

# men talk

tcmc  
twin cities men's center

in our 46th year  
of public service

Aug/Sep 2022  
Volume 46 #4

Explore your Truth, Find your Voice

## Men's Wellness: You Deserve A Great Life

– © 2022 BY BILL BALDWIN

The old Cat Stevens song "Oh Very Young," has the line, "you're only dancing on this earth for a short while." The song is about how life is short and love is the way. A Poet named Mary Oliver gave us the challenge, "What do you plan to do with your one wild and precious life?" Well, what? The leading cause of death for American men is heart attack. Twenty five percent of early deaths in men can be attributed to heart attack. And women have always lived longer than men. Why is that? Finally, in this opening, a quote from Senator Paul Tsongas: "No one, on their deathbed, wishes they had spent more time at the office."

Throughout history, men have been really poor about taking good care of themselves. Men have been enculturated and encouraged to deny their bodies and their feelings. Men have been used as cannon fodder, totally expendable, in wars fought by the powerful in Washington. Men have sacrificed and ruined their bodies doing heavy work. They've done major damage to themselves by isolating, stuffing away their feelings, and denying their core needs. Some men live as if they're not living at all. They're really just surviving and not present to their own lives. What can be done to help men prioritize their own lives? The Twin Cities Men's Center is all about helping men live healthier lives of integrity, with the purpose of being safe and healthy men in their families and all they do in the community.

So, what the heck is wellness anyway? Wellness has been a huge buzz word in recent years. Advertisers have found that they can insert the word wellness into any product or service and people will respond. We all, at some level, want to feel great and have a wonderful life. Doing nothing about creating wellness will keep us getting the same results we've always had. Wellness work allows a man to be listened to deeply, encouraged to explore their strengths, their passions and desires and their vision of how they want their lives to look. Wellness work is about discovering our strengths and building on them through developing habits that support the life we want to live. Wellness, as I and others would define it, is the sum total, and maybe even beyond that, of the quality of life measured by how well we're doing in the major areas of life. I like to look at eight major categories that make up wellness: physical, mental, spiritual, emotional, relational, vocational, financial and renewal. In wellness coaching we look at how well we're doing in each area of life.

For instance, a guy could be highly successful in his career, earning lots of money and having respect in the world for what he has created. But, perhaps his primary relationship, marriage or partnership is in shambles. He has lots of money and prestige but he is completely miserable because his relationship is badly broken. Wellness is about

seeking balance in life, finding a way to experience good things in all categories of life. Maybe this guy would choose to make adjustments in how much he worked and put a new importance on healing his relationship. This is an example of wellness work. Wellness is not just about eating carrots and spinach and walking five miles a day. It can certainly include working on core health such as blood sugar, weight, cholesterol and stress reduction. Developing basic health certainly could be a focus.

On Saturday morning at Mizpah United Church of Christ on Fifth Avenue in Hopkins, a group of men meets to talk about wellness, to learn, to share, to experience meditation and gentle movement exercises, and to experience support from other men. This is a drop in group sponsored by the Twin Cities Men's Center. A few guys have been coming weekly since last fall and have made great strides in creating a life they love. Some come occasionally and some just once and gone. One man came to the group the first and only time on what was his birthday and wedding day. Yes, he prioritized coming to a wellness support group on his wedding day. The men who have come have enjoyed the support, acceptance and camaraderie with other men. Just getting men together to talk openly and honestly about their lives is a major wellness activity. Men can be isolators and prone to holding in their feelings. At men's wellness group men find a place to be themselves, their open, honest, authentic, best and favorite selves. Men may find out who they really are and what they love in life and it can be truly transforming. I hope you will drop in some Saturday soon and experience the joy of men getting real about their lives together.

