

men talk

tcmc
twin cities men's center

in our 44th year
of public service

Apr / May 2020
Volume 44 #2

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

What Kind of World Do You Want To Live In?

— © 2020 BY JOHN HESCH

I believe that we are co-creators of the world we live in. As a long term anger management facilitator I have come to understand and believe that the choices we make in our life (both conscious and unconscious) are most often initiated by our behaviors.

Our behaviors and actions and how they affect others can often be compared to the way rocks when they are tossed into the water make ripples; it affects countless people in a myriad of ways. Yet in similar ways the ripple affects the direction, duration, and the intensity of the waves and how we impact others are often difficult to categorize.

What we always want to think more about is how we can make a positive impact in the world. Though the majority of us are not famous or well known, we can by our behaviors and actions make a difference. We can make positive ripples that impact those around us. Try the following examples out and see if they work for you.

1) Practice Mindfulness. Pay attention to the world around you. Avoid going through life on auto pilot. Take time out to notice how your behaviors affect others.

2) Recognize that we are works in progress, and it's all about progress rather than perfection. Remind yourself that perfection is something to aim for, but life is more of a step by process. Relieve yourself of the notion that you have to do it perfectly or it's not worth doing.

3) Re-examine your life and values. For example I recall when growing up I developed the idea that you could judge a person by examining their eyes. If they seemed angry, I would write them off and have nothing to do with them. As I reflect now, that script might have made sense for an eight year old but no longer makes any sense or serves any purpose for a sixty year old capable adult. Reflect on how your judgments can impact and pervade thought systems and the world around us. Writing off people before we know them simply extends our walls and a sense of isolation.

4) Practice forgiveness while reaching out to those out to those around you. If there is a possibility to mentor someone younger, pursue it.

5) Volunteer work is always rewarding in that it allows you to give something back to others and enlarge your world and day to day connections.

6) Develop a spirit of gratitude for the gifts that you received in your life.. How do you treat the people around you? Do you treat people like the gifts they are? Seek out relationships with people who can nurture you and awaken your spiritual growth.

7) How would you go about developing your own spirituality as you define it? Of course the world is filled with natural world and part of the work is to find what our place is in it. You decide for yourself what that means, an organized religion, a higher power, nature or some other means.

8) Learn to meditate or develop a quiet place in your mind where you can calm yourself and find inner peace. Get a meditation tape or take a class. My two favorite places are the North Shore with its beauty and magnificent waters of Lake Superior and Muir Woods in California with its giant redwoods. Walking among those trees is like being in an outdoor cathedral. Get outside in nature even if that's just sitting on a park bench.

Continued on Page 2

Dear TCMC Members and Group Participants:

As the TCMC board, we understand there are a lot of questions and concerns about the coronavirus disease – now called COVID-19 and we care about all of our members and participants' health. The situation surrounding the outbreak is rapidly evolving and we are tracking its progression in the local region and state.

Effective immediately the TCMC board suspended support groups, Anger Management classes, in-center meetings, law clinics, presentations, and renter activities at TCMC until March 30, 2020. Check our website, tcmc.org, for current info.

During this suspension of services, Tom Maher, the TCMC office manager will maintain his normal office hours. He may be reached email at tomm@tcmc.org or by phone at 612-822-5892.

For more information about COVID-19, recommendations, and updates please visit:
Statewide <https://www.health.state.mn.us/diseases/coronavirus/>
Nationally <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>

Thank you, TCMC Board Chair , Damon Starks

Library Corner

– JEFF SPRINGER,
LIBRARIAN



I'm looking for suggestions on what I can do to organize the library and make it more user friendly. What would people like to see in the library? They can text or email me suggestions at 612-275-5861 or jeffreyscotsspringer@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, 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.

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Letter from the Chair

I hope this note finds you all safe. The rapid spread of the COVID-19 virus has caught me by surprise and in these moments of uncertainty, I am reminded to stay informed, express appreciation for the people I love, come up with creative ways to stay emotionally engaged, and even in isolation remember to take time for myself to do something that feed my spirit.

Being socially distant doesn't mean being emotionally distant. Whether it's through a phone call to family, a text to check on a friend, or maybe running an

errand for someone who is at greater risk of catching the virus; I do have a responsibility to stay engaged. Not just for the person I am emotionally available to, but also for my own emotional wellbeing.

While I am not sure of how much time it will take for the COVID-19 virus to be contained, I sincerely hope that by the time you read this note we will be in a much better place.

