

# men talk

tcmc

in our 48th year  
of public service

twin cities men's center

Jun/Jul 2024  
Volume 48 #3

Explore *your* Truth, Find *your* Voice

## Managing Your Every Day Stresses And Anxieties

– © 2023 STAN POPOVICH

Every father deals with stress and anxiety, however the key is to know what to do when your stressed out. It is not always easy to keep your feelings from getting the best of you.

With this in mind, here are seven tips that a person can use to help manage their daily stresses and anxieties before they get out of control.

**1. Get all of the facts of the situation:** Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. Most importantly, do not focus on your fearful thoughts when your stressed out.

**2. Take a break:** Sometimes, we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper, or do an activity that will give them a fresh perspective on things.

**3. Carry a small notebook of positive statements with you:** Another technique that is very helpful in managing fear is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that relaxes you, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements.

**4. You can't predict the future:** While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

**5. Challenge your negative thinking with positive statements and realistic thinking:** When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Focus on the reality of your situation and not on your thoughts. Your fearful thoughts can make things worse so try to focus on something positive when you get anxious.

**6. Divide your activities into separate steps:** When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increases your chances of success.

*Stan Popovich is the author of the popular managing fear book, "A Layman's Guide to Managing Fear". For more information about Stan's book and to get some more free mental health advice, please visit Stan's website at <http://www.managingfear.com>.*



## Library Corner

– MATT BARNES,  
LIBRARIAN



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

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.

Bookkeeper: Jae Asanchevay

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## Letter from the Chair

Choosing an Attitude of Gratitude. Thanks for Stan's lead article that invites us to life-giving awareness by "Managing Your Everyday Stresses And Anxieties."

On our personal journey, even as we plan an outdoor field trip for our 55th College Reunion this June in Northfield, it is a time for reflection. A daily practice of slowing down to breathe and even eat mindfully has been important to staying centered and witnessing the evolution of how TCMC is navigating the 21st Century! Curious; as my mind makes up a story we are in our 39th year, while my body says, you are living in a 77 year old body! My Tibetan Rinpoche reminds us to know our deep inner refuge, a place to rest and retreat, being mindful of the Stillness of our body, Silence of our speech, and Spaciousness of our mind. Indeed to be fully present, we must transcend the worry of all the things we cannot control during this earthbound journey.

Our Evolving /Emerging Anger Management Teachings

Special thanks to Andy Mickel & Bill Dobbs for working with teachers Sean McLoughlin and Patrick Gallagher who presented their vision at the April Board Meeting. They are piloting Moving Toward Empowerment, a 12-week class, based on David Decker's work. [www.angerresources.com](http://www.angerresources.com).

Follow our changing anger management offerings here: [tcmc.org/programs-anger-management-overview.html](http://tcmc.org/programs-anger-management-overview.html)

Once again another path and teaching to support TCMC's mission of service. "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."

Thanks again to our multi-talented office manager, Tom Maher, the face of TCMC for continuing some of his Facebook Live Interviews. Our 3rd Annual International Men's Day Celebration will be hosted on Sunday Nov. 15 this year with the visionary leadership of Derek Gegner and Paul O'Connell who Tom has interviewed. Also TCMC Volunteers will be at the State Fair to Support Mental Health Day Aug. 26th. Look for upcoming announcements in MenTalk and online. <https://www.mentalhealthatthefair.org/>

Thanks again to all our members and volunteers for supporting TCMC, and those we continue to serve! Enjoy the beautiful days of summer.

In service,

**TOM WEAVER, TCMC BOARD CHAIR**

## VOLUNTEERS Needed for the TCMC State Fair Booth!

We are looking for volunteers to staff the NAMI, (National Alliance on Mental Illness) booth at the Minnesota State Fair, to Support Mental Health Day, on Aug. 26th, 2024. While we have some VOLUNTEERS, we need others can support a 3 or 4 hour shift. TCMC will have give-aways similar to the International Men's Day last year! Contact our Office Manager, Tom Maher, to volunteer for this event, [tomm@tcmc.org](mailto:tomm@tcmc.org) or 612-822-5892.