Have you ever hear the poem "The Dash?" The dash is placed on a gravestone between the year of birth and the year of death. They dash is our life and what we did with it and how we lived. What are you doing with your dash? You only live once as far as we know, so why not make it fabulous and truly meaningful and enjoyable? After all, you're infinitely worthy of a great life! May today be the beginning of your wellness journey! For more information please go to [tcmc.org](http://tcmc.org) and find the Men's Wellness Group, and/or go to my men's wellness website [wellnessforguys.com](http://wellnessforguys.com).

*Bill Baldwin has been active in the TCMC since 2000 first taking the anger management course, becoming a facilitator in the program, serving as program coordinator and serving on the TCMC board more than once. He has attended numerous TCMC support groups. Bill has been an ordained minister for thirty years, a trained and experienced therapeutic bodyworker, and a Mayo Clinic and National Board-Certified Wellness Coach. Bill is committed to living in the present moment with joy, strength and purpose.*

## Library Corner

– MATT BARNES, JEFF  
SPRINGER, LIBRARIANS



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 e-mail 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 Wi-Fi 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)

Office Manager: Tom Maher  
Anger Mgmt Coord.: Tom M, Tom W.  
Volunteer Coord.: Jim Heaney  
Editor: Bill Dobbs

### Board of Directors:

Tom Weaver, Chair  
Andy Mickel, Vice-Chair  
Ben Alfaro, Secretary  
Rick Charlson, Treasurer  
Mike Arieta  
Tom Sullivan  
Derek Gegner - Alternate  
Harry Greenberg - Alternate  
Dan Gorbonow - Alternate  
Jim Heaney - Alternate

## Letter from the Chair

**C**onnections, Community and Centering, the three C's, have been on my mind at TCMC this summer. Connections with our on-line and now face-to-face support groups are growing. Wellness for Men, created through Bill Baldwin, is featured elsewhere in this issue. Wellness centered on balancing men's lives in body, mind, spirit and community has been part of our dynamic mission statement for years. Consider joining Bill at the Hopkins location: <https://tcmc.org/programs-support-groups-mens-wellness.html>

Celebrating those in TCMC's Community: Dan Gorbunow, who designed the successful pilot Anger Management II program and suggests a follow up class building on his experience this fall; Joe Szurszewski and Malik Holt S who indeed Secured Our Future in response to the death of George Floyd with our pilot "Removing the Guardrails, A Race and Class Training" in 2020-21; Peter Gold, the Thurs General Issues group facilitator for four plus years, who is stepping back, while being open to mentoring other men to keep the group going in a good way; Bradford Bartlett our intern since March this year has been active to support in our office, and

attending anger management classes as part of his undergraduate program at Metro State.

Centering is a process of grounding, a journey of self-discovery to find balance in our lives. Our support groups with trained facilitators continue to provide a safe place for each participant, "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 to give support to one another. Attendees share feelings and experiences which facilitate Self-Acceptance and Personal Growth."

Please consider joining us in these challenging, yet hopeful times, to continue the tradition of mutual support and respectful communication.

Again, thanks to all our volunteers and participants who continue to make TCMC, a center for health and healing, through the three C's in every season. May we continue to explore creative ways to be of service Where within our TCMC Community inspire you to "Explore your Truth, Find your Voice" at the Twin Cities Men's Center.

Kindest regards as summer evolves in the autumn,

TOM WEAVER, TCMC BOARD CHAIR

## New Support Group for Male Victims of Domestic Abuse

The Twin Cities Men's Center, in conjunction with Southern Valley Alliance, is beginning a Support Group via Zoom for men who have been the victims of any type of domestic abuse. Please look for more details to follow!

## TREASURER Volunteer Opportunity

We are still accepting applications for TCMC's next Treasurer. The Treasurer will be responsible for financial management and oversight, budgeting and monitoring, tax reporting, and making monthly reports to the Board of Directors. Please visit [TCMC.org](http://TCMC.org) to read the full job description or contact our Office Manager, Tom Maher, at [tomm@tcmc.org](mailto:tomm@tcmc.org).