DAMON STARKS
TCMC BOARD CHAIR

Continued from Page 1

9) Take a class, join an organization that has your values, or go to a play. Expand your horizons. There are many self-help groups such as OA, AA, ACOA, and Al-Anon. Join a men's group such as The Men's Center or the Mankind Project. These groups are dedicated to nurturing the whole man.

10) Consider making regularly charitable contributions if it is affordable to you. There are so many local, national, and international needs, but we won't object if you put The Twin Cities Men's Center at the top of your list! Pick out organizations that you will regularly contribute to.

11) Think about creating a personal mission statement for your life to give it a direction. Ask yourself about your purpose. My personal mission statement: I create a world of approval by nurturing men and asking for help.

I find that teaching anger management classes is how I "nurture" men. And my personal challenge is to ask for help rather than sit in a lonely room trying to figure it out.

John Hesch has been involved in anger management for the last 24 years at The Men's Center

The Sexually Evolving Man Support Group

Open to Men and Transgender Men

Starting the first Friday in April the Friday night "Bi-Gay Issues Support Group" will become "The Sexually Evolving Man Support Group". If sexuality is at the root of our existence and "change" is the only continuous thing in life. Why would our sexuality, how we identify ourselves, desires, and experiences be any different? This group is for men who are evolving sexually and question how the evolving intersect with their day to day life.

TCMC has applied for Minnesota Twins

Twins Care tickets for June and August!

In the past couple of years, volunteers, friends and family members of TCMC have enjoyed evenings at Target Field to watch the Minnesota Twins. These have been great events, exciting games and the weather was wonderful!

This year the Twin Cities Men's Center, in cooperation with Twins Care, has requested tickets to 2 different Twins games; one in June and one in August.

We have courageously asked for 70 tickets per game! The tickets haven't been awarded and the dates aren't set, but if you are interested, you can contact Tom at tomm@tcmc.org and let him know how many tickets you would like.

EVENTS CALENDAR

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
<p>Note: At press time, due to concerns about the coronavirus, the TCMC board had suspended all support groups, Anger Management classes, in-center meetings, law clinics, presentations, and renter activities at TCMC until March 30, 2020. Check our website, tcmc.org, for current info.</p>			<p>SUPPORT GROUPS H.S.B. EAST 5:30 PM ----- CLINIC FAMILY LAW 7 ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
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	<p>MEMORIAL DAY HOLIDAY</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND P 7P</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>MEN TALK MAILING SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>

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 Gilette's book.

CLINICS

Family Law Clinic

Leader: Allison Maxim

Where: Twin Cities Men's Center

When: Wed., Apr. 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.

Family Law Clinic

Leader: Linda Wray

Where: Twin Cities Men's Center

When: Wed., May. 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

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/Decoupling

Open to Men Only

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

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

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? Worried 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 confidential, non-confrontational and non-judgmental place to talk with other men about healthy sexual boundaries.

If you are currently participating in or have completed a sex offender treatment program you are welcome. If you have never been involved with the legal system you are also welcome. Facilitated by: 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

The Sexually Evolving Man

Open to Men and Transgender Men

If sexuality is at the root of our existence and "change" is the only continuous thing in life. Why would our sexuality, how we identify ourselves, desires, and experiences be any different? This group is for men who are evolving sexually and question how the evolving intersect with their day to day life.

- 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

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.

#MyHealthChallenge update:

Due to scheduling issues the start up for #MyHealth Challenge has been indefinitely postponed.

Have You Overcome Adversity? Would You Like to Earn \$20?

Jane Gilgun, Professor, University of Minnesota, Twin Cities is looking for men to interview for research on success stories, stories of men who have coped with and overcome adversities. She pays \$20 per interview. She typically does three interviews because she want men to tell me their life stories, and this can take time. The first interview is for men to learn about the research. They will receive \$20 for that interview whether or not they choose to be part of the research. If interested, men can text or leave a voice message at 612-237-6126. All are welcome.

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10am-1pm** (bring something to share/cook up): **April 19th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 17th** at **Damon Stark's** 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange). 8 men each attended Stephen Sewell's February Brunch and David Kaar's March brunch. – Andy Mickel, 2020-03-10.

"Thanks for your good work. Enjoyed Jim Lovestar article. Semper Fi" -Ernie Schroeder, 2020-02-10.

"Thank you for the good work you do!" – Jill Ann Marks MA LP - 2020-03-10.

