

# men talk

tcmc

in our 45th year  
of public service

twin cities men's center

Aug/Sep 2021  
Volume 45 #4

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

## Securing Our Future Taskforce Report

– © 2021 BY JOE SZURSZEWSKI

The Securing our Future Taskforce (SoFT) was established in 2020, and is essentially a strategic planning committee in sheep's clothing. This is a working group with all members encouraged to bring any issue they feel is critical to TCMC's future to the taskforce. If other members agree that the issue is worth discussing, it gets added to the list of "Ideas in Development" with one or two members volunteering to own that issue.

### Issues addressed in 2020

#### REMOVING THE GUARD RAILS RACE & CLASS TRAINING

This was SoFT's biggest accomplishment in 2020 and the idea we spent the most time working on. It is a series of three Zoom meetings, each four hours long, designed and led by Malik Holt-Shabazz and Tom Weaver. As of the 2021 annual meeting, we've had two sessions of the inaugural class, with the final one to come next week. The core of RtGR is the one-on-one and small-group discussions men have with other group members about their own experiences with race and class.

It is hoped that there will be more instances of the training as word spreads, and there also may be some interest in providing a credential upon completion of the class for corporate and non-profit attendees, which suggests that RtGR might become a regular paid offering like Anger Management.

#### PHYSICAL SPACE

The pandemic was an occasion to realize that we need to have better contingency plans for all sorts of things. One of these is what to do if our physical space disappeared. This might have happened if we could no longer have afforded to pay the rent at the start of the pandemic (fortunately this didn't happen), but it could also happen if, for example, our current building was sold and redeveloped into condos or retail space (not impossible in Uptown). Working on this issue has meant trying to have alternatives ready to go should

something like this happen. We are looking for like-minded organizations who might be willing to sub-lease space to us, as well as looking for cheaper space we might be able to rent in a pinch.

#### EXPENSES

We are always looking for ways to reduce expenses, and one of the ideas that got discussed is potentially changing how we physically print Men Talk. The discussion is ongoing and no conclusions have yet been reached.

#### PARTNERSHIPS

Strategic partnerships are important for any non-profit, and we've explored both what the general guidelines should be for who we partner with, as well as specific organizations we might partner with. One of these is the US Men's Shed Association (affiliated with the much larger global Men's Shed movement), and we've had several conversations with the national leaders of this group about ways that our two organizations could collaborate.

#### MISCELLANEOUS

We have also worked on lots of other issues:

- Should TCMC issue an "anti-racist" statement?
- Marketing/rebranding support groups
- Should there be a minimum support group fee?
- Would providing receipts for all donations increase donations?
- How to best recruit, train, and retain board members?
- Recruiting a new Treasurer
- Do we need other staff positions, like a Volunteer Coordinator, Executive Director, Program Coordinator?

*Joe Szurszewski is a former chair of the TCMC board, and current alternate board member. He is actively guiding the Securing our Future Task Force with the goal of helping TCMC change and grow into the next fifty years.*

## 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](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, 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

I am sitting in Mission SD, where the temp is likely to soar to over 100°F today. A midsummer day we found wifi and air conditioning in the land of the Sicangu Lakota Oyate! Thanks for the timely reminder from, Bill Dobbs editor, today, July 22 that I need to check-in for our late summer edition of MenTalk. Checking in with gratitude for Wicozani, balanced health. Due to the more infectious nature of the COVID delta variant in Minnesota since June, we are most concerned that we take care of each other and ourselves through strengthening our immune systems, and avoiding risky behaviors. Find more info at <https://www.health.state.mn.us/>

On July 12, we had our first "hybrid" TCMC Board meeting in our Uptown Office Building a total of nine men around the table. Men were, and will be asked to be fully vaccinated to show up Face-to-Face as we reopen. Safety continues to be our priority, with two men showing up on Zoom from North Dakota and New York who could be seen on our office iMac. With gradual reopening, are working to have hybrid technology available for our support groups wherever possible. A hearty Welcome to Mark Arieta, new board member, who

has broad interests and experience working with men. He plans to contribute to building a more accessible database for facilitators, to track our competencies to serve men in good way as our demographics are broadened. He was elected to serve until our annual meeting in January 2022. Bill Baldwin, long-term member and volunteer, shared his vision for a new support group for men to support men in health lifestyle change beginning in Sept. Look for details in this issue and updates at [www.tcmc.org](http://www.tcmc.org)

Best wishes for a safe and balanced summer season. Take good care of yourself and others and follow the recommended behaviors

As we continue to be reminded "It is up to all of us to protect ourselves and others by following recommendations to slow the spread of COVID-19."

