

men talk



in our 45th year
of public service

twin cities men's center

Oct/Nov 2021
Volume 45 #5

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

How to Prepare to Leave an Abusive Home in 3 Steps

— © 2021 BY NORA HOOD

If you are a victim of domestic violence, you can't control the abuser. That's one reason it might be best to make a safety plan that helps you get away from your abuser. That way, you can be prepared if you need to leave in a hurry. Below, ThreeDaily.org shares three steps you can take to get out of your abusive situation.

3 Steps for Leaving an Abusive Home

Go somewhere safe as a temporary solution. From there, you can work through your next steps.

1. First, get away from your abuser.

If your situation is not an emergency and you can plan your exit, here are some suggestions for doing so safely:

- Decide where you can go.
- Think of friends or family who can help you with a place to stay or money if necessary.
- Pack a secret bag with clothes, a spare set of keys, money, and any important documents you can make copies of. Then, leave it with someone you trust.
- Memorize the crisis line's phone number if possible. If not, keep a copy where you can find it but where it won't be accessible to your abuser. For help anywhere within the U.S., call 1-800-799-SAFE.
- Open your own savings account.
- Ensure that whatever computer you use is not accessible to your abuser.
- Create a signal or code word that you can share with your friends or family when you need help from the police.
- After creating your safety plan, review it often. That way, you can plan the safest time and way to leave your abuser.

2. Second, find your next home.

To commit to your newfound freedom and really start a new

life, consider buying a home, instead of just going for something temporary. Start by calculating what you can afford in a home. Look at your annual income, the down payment you can afford, and your monthly expenses, as well as factors like the current average APR, mortgage rates, etc. An easy way to do all these is to use an online tool to crunch the numbers for you.

3. Third, prepare to move.

Nobody likes moving. Here are some tips to help make your move easy-peasy:

- **If you have clothes that you won't need for a while**, use them in place of packing materials. For example, if you keep items like small knick-knacks around your home, use fluffy socks for wrapping them as you put them into boxes.
- **Hire a mover.** If you cannot afford a mover, consider a moving party where your friends and family help you load and unload your truck, followed by a pizza/housewarming party to celebrate your newfound liberty.
- **Pack a go-bag.** That way, you have clothes for the next day, medications, toiletries, and chargers for phones and other electronics.
- **Label everything.** Whether you use a scannable label or a permanent marker, make sure you know what's in your boxes.
- **Clean your new bathroom and kitchen** before unpacking. Hopefully, the previous owners took care of this, but you can't be too careful.
- **Clear storage boxes are your friend.** Pack your cleaning items, box cutter, paper towels, and scissors in a clear storage box so you can find them for unpacking at your new place.

Men are victims of domestic violence as well as women. According to the Office of National Statistics (ONS), 2.3 mil-

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

Feeling inspired as I write this in mid September. Last evening at the beginning of our monthly board meeting Bob S. and Alex H. demonstrated a camera and microphone set up called a Meeting Owl, that allowed seven of us in the room to connect with four men on line who logged in from New York City, Austin TX and Apple Valley and Hopkins MN and finish our business meeting in a good way. The Tuesday gay issues group has beta tested this inspiring technology for the past three weeks, successfully connecting with men in outstate Minnesota and beyond. Features include: clear visual and auditory connections, a panorama view of those in the room that seems more intimate than the usual "Hollywood Squares" zoom experience.

As the season cools, we suggest sharing this technology option with other TCMC support groups, as well as our Anger Management Classes. It is a gift to be able serve those who are safe to meet face to face in our Hennepin Ave S location as well as the virtual meetings we have been having since the spring of 2020 "lockdown" when we migrated online with zoom.

We are inviting facilitators of all our support groups to try this technology

soon. A training process will be up and running in the coming month. Keep checking the status of our groups at www.tcmc.org, and see how you can participate. And invite our facilitators to contact Tom Maher our Office Manager about the process.

Today Jim H. our volunteer coordinator reminds me "Men come to our groups, both Anger Management and support groups to look at changing behaviors, and we men can't seem to do it in isolation." In these times, we can now extend our followers to those around the state, other states and other countries beyond our metro Twin Cities.

In a way, we are fulfilling our strategic planning goals of years past...living with the generosity of support by our members and supporters by: Growing our Resources, Transforming our Future, by Boosting our Signal and Nurturing our Partnerships outlined in our monthly board agendas.

Thanks again for taking care of yourself and each other, doing our part in healing ourselves to benefit future generations.

In Service,
TOM WEAVER
TCMC BOARD CHAIR

Article continued from page 1

lion adults (1.6 million women and 757,000 men) experienced Domestic Violence in the year ending March 2020. While Anger Management classes at TCMC can help men with anger issues, you may have to help yourself and your family by leaving the volatile situation and going somewhere safe. If you follow these suggestions, you will be taking cautious and responsible steps to free yourself and your family from abuse. Visit tcmc.org for more resources.

