. Visit our website at www.tcmc.org and drop us a note of interest under the Contact tab.

Volunteers are what keep TCMC true to its mission to provide resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships. I look forward to hearing from you!!!!

DAMON STARKS
TCMC BOARD CHAIR

CONTINUED FROM PAGE 1

into the world, and watch their journey into the world, to see them as they are whole and new, and bless them as they begin the journey outward into their whole self from the abundant and powerful beginning from their mothers, is a joy and privilege that all fathers can share in, and help create a world of connection, vitality, and balance in and through their beautiful children.

Dan Gorbonow, AMT, is Director of Men's Healing at SATTVA Healing Arts and Uptown. Contact info: (612) 987-0324, email: Dan@SattvaMN.com

The Red Pill

Join us at TCMC for the screening of "The Red Pill", Saturday, June 17, 2018 at 2pm. The Red Pill is a 2016 American documentary film directed by Cassie Jaye. The film explores the men's rights movement, as Jaye spends a year filming the leaders and followers within the movement. There will be a group discussion immediately following the screening.

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

Jun/Jul 2018

Call us
about Anger
Management
Classes.

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

1976 In Our 42nd Year 2018
of Public Service

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).

Mankind Project Open Circle

Facilitator: Dave Semenchuk and David Grocott

When: Every Thu., 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 Gilette's book.

The Red Pill

Presenter: David Grant

When: Sat., June 16, 2:00-4:00 pm

Open to all Genders

The Red Pill is a 2016 American documentary film directed by Cassie Jaye. The film explores the men's rights movement, as Jaye spends a year filming the leaders and followers within the movement. There will be a group discussion immediately following the screening.

David Grant is a TCMC Board member.

There's Always Hope Recovery

Presenter: Bruce Ario

When: Tues., June 19, 2:00-4:00 pm

Open to all Genders

What does recovery mean? Is it recovering something from the past? Is it healing from the past? Is it moving on from a problem? Is it all these? If you want tips on how to recover from a difficult time, this talk is for you.

Bruce has been in recovery since 1979. He will discuss his recovery to shed light on recovery in general more universal terms. He has a diagnosis of Schizo-Affective and manages his recovery through working, writing, and living a healthy lifestyle.

Financial Workshop: Parents, Teens and Money Matters®

Facilitator: Patti Czech

When: Weds., June 20, 7:00-9:00 pm

Open to all Genders

Designed for parents and their young teens, ages 11 to 14, this values-based workshop teaches how to make intentional choices about sharing, saving and spending money. Families learn together through a fun game format how to talk about money influences, choices and values.

Patti Czech is a Financial Associate with the Central Minnesota Regional office of Thrivent Financial.

Financial Workshop: From Me to We

Facilitator: Patti Czech

When: Weds., July 18, 7:00-9:00 pm

Open to all Genders

Establish a solid foundation for your marriage. Identify your values and attitudes about money and understand how they may differ. Set common goals for your future and discover ways to help reduce financial stressors in your marriage.

Patti Czech is a Financial Associate with the Central Minnesota Regional office of Thrivent Financial.

CLINICS

Family Law Clinic

Leader: Rasheen Tillman

When: Wed., June 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.

Family Law Clinic

Leaders: Kelley Lorix

When: Wed., July 4, 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

Anger Management

Facilitator: various

When: See calendar for dates

Open to Men Only, Registration Required

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

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, at 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

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
(Currently 2nd and 4th Fridays)

Addiction Busters

Open to all Genders

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless?

Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 7:30 - 9:30 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

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

Transitions

This group has been lacking new membership for more than a few years. We have tried to reignite the spark of interest for this group, but have decided that the group has run its course. Anyone interested in issues pertaining this group should check out the Saturday Healthy Sexual Boundaries group.

- Canceled

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



Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **June 17th (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 15th** at **Tom Weaver's** 1410 Colorado Ave S., Suite 210, St. Louis Park, 55416, 612-281-5230. Ten men attended both Dee Stark's March and Bob Schauerhamer's May brunches while 6 men braved post-blizzard snow to attend Andy Mickel's in April. – Andy Mickel, 2018-05-20.