Prevention is the Best Medicine!  
<https://www.health.state.mn.us/diseases/coronavirus/prevention.html>

In Service with gratitude for your continued support for TCMC,

**TOM WEAVER**  
**TCMC BOARD CHAIR**

## Announcing a new Men's Wellness Support Group

This drop in support group creates a space for men to work on creating a healthy, happy, productive and meaningful life with the support of other men, or anyone identifying as male. The group will include time for men to share uninterrupted about the life they're creating, along with a brief weekly meditation, no-impact energy exercises, and a short teaching as a conversation starter. This weekly group begins Saturday September 11th from 10:30 to 12 noon.

Led by Bill Baldwin M.Div. and Nationally Certified Health and Wellness Coach. Call, text or email for more information. 952-500-3393. [billbaldwin@mac.com](mailto:billbaldwin@mac.com).

## Welcome to our new Board Member, Mike Arieta

He is a Clinical Social Worker licensed in MN and AZ. He has experience being on boards as the MN NASW chapter board of directors as treasurer, and then as an at-large member for three terms totaling six years. He has also been a member of his townhouse association board and served as at-large member and then as vice president. He has extensive experience working with men both at the agency level and in his own practice. He has been a practicing licensed social worker since 1995 and a clinical social worker since 2011.

# 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
	CLASS ANGER MANAGEMENT 7PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 7	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	
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<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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MEN'S BRUNCH 10:00 AM		SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLASS ANGER MANAGEMENT 7PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
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CALL US  
ABOUT ANGER  
MANAGEMENT  
CLASSES.

1976 IN OUR 45TH YEAR 2021  
OF PUBLIC SERVICE

AUG/SEP 2021

## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 45 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 33 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 further notice. Beginning August 2021, we plan to resume hybrid meetings, both video and 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).*

## CLINICS

### Family Law Clinic

Leader: Allison Maxim

Where: Video Chat

When: Wed., Aug. 4, 7:00-9:00 pm

*Open to all Genders*

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

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

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

### Family Law Clinic

Leader: Linda Wray and Steve Yasgur

Where: Video Chat

When: Wed., Sep. 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.*

## CLASSES

### Anger Management

Facilitator: various

Where: Video Chat/In-Person

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>>

As we resume in-person groups, please check with a facilitator if your group is meeting in-person.

### 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 / In-Person

- 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 / In-Person

- 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 / In-Person

- 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, and Gary Weldon.

**Location:** Phone

- 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 / In-Person

- 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 / In-Person

- Fridays 7:30 - 9:30 pm

#### Men’s Wellness

*Open to Men Only*

This group creates a space for men to work on creating a healthy, happy, productive and meaningful life with the support of other men, or anyone identifying as male. We will include time for men to share uninterrupted about the life they’re creating, along with a brief weekly meditation, no-impact energy exercises, and a short teaching as a conversation starter.

**Location:** Video Chat / In-Person

- Saturdays 10:30am - noon

### The Perspectives Exchange Laboratory (PX Lab)

We believe in the value of your experiences and insight. Our purpose is to provide a venue where individual perspectives are shared through bold conversations. We aim to build a place to be heard and to learn from listening that’s centered on a foundation of courage, authenticity, respect, and engagement.

Look for more details about The PX Lab at <https://www.tcmc.org/pxlab/index.html>

### 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 us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

### Welcome Back! Re-Opening the Men’s Center for In-Person Support Groups, Wednesday Presentations, Anger Management Classes, etc.

- Several volunteers staged a Saturday housekeeping cleaning of the Center led by Jim Heaney in time for the July Board Meeting.
- The TCMC board in-person board meeting was held on Monday, July 12th with a hybrid zoom addition which worked well.
- Groups that rent space (12-step groups & MKP for example) will be allowed beginning week of July 19th. They should provide sufficient masks for their participants.
- Support group Facilitators will be invited to consider in-person with optional hybrid zoom participants beginning week of July 19th.
- Anger Management classes will be on Zoom through the month of August with the first possible in-person (non-hybrid) Anger Management class in September.

**OUTDOOR Monthly Men's Sunday Brunches Continuing!**

**Sunday August 15th** at Tom Borden's backyard, 3933 41st Ave S, Minneapolis 55406, 651-782-504.

**Sunday September 19th** (Fall equinox) at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 651-487-3511. (on the east side of Lake Como).

