

men talk



in our 45th year
of public service

twin cities men's center

Dec 2021/Jan 2022
Volume 45 #6

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

A Compassionate Ear and a Passion for Positive Change: There Is No Present Like TIME – © 2021 BY DR, MICHAEL OBSATZ

In the movie called “The Best Exotic Marigold Hotel” about elderly people in India, Judi Dench’s character states: “There is no present like time.” This, of course, is a take-off on “There is no time like the present.”

I have been thinking a lot about time lately. Am I old? After all, I one of the first ones approved for the COVID vaccine. Am I retired? No, I don’t think so. Parts of my life have changed, but I am still in the world, doing something I hope is valuable to others. My official “jobs” are over.

I taught college for 40 years. I was a therapist in private practice for 25 years. I led men’s and couple support groups for 25 years. But I am still a husband, a father, a friend, a grandfather, an uncle, and a community member.

All of these official occupations were a big part of my life. But my life goes on after those endeavors are completed. I wrote books, plays, and produced films. They are still out there, and on my shelves. But they are not my essence.

I have wondered with this virus, “How long do I really have to live?” I don’t know. I’ve never known, and I don’t know now. So, it is not yet my time to die. Being close to 80 seems like it is moving into the final stretch. Betty White turns 100 as I write this. Cicely Tyson is 96. Both are functioning, creative, and inspiring people. Maybe I have lots of time? The question remains: What do I do with this precious, amazing time?

What I have come to believe is that TIME IS A GIFT. TIME is not to be taken for granted. As long as I am able to listen, support others, and live with compassion, I will continue to do so. It doesn’t have a name, or definition. It is just a blessed gift of time. As my wife, Gloria, says, “It is my job to be available.”

Time to be available. To be a constant force for love in the world. Maybe that’s what it is all about. Using the time when I have energy, health, and prosperity to be a light in the world. This means living in integrity, being consistent, telling the truth, supporting those in need and having a compassionate ear. I can also promote social and racial justice, fairness, equality for all, and mindfulness about the environment.

Yeah, that’s it. A Compassionate Ear and a Passion for Positive Change. I can share my ideas, and make suggestions when I am asked to do so. I am committed to being present, loving, and kind.

There is no job definition of those, and no paycheck.

But, my time has come to use what I have studied and learned about people, social institutions, and how life seems to work — to be an elder.

Wait a minute. Being an “elder” is too limiting also. I am every age I have ever been. Maybe it goes like this: Just be, be grateful for the gift of time, the health, the ability to shut up when necessary, to speak up when it makes sense, reach out and pay attention.

So — that’s my identity. That’s my category. No category — but continuing to do God’s will, to bring out more peace, understanding, and justice in the world.

We certainly need it. Thank you, God, for the gift of TIME.

Dr. Michael Obsatz is Professor Emeritus from Macalester College where he taught education and sociology courses for 40 years. He is an author, film-maker, workshop leader, and was in the “Men’s Survival Resource Guide” written in Minneapolis in the 1970’s.

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

Office Manager: Tom Maher
Anger Mgmt Coord.: Bill Baldwin
Office Volunteer: Jim Heaney
Editor: Bill Dobbs

Board of Directors:

Tom Weaver, Chair
Andy Mickel, Vice-Chair
Ben Alfaro, Secretary
Rick Charlson, Treasurer
Mike Arieta
Norm Petrik
Harry Greenberg - Alternate
Dan Gorbonow - Alternate
Jim Heaney - Alternate
Joe Szurszewski - Alternate
Malik Holt-Shabazz - Alternate

Letter from the Chair

Grateful today for the continuing dynamic support we somehow manage to attract at TCMC during this time of challenging transitions. Not only shifting from autumn to winter, we are also transitioning in the time of COVID, to serve our members and participants where we can honor the changing guidelines and recommendations as we all learn more about this pandemic.