"...Young people today have become much more open-minded about gender roles — it shows up in their attitudes about pronouns, politics and sports. But in one area, change has been minimal. They are holding onto traditional views about who does what at home. A new survey from Gallup found that among opposite-sex couples, those 18 to 34 — basically, millennials and the oldest members of Gen Z — were no more likely than older couples to divide household chores equitably. And a sociology study published last month found that when high school seniors were asked about their ideal family arrangement, almost a quarter said it was for the man to work full time and the woman to tend to children, a larger share than desired any other arrangement..." – Claire Can Miller, New York Times (in Minneapolis StarTribune, 2020-02-25).

#DanceLikeDad includes videos from the **National Responsible Fatherhood Clearinghouse**, www.Fatherhood.gov, a project of the federal government's US Dept of Health and Human Services. Of course the website has many other resources, including statistics, Promising

Practices, Tips for Dads, Tips for Professionals, State Profiles, and more. 1-877-432-3411 (1-877-4DAD-411). – Andy Mickel, 2020-02-01.

"Hi there. I am a **singer/songwriter and a counselor in St. John's, Newfoundland. I have a master's degree in Counselling Psychology and am trying to use passion and music to raise awareness of men's mental health and the impact on the men**, spouses and families that our strong, silent type has had. While the national suicide ratio is 3:1 male to female, we have a number closer to 5:1 here in NL, and programs are lacking.

I always tell people this is a WE problem, not a HE problem, as the whole family unit is impacted when men do not seek help for mental health issues. Families pick up the pieces of completed male suicide. I made a couple of attempts to engage the government and have decided to go a different route. So I started The Lonely Man Project and actually did a crowdfunding project to get people involved and raise the money to record the song in Nashville.

The song was recently released and is available on all the streaming platforms and on YouTube <https://youtu.be/Q6nGDqrUmHo>. A video will follow. This song speaks for the strong, silent type, for men who find themselves unable to tell the story themselves, and the impact on those around him. As I always say, when it comes to men's mental health **#WeAllKnowAGuy**. Please give it a listen and I am looking for assistance in getting the song out to people who need to hear it. Any assistance would be welcomed and sharing it is encouraged. A video is in progress as well." Thank you, – Bill Jeffrey, williamjeffery@hotmail.com 2020-02-04.

"No one likes to be sick. For the last ten days, I haven't felt well. I've

been wheezing and coughing. I have shortness of breath and chest tightness. It's worse at night and not being able to breathe is frightening. I just want to be well so I can get back to doing my work and the things I enjoy. I went to the doctor, got some medications and was prescribed an inhaler. But since I'm sick and I'm a writer, it seems appropriate that I write about being sick.

I'm realizing that sickness is an opportunity to go deeper, beyond just relieving symptoms or getting rid of the illness. Most of our modern medicine focuses on quick fixes and doesn't look at underlying causes or the meaning of sickness in our lives and what it might teach us.

Like many of us who are health-oriented, I have a number of doctors I see. I have my GP who I like, but who is pretty much conventional-medicine-and-medication oriented. I also see a **"functional medication doctor."** Read more about how she describes this emerging practice in *When We Are Sick: What We Can Learn About Life Love and Meaning*.

I look forward to your comments and questions." – Jed Diamond, jed@menalive.com 2020-03-08.

"Most of you know I served as a medic during the War in Vietnam, and that my wife, Elaine Wynne, has fought for years to make EMDR trauma therapy available to veterans. I always figured my job as a medic was to get people back home where they belonged, and **Veteran Resilience Project (VRP) is the nonprofit we created so those who came home can get all the way home.** VRP grew out of a successful 2014 pilot which proved EMDR to be better for most veterans than therapies generally used." Contact Larry at: [<larryjvfp@gmail.com>](mailto:larryjvfp@gmail.com) – Larry Johnson, 2020-03-09.

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



Mother's Day Brunch Buffet

Sunday May 10th

Seating from 10am - 2:30pm

Scandia Creamery: 21279 Olinda Trail N,
Scandia, MN 55073

Our Mother's Day brunch will feature over 45 hot and cold items including: waffle bar, omelet bar, hand-carved meats, parmesan-crusted fish, pasta dishes, mashed potatoes with pan gravy, fresh fruit... and much more. Each meal comes with a complimentary glass of juice, coffee, champagne or Mimosa. Limited bar service will be available.

Our dining room will be set with mainly eight-place round tables. Please be advised that groups of less than 5 may be asked to share a table to ensure everyone is seated in a timely fashion.

Children under 5 are free

Ages 5 to 13 — \$9.95

Ages 13 and above — \$21.95

Reservations Recommended.

Limited Walk-in Seating Available.

Contact Jeff Springer 651-488-0971
jeff.springer@tstcreativecatering.com

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.

24 Years of Successful Classes

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