

# men talk

tcmc  
twin cities men's center

in our 43rd year  
of public service

June/July 2019  
Volume 43 #3

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

## The 'Why' Sirens of Fatherhood

— © 2018 BY HARRY GREENBERG

Oh, the joy. Oh, the anguish. One morning, we wake up and that relationship (the instant recalled idealized father-son connections) is turned on its head, switching from filial emulation to unapologetically challenge. Subtle at first, the crescendo builds and in no time our little guy bursts forth with his own personality, mannerisms, and personal agenda, all in the service of seeking ways to define himself in his family of origin. Now parenting becomes a high wire act. Having a good marriage or partnership insures the safety net below. Without it, the anchor disengages quickly and travels to the bottom of the sea in no time

We might still be invested in believing or imagining our son is a chip off the old block, a junior, just a miniature us, similarities from the waist down notwithstanding. Very common thread popularized in the culture, yet an incredibly bad strategy that has almost 100% chance of backfiring. Simply put, your son, is singularly himself, and though carrying your DNA, has a very novel way of interpreting and using it.

But surely our little man must know that one key, and underlying premise of fatherhood is our role as principle navigator. We guide him, teach him and carefully orient him to our specific version of masculinity which has helped guide us through many if not all pitfalls and crevices of a shifting and changed landscape of masculinity. So, you think to yourself, it would be really helpful if he were in a state of mind TO LISTEN. But he has other plans. Challenge, question, defy, and rebuke authority at every opportunity. It's time.

The die is cast, beginning innocently enough with one word: WHY? Come again, did you hear right? WHY? Well we can use that old standby that we all grew up with — "because I said so." Not so bad to exert a little parental authority, eh? But did it work for our fathers? Did we immediately stop asking, why? Not in the least, but it surely made us more determined. However if we are courageous enough to seek first to understand, we can find rules for a new masculinity that offers some alternative responses.

Affirmation. As in "Yes, I am so glad you said that, we always need to question things we don't understand." Can you see yourself saying something like this to your son? Try it out.

From there, we switch into patience and willingness to converse about something very obvious to you but totally beyond reason to him. Is this easy? No. Will you make mistakes? Yes. Can you do it? Only if you want to expand the relationship into a more fluid and equitable one with lots of unexpected twists and turns. Whenever you get stuck, remember there was genuinely little modeling for this type of parenting back in the day of the steam locomotives, yet we are entering brand new terrain as far as gender roles and increasingly sensitized relationships between the sexes.

If you consider just a few of the internal rewards and the positive outcomes for a well adjusted son and reexamine the transformative power of the word 'why?', life will never be dull again!

*Harry Greenberg is a licensed therapist and facilitates Anger Management groups at the Men's Center, and he has been a father for decades.*

### Annual Men's Center Summer Event!

TCMC Volunteer Appreciation Day

Scott Benson Remembrance

Tom Maher 50th Birthday Celebration

**Saturday, June 15, 2019, 10am - 1pm**

**Potluck with grill**

Theodore Wirth Park picnic area across the street from Wirth Lake (3275 Glenwood Avenue west of Xerxes Ave N and east of Wirth Parkway). Join Harry Greenberg, Master of Ceremonies, Dan Gorbunow, Grill Master and more than a dozen other Men's Center volunteers to honor TCMC volunteers, remember Scott Benson, and celebrate our office manager, Tom Maher's 50th Birthday!

*No need to RSVP: Just show up!*

## Library Corner

— JEFF SPRINGER,  
LIBRARIAN



The library is in desperate need of books that deal with transgender issues. If you know of any such books that could be donated or purchased at a reasonable price, Please feel free to contact Tom at the Men's Center, or myself at 612-275-5861 [jeffreycotspringer@gmail.com](mailto:jeffreycotspringer@gmail.com).

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](mailto:tcmc@tcmc.org). Office Manager: Tom Maher  
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## Letter from the Chair

June is the month when we celebrate Fatherhood and Pride. The Twin Cities Men's Center has long supported Dads in whatever path that journey takes.

This edition's article shares the kind of wisdom men can find in our General Men's support group. Gay and Bi dads can find additional support in our Tuesday and Friday groups. And all dads can find value in our Anger Management classes.

Recently, we've added a new Family Law clinic in the East Metro. Christie Thompson has volunteered to offer para-legal services to men going through divorce or separation. Details

in the Clinic section on page 4.

This year is the 50th anniversary of the Stonewall riots in New York, that sparked the on-going push for LGBT rights. If you can't get to NYC to celebrate, you can participate in Minneapolis' Loring Park on June 22-23.

This month, we also say goodbye to a long-time TCMC volunteer, Scott Benson, who passed away on Monday, April 8, 2019. He, too, was a father; not only to his own children, but to all the men he helped along the way. Peace.

**DAMON STARKS**  
**TCMC BOARD CHAIR**

## Scott Benson Remembrance - by Cris Anderson

I first met Scott in 1979 when he worked as one of the master television engineers at University Media Resources (UMR) at the University of Minnesota west bank campus. I worked for a student organization, University Community Video (UCV), which was housed on the same 6th floor as UMR in the new brutalist Rarig Center building which also houses University Theaters and KUOM Radio K.