## 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).

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
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## JUN/JUL 2024

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

CALL US ABOUT ANGER MANAGEMENT CLASSES.

SUPPORT GROUP  
HSB 10:00 AM  
MEN'S WELLNESS  
10:30AM

<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM</p> <p><b>2</b></p>	<p>ANGER MGMT 7 PM</p> <p><b>3</b></p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM</p> <p>MOVING TOWARD EMPOWERMENT 7 PM</p> <p><b>4</b></p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P</p> <p>ANGER MGMT 7 PM</p> <p><b>5</b></p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM ANGER MGMT 7 PM</p> <p><b>6</b></p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p> <p><b>1</b></p>
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM</p> <p><b>9</b></p>	<p>BOARD MTG. 7 PM</p> <p>ANGER MGMT 7 PM</p> <p><b>10</b></p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM</p> <p>MOVING TOWARD EMPOWERMENT 7 PM</p> <p><b>11</b></p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P</p> <p>ANGER MGMT 7 PM</p> <p><b>12</b></p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM ANGER MGMT 7 PM</p> <p><b>13</b></p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p> <p><b>15</b></p>
<p>MEN'S BRUNCH 10:00 AM</p> <p>SUPPORT GROUP WE AGNOSTICS AA 6:00PM MKP CIRCLE</p> <p><b>16</b></p>	<p>ANGER MGMT 7 PM</p> <p><b>17</b></p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM</p> <p>MOVING TOWARD EMPOWERMENT 7 PM</p> <p><b>18</b></p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P</p> <p>ANGER MGMT 7 PM</p> <p><b>19</b></p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM ANGER MGMT 7 PM</p> <p><b>20</b></p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p> <p><b>22</b></p>
<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM</p> <p><b>23</b></p>	<p>ANGER MGMT 7 PM</p> <p><b>24</b></p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM</p> <p>MOVING TOWARD EMPOWERMENT 7 PM</p> <p><b>25</b></p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P</p> <p>CLINIC FAMILY LAW 7 ANGER MGMT 7 PM</p> <p><b>26</b></p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM ANGER MGMT 7 PM</p> <p><b>27</b></p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p> <p><b>29</b></p>
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<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM</p> <p><b>14</b></p>	<p>BEYOND ANGER 6PM ANGER MGMT 7 PM</p> <p><b>15</b></p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM</p> <p>MOVING TOWARD EMPOWERMENT 7 PM</p> <p><b>16</b></p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P</p> <p><b>17</b></p>	<p>SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM ANGER MGMT 7 PM</p> <p><b>18</b></p>		<p>SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM</p> <p><b>20</b></p>
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<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM</p> <p><b>28</b></p>	<p>ANGER MGMT 7 PM</p> <p><b>29</b></p>	<p>SUPPORT GROUP GAY ISSUES 7:30 PM</p> <p><b>30</b></p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P</p> <p><b>31</b></p>			

## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 47 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

Since 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).

*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: Online Zoom Chat

When: Wed., Jun. 5, 7:00-9:00 pm

*Open to all Genders*

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

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

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

### Family Law Clinic

Leader: Heather Chakirov

Where: Online Zoom Chat

When: Wed., Jul. 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

### Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

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.

### Moving Toward Empowerment Class

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

*Open to Men Only, Registration Required*

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. MTE focuses on the subjects of toxic shame, personal empowerment, and developing healthy relationships. It will start with a short review of the material in the original course in the first three weeks. It will be a discussion-centered course that will use a workbook created by David Decker, based

on his book "Embracing the Dark Side". While the original course mainly addresses managing one's anger when in painful and dysfunctional form, this class will address the deeper work of moving away from an angry life and growing toward an empowered healthy life. Successfully completing Men Helping Men With Anger is a prerequisite to registering for this class.

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.