## ANGER MANAGEMENT COORDINATOR Job Opportunity

We are still accepting applications for TCMC's next Anger Management Coordinator. The AM Coordinator is responsible for administration of the program in all of its aspects, including program organizing and scheduling of classes, finding available facilitators, handling inquiries from men interested in taking the class, recording registrations, and collecting fees. Please visit [TCMC.org](http://TCMC.org) to read the full job description or contact our Office Manager, Tom Maher, at [tomm@tcmc.org](mailto:tomm@tcmc.org).

## Twin Cities Jewish Community Mental Health Conference

TCMC has been invited to man a resource booth at the Twin Cities Jewish Community Mental Health Conference on October 23rd and also asked if we would like to be included in their directory of mental health resources in the Twin Cities. If anyone is interested in volunteering to man the booth, they can contact Tom M at [tomm@tcmc.org](mailto:tomm@tcmc.org)

## MSOP African/American Support Group

TCMC was contacted by MSOP in St Peter about starting an African/American Support Group for their internal clients. They are looking for a group where African-American men can discuss issues such as the George Floyd/Duante Wright deaths. Details to follow,

# 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
	MKP CIRCLE 7:00 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00 PM	BOARD MTG 7 PM  MKP CIRCLE 7:00 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00 PM	MKP CIRCLE 7:30 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
MEN'S BRUNCH 10:00 AM  SUPPORT GROUP WE AGNOSTICS AA 6:00 PM	MKP CIRCLE 7:30 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00 PM	MKP CIRCLE 7:00 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00 PM	LABOR DAY HOLIDAY	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM 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 HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00 PM	BOARD MTG 7 PM  CLASS ANGER MNGT I 6:00 PM  MKP CIRCLE 7:00 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	MEN TALK DEADLINE  SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
MEN'S BRUNCH 10:00 AM  SUPPORT GROUP WE AGNOSTICS AA 6:00 PM	CLASS ANGER MNGT I 6:00 PM  MKP CIRCLE 7:00 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30 AM
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00 PM	CLASS ANGER MNGT I 6:00 PM  MKP CIRCLE 7:00 PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	CALL US ABOUT ANGER MANAGEMENT CLASSES.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

AUG/SEP 2022

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

IN OUR 10TH YEAR  
OF PUBLIC SERVICE 2022



## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 46 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 34 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

Beginning August 2021, we have begun hybrid meetings, video and in-person, at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

COVID Note: Masks are recommended, but not required, when multiple people are present at the Men's Center

*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., Aug. 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.*

### Family Law Clinic

Leader: Linda Wray

Where: Video Chat

When: Wed., Sep. 7, 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 I

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.

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 at 612-229-3102.

### Anger Management II

Facilitator: Dan Gorbunow

Where: Video Chat

When: See calendar for dates

*Open to Men Only, Registration Required*

The New Anger Management II Course, "Beyond Anger: Reclaim Your Fire!" is a great way for men who have completed the *TCMC Men Helping Men With Anger Management* course (and have fully paid the fee) or have demonstrable equivalent training or background can now go further into new territory of self-development and emotional competency.

There is, however, much more to learn, and do, and become: your deeper self is at

hand. Now, it is time to go beyond anger, and discover the hidden sources of power, transformation, healing, and creativity.

We will guide you into a new space, language, and style of learning as a first goal. There's lots of fun and interactive material we will be exploring, some in materials and study, mostly in direct sharing and experience.

Please call TCMC at 612-822-5892 to register, or call the Anger Management coordinator 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, Craig Huelskoetter, Thomas Koepke, Sean Kratz, and Gary Weldon.

### Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- Saturdays 10:00 am - 12:00 pm

### St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

## Sexual Trauma & Abuse

### Survivors

*Open to all Genders*

Co-facilitators: Pat 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.

**Location:** On hold

### We Agnostics of Uptown AA

*Open to Men Only*

A support group for men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Frank at agnostictc@gmail.com

**Location:** In-Person

- Sundays 6:00 - 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 Gilette's book.