Thanks to Tom Sullivan volunteer member who, at our board meeting this week started a conversation and discernment process: **"How can our interactive website support safe meetings as we move forward in the current climate and season?"** Andy Mickel our vice chair, agreed to put up six pages by the end of Nov, for the active support groups, allowing facilitators to manage their own page describing how to connect on line, as to how participants will meet, week by week: **"In-Person, zoom-only, or Hybrid"**

This past two weeks Addiction Busters' co-facilitators Jim H and Bill D have begun Owl Meeting hybrid support groups with participants in person and on zoom. By using creative real time tools online, we envision serving our facilitators and widening areas of participants while honoring CDC/

MHD safety guidelines. This flexibility allows us to continue to live our mission of service as Men Serving Men for over 44 years, as we are Growing our Resources, Transforming our Future, by Boosting our Signal and Nurturing our Partnerships, as envisioned in our strategic planning processes in past years. Also our partner organization Mankind Project Minnesota has also gone online and we invite those interested in joining a circle online to register for the Monday event at: https://docs.google.com/forms/d/e/1FAIpQLSdBQh40_XpJInGr35iDThnqBLOl2HyhPbdL7djzNDFVbJliw/viewform.

We ask TCMC support group members check this link for updates to connect with each group: <https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>

Thanks again for taking care of yourself and each other, doing our part in healing ourselves to benefit future generations. May we all experience nurturing and healing connections and rewarding relationships this winter season.

In Service,
TOM WEAVER
TCMC BOARD CHAIR

John Hesch 'Men Helping Men With Anger' Day

Nov. 18th, 2021, by official proclamation from the City of Minneapolis, is now known as **John Hesch 'Men Helping Men With Anger' Day**.

John is stepping down as our Anger Management Coordinator after 25 years of service. The Board of Directors at the Twin Cities Men's Center looked for ways to truly honor John and show him our gratitude for all that he has done for the Men's Center and for all of the lives that his guidance, mentorship and support have impacted in such a powerful way. The Mayor of Minneapolis stepped up and declared Nov. 18, 2021 as a day to honor John.

John coordinated the TCMC Anger Management program for well over a decade, and he served as a facilitator for years before that. This work has helped keep the doors open at the Men's Center, which means he has supported thousands of men and women who have come to TCMC for Support Groups, Family Law Clinics, Educational Programming, and of course, our Anger Management Class. He helps men to see that, as he always says, "only YOU can change how you express your anger". Our Anger Management certificate has been accepted by courts all over Minnesota (we have been vetted and approved by Hennepin County as an Anger Management class provider). Our certificates have been recognized and accepted by courts in Alaska, Texas, Ohio, South Dakota, California and Florida. **THANKS, JOHN!!!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC/JAN 2021			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	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
			1	2	3	4
5	6	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MANAGEMENT 7PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	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
7	8	9	10	11	12	13
12	BOARD MTG. 7 PM	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MANAGEMENT 7PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	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
14	15	16	17	18	19	20
MEN'S BRUNCH 10:00 AM SUPPORT GROUP MEN'S RETIREMENT 5:30 PM	21	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	CHRISTMAS EVE HOLIDAY	CHRISTMAS HOLIDAY
22	23	24	25	26	27	28
29	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	NEW YEAR EVE HOLIDAY	NEW YEAR DAY HOLIDAY	1
2	3	4	5	6	7	8
9	BOARD MTG. 7 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	MEN TALK DEADLINE SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	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
11	12	13	14	15	16	17
MEN'S BRUNCH 10:00 AM SUPPORT GROUP MEN'S RETIREMENT 5:30 PM	18	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	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
19	20	21	22	23	24	25
26	27	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	MEN TALK MAILING SUPPORT GROUP MEN'S WELLNESS 10:30 AM
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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

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 continue to meet by phone or video chat. Beginning August 2021, we have begun 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: Rebecca Randen

Where: Video Chat

When: Wed., Dec. 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: Video Chat

When: Wed., Jan. 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.

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, Bill Baldwin, 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 10:30 am - 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

Mankind Project Open Circle

When: Every Mon., 7:00-9:00 pm, Online

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.

Registration: https://docs.google.com/forms/d/e/1FAIpQLSdBQh40_XpJInGr35iDThnqBLOl2HyhPbdL7djzqNDFVbJliw/viewform



CHECK OUT WARRIOR EVOLUTION

A Cool New Podcast/Video Channel.
In-depth Discussions and Interviews with healers, educators, and wise guys!
Men's Health - Initiation - Spirituality
Recovery - Wisdom - Stories - and more.