10 men attended both the outdoor men's brunches in June at Jim Lovestar's and in July at Tom Borden's. – Andy Mickel, 2021-07-18.

Veteran Boys to Men Minnesota men Rick Gravrok & Greg Mott are organizing a **campout for Men and Boys** at some nearby state park later this summer. Contact Rick at: 952-926-6655 <rick.gravrok@gmail.com> for ideas and more information. – Rick Gravrok, 2021-07-18.

Former TCMC Board Chair and Conference Organizer Neil Tift now works for the Native American Fatherhood & Families Association (NAFFA) in Mesa Arizona. “When I recently received your newsletter, I remembered the workshops I offered on Wednesday evenings there and how I enjoyed meeting with the men who attended. I would like to discuss the option to offer one or two again by Zoom, if there would be any interest in doing so this fall...And keep up the good work you do, gentle men. – Neil Tift, Outreach Project Coordinator Native American Fathers and Families Association (NAFFA) 480.833.5007 (office) 480.334.3022 (cell), www.nativeamericanfathers.org 2021-06-22.

On Father's Day (June 20th) two excellent columns appeared in the

Minneapolis StarTribune: “**The Best Father's Day Gift is Time – a 1937 book helped kids celebrate their fathers**” by James Lileks. “...His recollections include a Father's Day Book, a compendium of speeches, poems and plays the children should perform while Father sits in his chair, dressed in a suit and tie, puffing on a pipe and wearing a frozen smile that starts to ache after the second hour...” <https://www.startribune.com/lileks-there-s-no-gift-as-good-as-time/600069575/>

**Dennis Anderson's column “Fatherhood Best Shared in a Physical World”** “...In this country, fathers aren't as present in their kids' lives as they once were. Those fathers who share activities with their children outdoors are especially well-positioned for positive gains...” He goes on to cite Minnesota poet Robert Bly's interview with Bill Moyers in 1990: “...you were always with your father. He taught you how to do things, he taught you how to farm, he taught you whatever it is that he did. You learned from him. But you had this sense of being, of receiving a food from him. ... Now, when the father (started to leave) the house in the Industrial Revolution (and until now), that food ended, and I think the average American father now spends ten minutes a day with a son.” <https://www.startribune.com/fatherhood-is-at-its-best-in-the-physical-world/600070055/>

**The Medicine Arrows of the Old Ones – Fall, in-person Minnesota Men's Conference Oct 8-10 (Fri-Sun).** Teachers Miguel Rivera, Ben Dennis, Timothy Young, and Walton Stanley will lead an experiential exploration.

“All beings carry important medicine

within them. Humans are the carriers of images, of connections, of re-arranging the world, of singing to forests and painting the walls of caves and mountains. Now, more than ever, with one-sided talk of humans as destroyers, despoilers, and parasites, the world is in desperate need of the medicine we can make. Creation is thirsty for the medicines which we have forgotten—our songs, our tears, our offerings and our stories. The human soul is as full of connections as the loamy soil beneath the forest. Join us to remember the fragrance of the old ways, to re-connect our thoughts to the wisdom of the old stories, to re-ignite our Grandfather—the fire, to dance for the stars and to drum for the river.”

MMC will be at Camp St. Croix in Hudson Wisconsin, \$350.00 Register at: <https://minnesotamensconference.com/> – Walton Stanley <walton.stanley55@gmail.com> 2021-07-15.

In Part 1 of my article “*Understanding Men: The Hidden Reasons We Feel What We Feel and Do What We Do*” you'll find the highlights of what I have learned thus far.

“When I was five years old my father took an overdose of sleeping pills and was committed to Camarillo State Mental Hospital. I grew up with an insatiable desire to understand what happened to my father and terrified it would happen to me. I went to college, got married, had children, earned a master's degree, then a PhD, and launched MenAlive.com. I'm 77 now and continue my quest to understand men and the women who love us. – Jed Diamond <jed@menalive.com> 2021-06-06.

## 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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DATE: \_\_\_\_\_

FROM Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
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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!**

#### Infinite Aperture Counseling

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

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

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#### UPTOWN AREA SPACE TO RENT

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

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

**(612) 822-5892**

#### MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

**(612) 822-5892**  
[tcmc@tcmc.org](mailto: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  
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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.

*25 Years of Successful Classes*

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