

# men talk

tcmc  
twin cities men's center

in our 44th year  
of public service

August/September 2020  
Volume 44 #4

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

## Men and Sports

— © 2020 BY NELS OTTO

Sports clubs, gyms, football fields and basketball courts are in most neighborhoods. Quite a number of TV channels are for sports only. News broadcasts have a section specifically for sports. There are sports websites on the internet, and sports magazines and newspapers are widely available. This testifies that the interest in sports is strong. Although the first Olympic games started in Greece about 2,800 years ago, the roots of sports go back much further, back to men's collaborating and competing in hunting, warfare, and gaining access to females.

Lionel Tiger, Charles Darwin Professor of Anthropology at Rutgers University claims, "The basis for the majority of contemporary sports was the preparation for war." To prepare for war individuals must be physically and psychologically tough. In this, war and sports are related. Tiger goes on to say that sports are basically voluntary activity and "male bonding is the central organizational feature of sports," also true in warfare.

W. S. Laughlin writes, "man evolved as a hunter." He spend 99% of his species' history as a hunter. "Hunting is the master behavior pattern of the human species—the organizing activity which integrated the morphological, physiological, genetic and intellectual aspects of the individual—and of the population who compose our single species." It involves commitment, correlates, and consequences spanning the entire bio-behavioral continuum.

"Male bonding is defined as a particular relationship between 2 or more males such that they react differently to members of their bonding unit compared to individuals outside of it." Dominant males have access to estrous females. Receptivity by females to males in the dominant group but not to males in the non-dominant group led to reproductive success and survival of these females. Tiger: "Bonding among most primate is a clear correlate to productive copulation."

Hunting, fighting and defense were dangerous, life threatening activities. Men risked and lost their lives so the species could survive. As Warren Farrell points out, "sensitivity to the death

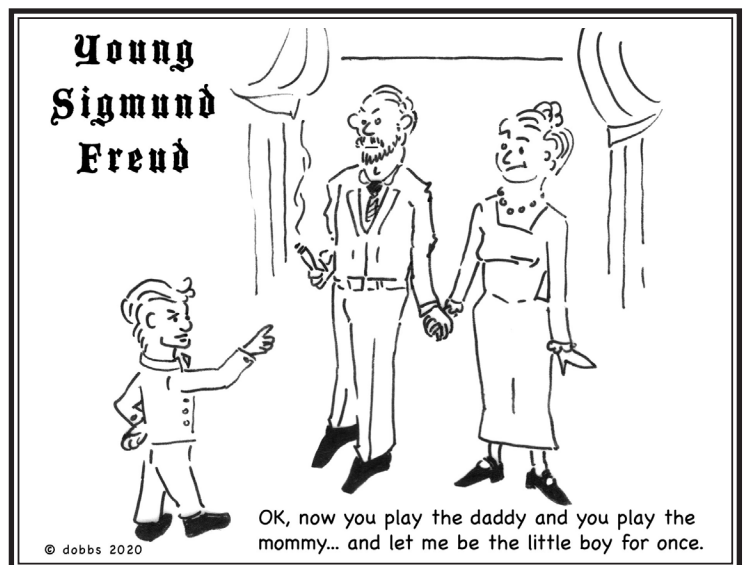
and suffering of boys and men is in competition to our survival instinct."

By the late 1800's sports had transformed into a way to cultivate manliness and demonstrated the will and character previous generations developed through war or hunting. According to Richard White, sports required organization, coordination, and direction, and provided an outlet for competitiveness. From Warren Farrell, "the unconscious translation of our team winning is our society protected,"—sports are entrenched more deeply within our popular culture than art, music or theater."

Most men's sports attract more spectators than women's sports, particularly true of team sports which is reflected in pay differentials. This is related to our evolutionary history. Groups of men hunted and fought to provide and for and protect women; it is in our DNA.

One evolved human characteristic is to feel strongly only about a pretty small group, an us vs. them mindset. From Tiger, "this is a process of clearly defining an enemy—as different from members of the in-group. Almost any behavior is justi-

*Continued on Page 2*



## 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 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, 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).

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## Letter from the Chair

**H**ello TCMC family. I am doing ok, but I'm still paranoid about COVID-19. I was up to the challenge of hosting a Social Distance Men's Brunch for Father's Day. Friends and I to visited the George Floyd Memorial, which was very emotional. I'm happy about getting some of our usual routines back, but really looking forward to the time were we can share space again.

Until that happens, we need your help. The global pandemic has forced TCMC to suspend all in-person activities for the foreseeable future. These activities were our primary source of income and the loss of this income threatens our very existence. We have determined the bare minimum needed to continue for the rest of 2020, and we need an average \$60 donation from every person who

uses TCMC's services. If you are reading this, chances are that TCMC has helped you or someone close to you get through a difficult time. Please consider returning the favor and helping TCMC get through this difficult time with your donation.