According to the National Center for Fathering: "More than 20 million children live in a home without the physical presence of a father. Millions more have dads who are physically present, but emotionally absent. If it were classified as a disease, fatherlessness would be an epidemic worthy of attention as a national emergency." Read more in: *What Your Therapist Never Taught You About The Absent Father Wound*: <http://menalive.com/what-your-therapist-never-taught-you-about-the-absent-father-wound/>. – Jed Diamond's MENALIVE, 2018-02-04

Warren Farrell was interviewed by Jeff Salzman on the Daily Evolver (a live webcast service of Integral Live in Boulder, CO) concerning his new book co-authored (with John Gray), *The Boy Crisis: Why Our Boys Are Struggling and What We Can Do About It*. The book illustrates how boys are falling behind girls in crucial metrics of well-being: in academics (61% of college degrees will go to females by 2020), in mental and physical health (boys commit suicide at six times the rate of girls), in behavioral problems, career prospects, even life expectancy. Warren brings an integral sensibility to the situation by advocating a path forward that expands options for boys to find purpose and meaning, much as girls are able to do as

a result of the feminist revolution. He also emphasizes the role of fathers and positive male role models for boys. Warren pointed out that our [dominant] culture only teaches men to aspire to be heroes in life: men to should continually sacrifice themselves. For example, cheerleaders in Friday Night Football chant: "First and 10, do it again!" and then we read about concussion injuries! (Editor's note: as we know from the mythopoetic men's work, from Robert Bly and Michael Meade, hero characters always die in mythic stories.) – Andy Mickel, 2018-04-20.

Dan Griffin, former Twin Cities author of *A Man's Way Through the Twelve Steps* offers men's recovery services announced podcasts aimed at **Helping Men be Better Men: "Build Your Relationship Muscles"** If you want to strengthen your arm muscles, you have to exercise them, right? It's the same with your relationship muscles. The challenge is that many of the key exercises for building relationship muscles are ones men have been told are "weak" or "girly." FFI: www.dangriffin.com – Dan Griffin, 2018-05-04

SATTVA is hosting **Iron John Sacred Circles for Men with Dan Gorbunow** 7:00-8:30pm each 1st Tuesday of the month from May - August. FFI: www.SATTVAMN.com - Dan Gorbunow, 2018-05-04.

Recent articles in the Minneapolis Star Tribune <<http://www.startribune.com/>> – Andy Mickel, 2018-05-01.:

"Minnesota Men Lead in Life Expectancy" by Tim Harlow, 2018-04-13. "In a nationwide study published in the Journal of the American Medical Association, they rank first; the state's women rank fourth. Mississippi comes in last."

"West St. Paul Spat Erupts Into Sexism Claim" by Erin Adler, 2018-04-28. "Mayor gets rude delivery after her recommendation is foiled by male colleague... Mayor Halvorson announced that she would be appointing three women to the planning commission [because] we need more women in our leadership ranks. Council member Jay Bellows voted for two of the women and balked at the third, because as he said, there's a perfectly qualified individual...who has been discounted on the basis of [his] gender...I don't think [gender] should be the determining factor. Bellows says he has two daughters and is sensitive to mysogyny."

"Fathers Also Can Face Postpartum Depression" by Juli Fraga, Washington Post, 2018-05-03. "A lack of societal support makes things worse, the men say. Symptoms are not easy to spot."

ManKind Project Minnesota is producing a "raw" Warrior Weekend for men in northern Minnesota this August 3-5. FFI: <https://mkpusa.org/new-warrior-training-adventure/> and Jamie Wellik 612-267-2467 or David Grocott 651-894-2685. – Jamie Wellik, 2018-05-20.

We recently had a man who took anger management to complete a court requirement in Alaska. He had a public defender there in Alaska. I had to first send an anger management agenda to Alaska to get court approval and then a letter of graduation after the class ended. Below is the response of the Public Defender in Alaska

Thank you both for your quick responses and the information. I'm impressed with the responsiveness and professionalism of your program there and I only wish that we had the equivalent here in Alaska.

All the best, Anna Ambrose

In Memoriam: Roger Dalziel

In March 2018 we lost a well-known friend of The Twin Cities Mens Center, Roger Dalziel. He was from Prescott, WI and lived with his partner Mike Eirie for 47 years in their church. He was 78 years old. On behalf of the TCMC, we thank Roger for all his years of support. He will be missed.

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



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: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days. 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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twin cities men's center news

men talk

Anger Management Program

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

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

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: \$265 for TCMC Members (\$275 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.

22 Years of Successful Classes

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