**Registration:** [https://docs.google.com/forms/d/e/1FAIpQLSdBQh40\\_XpJInGr35iDThnqBLOl2HyhPbdL7djzqNDFVbJliw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdBQh40_XpJInGr35iDThnqBLOl2HyhPbdL7djzqNDFVbJliw/viewform)



**Monthly Men’s Sunday Brunches Resuming! August 21st at Frank Brandon’s deck** 975 Como Blvd E, St. Paul, 55103 651-487-3511. (on the east side of Lake Como). **September 18th at Andy Mickel’s**, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). About half-dozen men attended the Father’s Day brunch in June at Jimbo Lovestar’s; the July brunch at Tom Borden’s was cancelled. – Andy Mickel, 2022-07-17.

**New Nationwide Mental Health Crisis Line: “988”** Beginning the weekend of July 16, dialing 9-8-8 can connect anyone to an integrated crisis line making access simpler than the several crisis lines that have been in existence. In Minnesota we still have crisis lines that have been operating for more than 50 years. – Andy Mickel, 2022-07-12.

**Man-Making Blog: Big Homie Lil Homie - Officer Homie** <http://journeytomanhood.blogspot.com/2022/07/big-homie-lil-homie-officer-homie.html> The term “homie”, as it relates to another person, is an urban slang abbreviation of home boy. A home boy is a guy who you really care about, feel a deep bond with, and who would do anything for you. When I heard about a mentoring organization for fatherless boys called Big Homie Lil Homie, it really got my attention. I think we all need a few homies around us!

Jamal Stroud was a guy, who as a child, was lost in the South Carolina foster care system until the age of six. He was moved to six different foster homes in his first six years, and sometimes physically and sexually abused. He said it wasn’t until his aunt finally adopted him that he was able to actually understand love.

Jamal started the non-profit Big Homie Lil Homie in 2017. Its purpose was molding and shaping fatherless boys, six to sixteen, into “GREAT men of society through mentoring.” After a 2019 appearance on the Ellen Show, things really took off. Today the program has more than fifty mentors and six-hundred young men from the Columbia and Lexington, S.C. areas. You can learn more about Jamal’s Big Homie Lil Homie program on their website <<https://www.bighomielilhomie.org/>> (and see the clip from the Ellen Show too). – Earl Hipp, 2022-07-08

TCMC alternate board member Dan Gorbunow is now a published author! *Find Your Voice: Transcendent Men, Real Stories* features 20 male authors sharing personal transformation. Dan is the author of Chapter 4, “Healing The Father Archetype” Buy and review the book on Amazon after August 2, or buy a signed copy from Dan and pre-order his other upcoming books at [www.WarriorVox.com/books&articles](http://www.WarriorVox.com/books&articles). – Dan Gorbunow, 2022-07-19

**Spiritual Warrior Certification Weekend** Sept 9-10-11 at Martell’s Landing, Somerset, Wisconsin (35 minutes from Twin Cities on the St. Croix). Story, Drum, Meals, Fellowship, and the Seven Dimensions of Spirituality teaching. A fun nature retreat with lodging, food, purification lodge, bathrooms and kitchen. Adults. \$597. Special \$397 with PROMO CODE: TCMC or MKP to receive a \$200 Discount! Space is limited, sign up and make a deposit today at: [www.WarriorVox.com/OdysseyCircles&Retreats](http://www.WarriorVox.com/OdysseyCircles&Retreats) – Dan Gorbunow, 2022-07-19