We've also started a "Securing Our Future Task Force" to start reviewing everything from our physical space, to printing expenses, to inter-organization partnerships, to race and culture education. A time of crisis is also a time of opportunity. We are facing into this crisis determined to forge a stronger TCMC. We are in our 44th year and we think you'll agree that there is a need, now more than ever, for us to continue serving the men of the Twin Cities.

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

### Continued from Page 1

fied towards members of the group 'we' define as bad." A current example of this is the negative attitude towards men and the negative portrayal of men in the media. Wertheim and Sommers state "studies from across the behavior sciences have identified a veritable blind spot, a failure to recognize in ourselves the prejudices and ethical violations we so easily spot in others." According to research, consistent self-awareness is possible under the right circumstances, yet unattainable for most of us.

The relationship of men to sports started millions of years ago. The skills and behaviors for hunting, defense, reproduction and sports became encoded in our DNA. According to Roy Baumeister men developed a fundamental need at proving who is better at doing things to make themselves more attractive as mates. It is different for men than for women, not in opposition, but in cooperation and working together.

Equality between men and women is a noble concept. Equality of opportunity is fair and just. Equality of outcomes is an extremely complex and multifaceted, and does not take into account all of the factors resulting in an outcome. Each one of these factors would have to be equal for things to be truly equal.

The lives of men and women with all of their learned and innate behaviors and sensitivities, with all their nuances and complexities, are inextricably interwoven, the result of millennia of successful living. Men are who they are today because of their responses to women's choices and vice versa. They go together. Should we be studying gender issues and trying to make things better for women—and men? Of course. However it must be done in a comprehensive and in-depth manner, studying both men and women, looking at the whole picture, the whole system.

Understanding the relationship of sports to our human and pre-human history can help us in doing this and has implications for many aspects of our lives.

*Nels Otto has a long term interest in men's issues and before that, women's issues and the human potential movement. It led him to change careers from banking to counseling. He's a retired vocational and rehabilitations counselor, and a long term member of the Men's Center. This article is an excerpt of a full-length paper with a 14 item bibliography.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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## AUG/SEP 2020

WEB SITE: WWW.TCMC.ORG  
E-MAIL: TCMC@TCMC.ORG  
PHONE: 612 / 822-5892

CALL US ABOUT ANGER MANAGEMENT CLASSES.

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## PRESENTATIONS

**Note: Due to concerns about the coronavirus, the TCMC board has suspended all on-premise activities. Support groups, Anger Management classes, meetings, law clinics, and presentations, will be by video chat until further notice. Check our website, [tcmc.org](http://tcmc.org), for current info.**

The Twin Cities Men's Center has been an important voice in the community for 44 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 32 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 by phone or video chat until Dec 31, 2020. Beginning 2021, we plan to resume meeting in-person 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

Where: Video Chat  
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: Allison Maxim  
Where: Video Chat  
When: Wed., Aug. 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

Leader: Linda Wray  
Where: Video Chat  
When: Wed., Sep. 2, 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  
Where: Video Chat  
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.*

• **Location:** Video Chat - request a link a using "Contact a Group Facilitator" at <<https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>>

## 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.

**Location:** Video Chat

- 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.

**Location:** Video Chat

- 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!

**Location:** Video Chat

- Wednesdays 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.

**Location:** Video Chat

- 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.

**Location:** Video Chat

- 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.

**Location:** Video Chat

- 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.

**Location:** Video Chat

- 3rd Sundays 5:30 - 7:00 pm

## Galactic Pizza Fundraiser!

Monday, August 17th 2020

11:00am-10:00pm, 2917 Lyndale Ave S, Minneapolis, MN

For every order exceeding \$10.00 placed on August 17th between 11:00AM and 10:00PM, when the customer says they are participating in the TCMC GroupRaise Fundraiser, 20% of the purchase price gets donated to TCMC. We need to have all our RSVPs by Friday, August 14th to make the fundraiser happen. So please go to <<https://www.groupraise.com/events/155537?>> and commit to eat. And really, what could be better... you get the best pizza in the area... you're helping a small business stay afloat... AND you're helping TCMC.

PS: A big thank you to Tom M. and Harry G. who are working with Galactic Pizza to make this happen!

## Prison Transition Fairs Update

MN DOC is taking a new approach to Transitions Fairs this year due to the pandemic. This year, the Transitions Fairs will be virtual. This is for the Stillwater and Oak Park Heights locations. They will be hosting 2 weeks of virtual resources. Incarcerated individuals will be able to go through a booklet of bios, watch videos and ask questions from their living space. Requested video should be 4-7 minutes in length. Contact the TCMC Office Manager, Tom M., for specific details.