UCV was an upstart student social activist organization, which eventually morphed into Intermedia Arts, that was setting out to change the world for the better through community video and television training and production.

UMR, we felt, was a more staid University department that taught students, and produced educational television and radio programs. The UCV staff depended on the UMR engineers with their giant humming and solenoid clicking video recording and playback machines in their air-conditioned clean room to make our programs ready for broadcast on KTCA public television. No matter how creative we UCV producers might think we were, we were utterly dependent on the skill and good graces of Scott and the other engineers to figure out the technical issues that allowed us to complete our work.

Some of the engineers used this leverage to "count coup" on us, or make subtle and sometimes frequent humiliations, but never Scott. As he was around his later years of men's work, is just how he was with us those years before. He always had a good heart, treated everyone with dignity and honor, and he was patient, curious and creative. He gave us young video activists the generosity of his heart and deep reservoir of skill to help us in any way he could. To do this, he had a way of subtly and gently countering the usual cynical culture of his fellow engineers without alienating them or playing us. Somehow, he let his fellow engineers know that he was one of them while, at the same time, we felt that he was one of us.

I didn't have words for this then, but I always felt psychologically safe around him—which is necessary for creativity, and I knew that, unlike some of the other engineers with whom we worked, Scott always had our backs. Then, years later, when I first met him at the Men's Center, that welcoming grin of his, now much deeper and more empathetic than what I remembered from years before, and in a face with a few more lines in it than I remembered, immediately told me that I still had a place in his heart.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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## JUN/JUL 2019

WEB SITE: WWW.TCMC.ORG

E-MAIL: TCMC@TCMC.ORG

PHONE: 612 / 822-5892

CALL US  
ABOUT ANGER  
MANAGEMENT  
CLASSES.

**SUPPORT GROUP**  
HEALTHY SEXUAL  
BOUNDARIES  
10:00 AM

	<b>SUPPORT GROUP</b> DIVORCE/GENERAL 12:30 PM	<b>SUPPORT GROUPS</b> GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	<b>SUPPORT GROUPS</b> HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM <b>CLINIC FAMILY LAW 7</b>	<b>SUPPORT GROUPS</b> DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 <b>PRESENTATION</b> MANKIND PROJECT 7PM		<b>SUPPORT GROUP</b> HEALTHY SEXUAL BOUNDARIES 10:00 AM
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
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<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 43 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 31 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

Facilitators: 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 Gillette's book.

## CLINICS

### Family Law Clinic

Leader: Rasheen Tillman

Where: Twin Cities Men's Center

When: Wed., June 5, 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 East

Leader: Christie Thompson

Where: Jerry's Foods Community Room

7760 Hargis Pkwy., Woodbury 55129

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

*Open to all Genders*

Christie Lea Thompson as ChristieLegal will provide the following paralegal services for MN family law cases (divorce, child custody, and child support) in an efficient, collaborative, and affordable manner.

ChristieLegal helps client(s) make decisions, including referring to other professionals, if necessary, researches legal and factual issues, writes documents, helps them file and serve documents, and prepares them for court.

Since this clinic is open to the public, attendees forfeit confidentiality when they speak in a group. If you would like confidential help, sign up at the clinic or e-mail Christie at [christie@christielegal.net](mailto:christie@christielegal.net). You can schedule a session up to 30 minutes between 8 - 9 pm, or a 30-minute phone consultation on another day.

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

### Family Law Clinic

Leader: Steve Yasgur

Where: Twin Cities Men's Center

When: Wed., July 10, 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 East

Leader: Christie Thompson

Where: Jerry's Foods Community Room

7760 Hargis Pkwy., Woodbury 55129

When: Wed., July 15, 7:00-9:00 pm

*Open to all Genders*

Christie Lea Thompson as ChristieLegal will provide the following paralegal services for MN family law cases (divorce, child custody, and child support) in an efficient, collaborative, and affordable manner.

ChristieLegal helps client(s) make decisions, including referring to other professionals, if necessary, researches legal and factual issues, writes documents, helps them file and serve documents, and prepares them for court.

Since this clinic is open to the public, attendees forfeit confidentiality when they speak in a group. If you would like confidential help, sign up at the clinic or e-mail Christie at [christie@christielegal.net](mailto:christie@christielegal.net). You can schedule a session up to 30 minutes between 8 - 9 pm, or a 30-minute phone consultation on another day.

*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

### 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, Rich Powell, Tommy Jones, Thomas Koepke, Sean Kratz, Bobby Schauerhamer and Gary Weldon.

### Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- 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

### 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)

### 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

## ANNOUNCEMENTS

### Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact Damon Starks at dam.star@hotmail.com.

### TCMC joins the Amazon Smile program

The Twin Cities Men's Center is now listed as a charitable organization on Amazon Smile. This means when any Amazon customer who registers with Amazon Smile and selects the Twin Cities Men's Center as their charitable organization of choice, 0.5% of any qualifying purchase will be donated to the Twin Cities Men's Center. You can sign up to help us out at < <https://smile.amazon.com/> >.