Nora Hood is a writer for threedaily.org, a domestic abuse prevention non-profit. Their mission is to raise awareness about the devastation domestic violence is causing in our communities.

Farewell from our retiring Board Member, Jesse Mason

Thank you all so much for the time and opportunity to serve. Because work and other priorities, I will need to step back.

In appreciation,
Jesse Mason

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Oct/Nov 2021

WEB SITE: WWW.TCMC.ORG

E-MAIL: TCMC@TCMC.ORG

PHONE: 612 / 822-5892

SUPPORT GROUP
SEXUALLY EVOLVING
MAN 7:30 PM

SUPPORT GROUP
MEN'S WELLNESS
10:30 AM

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1976 IN OUR 45TH YEAR 2021
OF PUBLIC SERVICE

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

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: Rasheen Tillman

Where: Video Chat

When: Wed., Oct. 6, 7:00-9:00 pm

Open to all Genders

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

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

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

Family Law Clinic

Leader: Rebecca Randen and Heather Chakirov

Where: Video Chat

When: Wed., Nov.3, 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

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

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.

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>

OUTDOOR Monthly Men's Sunday Brunches Continuing!

Sunday October 17th at Andy Mickel's, 106 SE Arthur Ave, Minneapolis 55414 612-331-8396). **Sunday November 21st** at Stan Bookout's (tentative) 2512 37th Ave S 55406 612-377-1414. About half-dozen men attended Tom Borden's August brunch. – Andy Mickel, 2021-09-09

“Thanks for all you do.” – Ernie Schroeder, 2021-08-01

“TCMC, I have relocated from Eden Prairie to Santa Fe, New Mexico. As such, it's the right time to end my affiliation with TCMC. All the best to you!” – James Bredeson, 2021-07-07

Sept. 17-26: 10 Days of Non-Violence in the Twin Cities. I hope you would present your work, needs and perspective in one of our virtual programs. We have resources to assist you if needed. More info in the [3-minute] video. <https://www.youtube.com/watch?v=HaLgqhT-4Ag> – Thanks, Bill L. Herault <videobill@hotmail.com> 2021-09-08

What We Are Not Teaching Boys About Being Human

Excerpt from the article: “... Probably because of this difference in socialization, boys score lower than girls of the same age on virtually all measures of empathy and social skills, a gap that grows throughout childhood and adolescence. This has implications across the board. Among first graders, social emotional ability, including the skills to form and maintain friendships, is a greater predictor of academic

success than either family background or cognitive skills. Boys are now lagging behind girls academically at every grade level through college, so providing them with a more nuanced and people-focused emotional world — in what they read and watch, and in the conversations we have with them — might go some way toward closing that gap...” full story at: <https://www.nytimes.com/2021/08/06/opinion/boys-gender-books-culture.html> – Ruth Whippman, 2021-08-06

Community Volunteer Service for Warrior Camp building project

I am making preparations right now to build a wild-crafted campus to support a lively men's circle on a new site I am purchasing and developing in St. Paul near Randolph and W 7th St. Many of you know that I have been working in dual-recovery and holistic healing for many years well this is my dream project and master vision, it is being created with everyone's help, joy, and spirit.

I am planning to construct a primitive camp with traditional and hybrid technologies in the next few weeks, this will be for our enjoyment and to provide a beautiful base for prospective students to enroll in daily, bi-weekly, weekend, and evening offering beginning September 20, 2021. The purpose of this invitation, of this camp, is to show up, do the work, build organically, be together, and tell our stories... and thus prepare for more opportunities in the future! I hope you will join the effort or contribute! – Dan Gorbunow <warriorvox@gmail.com>

How to be Happy without denying Reality: The Key to our Survival is Within Reach

This is the second part of the series on how to be happy without denying reality. I'd like to tell you the truth about my own challenges, the reality most therapists never share publicly. I hope my journey will enlighten your own. It began a long time ago... full story at: <https://menalive.com/how-to-be-happy-without-denying-reality-part-2/> – Jed Diamond <jed@menalive.com> 2021-09-05.

Transcendent Man is a book project that features 25 authors in men's work, following the track of personal journey and healing or transformative service. If you have a good chapter in you to write and share on this theme and topic, you can become a “best selling author” with this project.

This team makes best-selling books, composites of writers coming together. They have a program of support and marketing opportunities for your project and work.

Cost: time, focus and money. You go=a' have a good chapter to write. You must invest \$750 to be in the book, and then whatever other time you want for marketing yourself - the good part is this outfit seems to offer a lot to support for you and your work, but they can't do it for you. They will get a book published and you could be in it. You will be in a circle of other men engaged in their work, and sharing ideas and value.

Contact: R. Scott Holmes 508.414.9366 rscott_holmes@yahoo.com rscottholmes.com – Dan Gorbunow, 2021-09-05

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!

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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

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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8

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.

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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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