Upcoming **OUTDOOR Monthly Men’s Sunday Brunches, drop-in anytime 10am-1pm** (bring something to share/cook up): **August 16th OUTDOORS at Frank Brandon’s** 975 Como Blvd E, St. Paul, 55103, 651-487-3511 (on the east side of Lake Como). **September 20th OUTDOORS at Andy Mickel’s**, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). 10 men attended Damon’s outdoor June brunch and 12 attended Andy’s outdoor July brunch. – Andy Mickel, 2020-07-20.

**Reflections on Bob Anderson, long-time Men’s Center Volunteer and Facilitator:**

“Bob’s unexpected passing on May 5th was a shock to many of us. Those of us in the country dance community will miss his smile, his wit, and his friendship. He and John were avid supporters of our group, and I think really enjoyed dancing around the floor. Please accept our donation of \$100.00 in Bob’s Memory. The second check is from me, personally. Any organization good enough for Bob is good enough for me! Be well and continue to do your good work.” – Michael McGee (Twin Cities Country Dancers).

“I had only met Bob personally on a few occasions - I worked with his partner, John and we would get together occasionally. However, even having only met him a few times it was clear he was very special! I am sure his presence is sorely missed.” – Joellyn Veninga

“Thank you for the important work you do, and for helping

to make my dad’s life so full! :-:) Take care and stay healthy,” – Rachel Anderson (Bob’s proud daughter)

For Father’s Day, June 21st, the Minneapolis StarTribune ran a full-page ad from NAMI, the National Association of Mental Illness, entitled: “**The Surviving Dadhood Official Technical Manual**”. Written by a dad, for dads — of all ages — Surviving Dadhood honors good fathers and pays lighthearted tribute to the welcome challenges they face throughout the years. Topics include:

- How to Read a Bedtime Story
  - How to Lose a Game on Purpose
  - How to Camp with Children
  - How to Wrassle
  - How to Teach the Mystical Art of Shoelace Tying
  - How to Diffuse a Tantrum Bomb
  - How to Pull a Loose Tooth
  - How to Teach a Small Human to do Battle with the Very Laws of Physics and Emerge Victorious by Successfully Riding a Bicycle
  - How to Navigate the Teen Years
  - How to Survive Post-Dadhood
- Read the full manual (23 pages) at: <https://huntadkins.com/dadhood/>

**On Father’s Day, four Twin Cities chefs share stories and express gratitude and admiration for the loving influence their fathers have had on their careers, and lives.** Dad Tang Truong and son Hai Truong; Dad Orton Tofte and daughter Solveig Tofte; Dad José Colón and daughter Nettie Colón; Dad Don Roberts and son Alex Roberts are interviewed with a bevy of photos. <https://www.startribune.com/on-fathers-day-4-twin-cities-chefs-say-thanks-dad->

[and-remisce/570671051/](https://www.startribune.com/and-remisce/570671051/) by RICK NELSON Star Tribune. 2020-06-21.

**The Veteran Resilience Project (VRP)** continues its work with trauma healing. Elaine Wynne, the founder and president of the VRP, almost gave up on the project in 2011. She had spent years trying to get funding to use **Eye Movement Desensitization and Reprocessing (EMDR)** to treat post-traumatic stress disorder (PTSD) and other illnesses that affect those in military service. FFI: [www.resiliencemn.org](http://www.resiliencemn.org) – Larry Johnson, Veteran Resilience Project, 2020-06-19.

“Your organization has been of great benefit to a family member. Thanks!” – Kathleen Kozub 2020-06-03.

“I have a small Spanish program in Nicaragua, but I’m from Rochester. I just had a group meeting on Zoom Tuesday night and I’ve visited the center a few times. Its a great asset I would hate to lose. I’m grateful for the work you guys do!” – Lyndon Stinson, Director - Nicaragua Spanish Language Schools 2020-06-01.

**ManKind Project Minnesota holding regular TCMC Thursday Zoom meetings, 7-9 p.m.** – RSVP: Jamie Wellik, 612-267-2467.

**ManKind Project Central Plains is holding regular Tuesday Zoom meetings** (2nd and 4th Tuesdays) And men from ACROSS Central Plains are welcome! – RSVP: Jamie Wellik, 612-267-2467.

**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.

## 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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### 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!**



Athena Counseling Services, LLC.  
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Silas Richardson, LGSW, LADC

(651)764-2190

silas@athenatherapy.org

website: athenatherapy.org

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(612) 822-5892  
tcmc@tcmc.org

**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)*

The Twin Cities Men’s Center  
3249 Hennepin Avenue South, Suite 55  
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**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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