### Tuesday H.S.B. Group Suspended

The Tuesday Healthy Sexual Boundaries group will be suspended for the summer. Bobby, the group facilitator, has an out-of-state commitment and is unable to convince the group for a few months. He plans to resume the group in the fall of 2019.

**Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **June 16th (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. and **July 21st at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414. 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). 14 men attended Andy Mickel's April and 12 men attended Frank Brandon's May brunches. – Andy Mickel, 2019-05-20.

“Many thanks for donating these **Men's Center chairs to the new Bunkhouse at All Nations Gathering Center on Pine Ridge**, South Dakota! The last weekend of April saw over 60 guests on the site for various ceremonies and for the first New Warrior Training Adventure to be held out there. We witnessed our first use of the bunkhouse outfitted with these spiffy, colorful chairs (see below) These were put to good

use. And now you will have to change the cover photo on your webpage! Again, thank you for this wonderful donation. Blessings on your work.” – Jamie H. Wellik, 2019-05-08.

“I have been a member of TCMC for a number of years. My participation in events and workshops has frankly been sporadic, as at times I have need more support than at others (such is life). **TCMC was very helpful, a source of comfort and courage, several years ago when I was going through a divorce, and finding a new life path** for myself. After this, I continued my membership, simply because I am committed to the mission of helping other men in times of need, to find their own connection to a community of other caring men. In fact, I have not taken advantage of any classes or workshops for quite a while but continued to be a member, out of this wish to support others. At this time, I will be discontinuing my membership; not out of any negative feelings toward TCMC, but because it is time for me to support other communities and associations. Best of

luck in helping men in the Twin Cities to heal, and to find support. Thanks. – Ned Worrell, 2019-04-15.

The **4th Central Plains Wilderness New Warrior Training Adventure** will once again be held on sacred land in Southwest Minnesota near Pipestone. The weekend will be June 21- 23rd. The Mankind Project's Flagship Training, The New Warrior Training Adventure. For men of today, I believe there is no better return on investment of time and resources anywhere! Already leading a great life? Here is your chance to take it to the next level!!! Been waiting for the right time? That time is now! Sign up at [www.mkpusa.com](http://www.mkpusa.com) Central Plains MKP wants this training to be available to every man. This event has been designed to make a \$600-\$900 **leadership training available to every man for \$225**. RAW means this event has been stripped down to camp out with the barest facilities. A beautiful land of native prairie grass, hills, and trees with a river running through it outside Chandler, MN. Friday to Sunday, June 21-23, 2019. FFI, Dave Semenchuk, Dave. [semenchuk@gmail.com](mailto:semenchuk@gmail.com) 612-360-8933 – Jim Ramm 2019-02-11

## In Memoriam

### More Remembrances of TCMC Volunteer Scott Benson who passed on 2019-04-08

It is with great sadness that we inform you of the passing of Scott Benson, on Monday, April 8, 2019. Scott had a long history with the Twin Cities Men's Center, serving on the Board of Directors, and as our Database Administrator, and he was the “wizard” who was responsible for getting our newsletters into the mail every other month. Scott was very well-loved at TCMC and we will miss him greatly. Please keep Scott's family and friends in your thoughts and prayers, as well as your fellow TCMC members who are impacted by Scott's passing. A celebration of his life was held on Sunday April 28th from 3-6 pm at the Cremation Society of MN, 7835 Brooklyn Blvd., Brooklyn Park MN. Obit: <http://www.startribune.com/obituaries/detail/0000306360/?fullname=scott-t-benson>

“Donation in memory of Scott Benson; our faithful servant, positive thinker, wry humorist, thoughtful problem solver — in sickness and in health — an understanding soul. – Dick Madigan, 2019-04-24.

“I attended memorial services for Scott this past Sunday. It was a very nice ceremony with LOTS of people from the MANY organizations of which Scott was a part. I was joined by TCMC members Bill Dobbs (website and newsletter), and Tom Weaver (Board of Directors - Secretary and always- cheerful volunteer). Scott's sisters spoke briefly at the beginning of the formal part of the ceremony and then invited those in attendance to share thoughts with those assembled. Bill Dobbs stood up and did a fine job talking about TCMC, how he met Scott and Scott's long-time involvement with us. Bill did a great job in honoring Scott and representing TCMC. I took photos of the displays at the service, (with the sisters' permission, of course), and have posted them in an album on the TCMC Facebook page: [www.facebook.com/pg/tcmc.org/photos/?tab=album&album\\_id=2645755895497290](https://www.facebook.com/pg/tcmc.org/photos/?tab=album&album_id=2645755895497290) – Tom Maher, 2019-04-30.

## 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*

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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!**

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#### 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](http://www.breadsmith.com)



#### MEN TALK ADVERTISING RATE SCHEDULE

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

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[tcmc@tcmc.org](mailto:tcmc@tcmc.org)



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**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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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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.

*23 Years of Successful Classes*

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