**A slew of articles, opinion pieces, letters to the editor, etc.** painting all men with broad brush of criticism have appeared in the media in the aftermath of recent mass shootings in the USA. What seems to be thinly disguised misogyny (hatred of men) is probably more accurately **ignoring the technological progress provided these past 4 decades from Men’s Work** (Robert Bly Men’s Conferences, ManKind Project Weekends, etc.) focussing on the archetype of male initiation. Indigenous Wisdom provided by native peoples planet-wide, and articulated by, for example, Malidoma Somé states the West African proverb: **“If you don’t initiate the boys, they will burn the village down.”** Sample headlines include: “Unenlightened White Males”, “Angry young males become a constant as shootings mount”, “Uvalde shooting and response? See: masculinity, absence thereof...It’s impossible to see how cultural trends didn’t contribute — on both sides of the event.”, etc. Even the unenlightened David Brooks and Jonathan Capehart on PBS Newshour, Friday, July 8, grappled unsuccessfully for an explanation which, had they been doing a little more research would have proved fruitful. Instead of demonizing men, we should help them. See **Warren Farrell’s op-ed in the New York Daily News**, June 6, 2022.

<https://www.nydailynews.com/opinion/ny-oped-mass-shootings-are-inseparable-from-our-boy-crisis-20220606-3v27opdsfffwvde5eni6usn32y-story.html> – Andy Mickel, 2022-07-17.

**Riding the Beautifully-Wrought Spear— Fall Minnesota Men’s Conference 2022** October 7-9, Fri-Sun, 2022 FFI: [www.minnesotamensconference.com](http://www.minnesotamensconference.com) The soul can be transported in many ways, a song, a sunset, a poem, an image. Medicine people of many traditions have held knowledge of such travel. Sometimes it takes the form of riding an animal such as an eagle or a bear, sometimes it manifests as riding a broomstick or paddling a mortar with a pestle across the sky, or riding on the shoulder of a giant. In other traditions it involves riding the flight of an arrow or spear across vast distances.

For the past 38 years, participants at Minnesota Men’s Conferences have been transported on beautifully wrought spears of poetry, song, story, and ritual. Souls have been tempered and refined, and men have experienced alchemical transformations. Just as a pebble dropped in a pond will send ripples across the entire surface, when the soul of a human being is moved, the world around us reverberates and echoes in response.

The event is hosted on the wooded banks of the St. Croix River at the YMCA Camp St. Croix just outside Hudson, WI (about 30 miles east of the Twin Cities). We have the use of a beautiful lodge with a large and roaring fireplace as well as heated bunkhouses for all participants. Also, tenting space is available (tents not provided). Shared meals are provided in the camp’s spacious cafeteria beginning with Dinner Friday October 7th. Guests include old friends Miguel Rivera, Ben Dennis, Timothy Young, and Walton Stanley.

Conference fee is \$350.00 (reduced fees and scholarships available for those who request them, contact [walton.stanley55@gmail.com](mailto:walton.stanley55@gmail.com) to request financial aid).

**Covid Safety:** As this conference will involve significant contact indoors, we will ask to see proof of vaccination and boosting against Covid-19. We will also be holding as much of the conference as possible out of doors. – Walton Stanley, 2022-05-31.



## 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: Zoom Video conference (request a link at tcmc.org)  
 When: Every 1st Wednesday from 7:00 to 9:00 PM

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](http://www.iacounseling.com)



**Factor of 4, LLC**  
*Web Site Design & Hosting*

**612-279-6400**

[www.factorof4.com](http://www.factorof4.com)

*Brains. Experience. Style. Trust.*

### UPTOWN AREA SPACE TO RENT

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

	<i>Non-Profit</i>	<i>Profit event</i>
<i>Full Day (8 hrs)</i>	\$50	\$100
<i>Half Day (4 hrs)</i>	\$25	\$50
<i>Hourly</i>	\$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  
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:** \$285 for TCMC Members (\$295 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.

*26 Years of Successful Classes*

**What's  
Inside**

Page 1 *Men's Wellness: You Deserve*

*A Great Life by Bill Baldwin*

Page 2 *Library Corner*

*Letter from the Chair*

Page 3

*Aug/Sep Calendar*

*Classes, Clinics,*

*Presentations*

*Support Groups*

Page 6 *Here & There*

Page 7 *Community Ads*

Page 8 *Anger Management*