Available on Spotify and Google
YouTube - Warrior Vox Channel
Visit www.WarriorVox.com for links.

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 December 19th (Winter Solstice) at **Stephen Sewell's**, 647 Lincoln Ave #F, St. Paul, 55105 (just west of Dale Av) 612-229-6699. **Sunday January 16th** at **Frank Brandon's** 975 Como Blvd E, St. Paul, 55103, 651-487-3511. 8 men attended Frank Brandon's September brunch and 13 men attended Andy Mickel's October brunch. – Andy Mickel, 2021-11-16

"Enclosed is my gift to the Men's Center to Honor John Hesch for his years of Love to TCMC!" – Dick Madigan, 2021-10-11.

The **Minnesota ManKind Project (MKP) Annual Community Gathering** will be held on Saturday, December 11th via Zoom. For further information contact Jamie Wellik <jamie@wellik.org>, Eric Goess <egoess@comcast.net> or David Semenchuk <davidsemenchuk@mkp.org>

Since 1999, on **November 19th**, **International Men's Day** celebrates worldwide the positive value men bring to the world, their families and communities, highlighting positive role models and raise awareness of men's well-being.

One of the six pillars of International Men's Day is to improve gender relations and promote gender equality not only for men but for women too. In this light the theme for 2021 is "Better relations between men and women."

This year, Dr. Jed Diamond has gathered with 5 other colleagues and friends (Riane Eisler, Michael Gurian, Lisa Hickey, Boysen Hodgson, and Frederick Marx) who also have a long-term commitment to helping men and their families to live fully, love deeply, and make a positive difference in the

world; and together they've organized an Online International Men's Day Open Forum.

– Jed Diamond <jed@menalive.com> 2021-11-14.

Rosalie Maggio, Author of the Nonsexist Word Finder: a Dictionary of Gender-Free Usage, Oryx Press, 1987 died at age 77. While in St. Paul she became a writer, and among other works, published a book on quotations by women in 1996. She donated several copies of the Nonsexist Word Finder to the Men's Center library, and was a supporter of TCMC. Her consistent usage of language distinguished clearly between sex and gender. She decried the use of "woman" as an adjective, for example. Would you say or write "a man senator from North Dakota"? In a StarTribune OpEd in January, 1988, she stated that "there was no need to mutilate 'standard' English to avoid sexist words."

"Our language provides colorful, unambiguous, vital words for every conceivable use."

Her obituary appeared in the Minneapolis StarTribune, 2021-10-04. <https://www.startribune.com/rosalie-maggio-feminist-author-collector-of-women-s-quotations-dies-at-77/600103647/> – Andy Mickel, 2021-10-08.

Developing Healthy Boys MERGE for Equality, a program of the North American MenEngage Network (NAMEN), Inc. is excited to continue offering its "Developing Healthy Boys" training online for Early Childhood Educators. With goals to engage more effectively with children about healthy relationships and gender equality, we develop the concepts of healthy and unhealthy male socialization. We encourage a full appreciation of the

whole boy to maximize their capacity to be their authentic selves.

After addressing the processes of socialization, we launch head strong into implementation through classroom storytime. We introduce and practice a co-constructive reading style that encourages active and dynamic conversations with children. CEUs are offered for this five hour training. Request Training Information at: <https://www.mergeforequality.org/training-request/>

Educators Coaching Series

As a companion resource, we offer a coaching series for Early Childhood Educators who have attended the Developing Healthy Boys training. We focus support upon the real world classroom experience. – 2021-11-03

Make a
Donation
to the TC Men's Center.
It's fast, safe and simple!

Scan this Venmo Code with
your smart phone today.



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



Factor of 4, LLC
Web Site Design & Hosting

612-279-6400
www.factorof4.com

Brains. Experience. Style. Trust.

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

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

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 1100

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.

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, Bill Baldwin, on the Anger Management phone 612-229-3102.

25 Years of Successful Classes

**What's
Inside**

Page 1 *A Compassionate Ear...*
by Dr. Michael Obsatz
Page 2 *Library Corner*
Letter from the Chair

Page 3 *Dec/Jan Calendar*
Page 4-5 *Classes, Clinics,*
Presentations
Support Groups

Page 6 *Here & There*
Page 7 *Community Ads*
Page 8 *Anger Management*