## 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:** Online/Hybrid/In-Person

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

In-person groups are held at TCMC, 3249 Hennepin Ave. S. Suite 55, Minneapolis MN 55408

You can request a link for Zoom Video using "Contact a Group Facilitator" at <<https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>>

### General Men's/Divorce/ Uncoupling Issues

*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:** Online Zoom

- 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:** Online / 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:** Online / In-Person

- Wednesdays 7:30 - 9:30 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:** Online Zoom

- Scheduled by appointment

**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 agnosticctc@gmail.com**

**Location:** In-Person

- Sundays 6:00 - 7:00 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:** In-Person at 901 1st Street N. Downtown Hopkins, MN 55343

- Saturdays 10:30 am - noon

**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.

**Minneapolis Location:** In-Person

3249 Hennepin Ave. S. Suite 55

- Saturdays 10:00 am - 12:00 pm

**St. Paul Location:** In-Person

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

**Donate to TCMC**  
*It's fast, safe and simple!*



*Twin Cities Men's Center*

**CLOTHING DRIVE**

Donate gently used or new dress clothing to those in need.

**CURRENTLY ACCEPTING:**

- SUITS
- COLLARED SHIRTS
- SPORT COATS
- POLO SHIRTS
- SLACKS
- DRESS SHOES
- DRESS SOCKS

**FROM MONDAY, 3 JUNE 2024**

**UNTIL MONDAY, 1 JULY 2024**

3249 Hennepin Ave Unit 55  
Minneapolis, Minnesota 55408

(612) 822-5892



**Fundraising & Contributions Help Needed**

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact us at

[tcmc@tcmc.org](mailto:tcmc@tcmc.org)

**Open Monday through Friday**  
**12:30 PM CST to 3:30 PM CST**

[tcmc.org](http://tcmc.org)

**Upcoming Monthly Men's 3rd Sunday Brunches.** April 21st at Andy Mickel's, June 16th (Father's Day--children welcome) at Jimbo Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. July 21st at Tom Borden's, backyard 3933 41st Ave S, Minneapolis 55406. 651-792-5040. 12 men attended Andy Mickel's April brunch and 6 men attended Rick Gravrok's May brunch! – Andy Mickel, 2024-05-20.

"I am grateful for the community of men at the TCMC supporting each other to be our best." - Bob Schauerhamer, 2024-04-01.  
"With my wide experiences in not only visiting folks in assisted living and nursing home facilities but also living in two different facilities, and being the Assistant Office Manager in a third, leads me to the conclusion that they are all very similar. And if you recall the 1975 movie "One Flew Over the Cuckoo's Nest," then you get a flavor of what the different environments are like..." - Larry Boatman, 2023-11-01.  
"Thanks for all the good work you do!" – Jill Ann Marks, MA, LP, 2024-03-15.

**ManKind Project (MKP) Minnesota invites and welcomes any man to attend these open groups (drop-in anytime):**

- Sunday Open Men's Circles, 6:45-8:30 pm, 2356 University Avenue W, St. Paul 55114. Contact: Pat Murphy 651-353-7741

In addition these MKP Integration groups are open to visitors, please call for details:

- Tuesdays 7-9 pm alternates between St. Paul & Minneapolis: Lake Street/Longfellow area, Minneapolis, David Kaar

612-275-5165

- Thursdays 7-9 pm St. Paul/Minneapolis (Every other Week) Nick Brogren. 763-234-1833  
– David Kaar 2024-05-21

**Chartwell Books, The Quarto Group and Summersdale Publishers in the UK** have re-issued a series of self-help books that appear to be unusually up-to-date and 21st Century!

- **The 1000 Most Important Questions You Will Ever Ask Yourself -- That Makes Life Work For You** - by Alyss Thomas, 2022, 248 pages. Chapters: Ask Yourself; Choose Your Values; Time; Stress; Anxiety and Relaxation; Dealing with the Past; Happiness, Joy and Creativity; Relationships and Communication; Hope.

- **The Healing Workbook - Tips and Guided Exercises to Help Overcome Trauma** - by Amanda Marples, 2023 158 pages. Chapters: Trauma, Healing and You; Dealing with Trauma; Looking After Your Body and Mind; How to Take Control; Managing Your Healing Journey; Friendships and Relationships; Staying on Track; Looking Forward.

- **The Self-Esteem Workbook -- Practical Tips and Guided Exercises to Help you Boost Your Self-Esteem** - by Anna Barnes, 2023, 157 pages. Chapters: Self-Esteem and You; Self-Esteem Boosters; How to Tackle Negative Self-Talk; How Self-Esteem Can Affect Your Actions; Taking Good Care of Yourself; Love Your Body; Friendships and Relationships; Looking Forward.

- **The Adulthood Workbook — The "I DID IT!" Approach to Work, Life, and Getting Your Act Together** - by Elsie Wild, 2023, 192 pages. Chapters: How "Adult" Do You Feel Right Now?; Health, Wellness,

and You; Finances 101; I'm Working On it!; Home is Where the Adult Is; You and Me.

- **Self Care — A Journal to Reclaim Your Time to Rest and Rejuvenate** - by Laura Drew Leeann Moreau, Evelin Kasikov and others, 2020, 160 pages. Chapters; Tuning Into Your Needs; Time Management; Cycle of Celebration; Self-Love; Write It Out.

- **52 Weeks to Better Mental Health: A Guided Workbook for Self-Exploration and Growth** - by Tina B. Tessina, Ph.D., LMFT, 2023, 192 pages. Chapters: Mental Health & Self-Awareness; Managing Conflicting Thoughts; Stress & Resistance; Building Confidence & Trust; Getting In Charge of Your Life; Other People & You; Your Past & Mental Health; Integrity: Being Your Authentic Self; Fun & Joy.

**Book Review of The Universe Story by cosmologist Brian Swimme and historian Thomas Berry.** "The Hazards and Blessings of Being Male: Embracing the Seven Challenges For a Successful Life", Jed Diamond cites two quotes: "The premature death of men is the most important—and neglected—health issue of our time." - Mariann Legato, MD 2017, and "The male has paid a heavy price for his masculine 'privilege' and power. He is out of touch with his emotions and his body. He is playing by the rules of the male game plan and with lemming-like purpose he is destroying himself—emotionally, psychologically and physically." – Herb Goldberg, 1976 in *The Hazards of Being Male*. Read the full review at:

<https://menalive.com/the-hazards-and-blessings-of-being-male/> – Jed Diamond, 2024-05-17.

## *In Memoriam - Scott Bartell*

Scott Bartell, a founding and long-time member of the Twin Cities Men's Center, died suddenly on Sunday May 5, 2024 at ANW hospital of natural causes after a brief illness. Al Oertwig remembers Scott as an effective, energetic leader during his earlier more extensive involvement with The Men's Center.

In 1976, Scott was one of the visionary men who founded TCMC. Among his many roles in the 70s, 80s and 90s, he served on the TCMC board, helped produce two regional Men's Conferences, and facilitated many support groups. Also, throughout the 90s, Scott Bartell and other organizers in the Bisexual Organizing Project of Minnesota produced the BECAUSE Conference, which grew into one of the nation's biggest bi+ community events. In addition to his activism, Scott was an avid bagpiper and Gaelic singer. Up to the very end he was telling jokes, singing Gaelic tunes to the nurses in his usual spirited way.

There was a family burial service the second week of May, and his partner, Flo, will be organizing a celebration of life on his birthday in August. He was a dear friend who will be truly missed.

## Twin Cities Men's Center ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Weds. presentations.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:  
Enclosed please find \$\_\_\_\_\_  \$25 (Regular)  \$50 (Patron).
- I want to make an additional, tax-deductible gift of \$\_\_\_\_\_. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*



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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!

### UPTOWN AREA SPACE TO RENT

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

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

**(612) 822-5892**

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Subscribe to AMP's free, semi-monthly echeck-in to keep updated on points to ponder, helpful resources, thoughtful quotes, suggested activities, and space for your reflections.



**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.**

*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).**

**Check TCMC out on Social Media! Facebook: [facebook.com/tcmc.org](https://facebook.com/tcmc.org) Instagram: [instagram.com/tcmcofficermanager](https://instagram.com/tcmcofficermanager)**

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***twin cities men’s center news***

**men talk**

## **Anger Management Program**

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you “blew up” one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It’s ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

**Length of Class:** 12 consecutive weeks

**Number of Participants:** Limited to 12 men per class

**Cost:** \$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 on the Anger Management phone 612-229-3102.

*28 Years of Successful Classes*

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