

# men talk

tcmc

in our 48th year  
of public service

twin cities men's center

Aug/Sep 2024  
Volume 48 #4

Explore *your* Truth, Find *your* Voice

## Self-Compassion as Spiritual Practice: I Am Not My Mistakes

– © 2024 DR. MICHAEL OBSATZ

India Arie has recorded a beautiful song called “I am Light.” One of the lines in the song is “I am not the mistakes I have made... I am light.”

This week, I talked to a friend who was feeling down on himself and very depressed. He was reminding himself of all the mistakes he had made in his lifetime. I tried to console him, pointing out how much good he had done in the world, how many people he had helped, and it is remarkable that he survived his childhood abuse and neglect. I told him he was a “walking miracle.” He didn’t know how to respond to my comments and support. I just let it go.

I believe that we have all suffered in our lives, been hurt and abandoned, and made mistakes. Hopefully, we have learned from them, grown in deeper understanding and consciousness.

Falling down is inevitable in this lifetime. It is how we choose to pick ourselves up and move on that is the miracle. For many of us, we get second and third chances. Another song: “Nobody is going to rain on my parade.” Self-compassion means that we don’t rain on our own parade.

Many of us have had numerous emotional and physical relationships that did not work out for some reason. We can move into the shame/blame game, or we can just understand that our choices were made to teach us something. We can ask ourselves: What have I learned from this disappointment, loss, change, betrayal, or injury?

What a joy it can be to know that we are perfectly imperfect. God loves us just the way we are. Our lives are continuing to unfold, with surprises and challeng-

es. It is helpful if we are have spiritual and emotional support. Another song: “We can pick ourselves up, dust ourselves off, and start all over again.”

Here’s to appreciating our resilience, and our forgiving ourselves for being human. Self-compassion is a spiritual practice. It requires conscious effort to forgive ourselves, and know that ultimately we are loved, supported, and cherished.

*Dr. Michael Obsatz is Professor Emeritus from Macalester College where he taught education and sociology courses for 40 years. He is an author, filmmaker, workshop leader, and was in the 1978 “The Men’s Survival Resource Book” published by the Twin Cities Men’s Center.*



Boomer to Zoomer Communication Device

© 2024 dobbs

## 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)  
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## Letter from the Chair

We are experiencing the joy of fully being present as we write this column. Breath awareness and practice is inherent to healing and life. We meditate each morning, today revisiting "Biocognition and Breath: Cultivating Health and Longevity." I invite you to join the free offerings of Cybersangha - [https://cybersangha.net/biocognition\\_breath/](https://cybersangha.net/biocognition_breath/)

Experiencing gratitude every day: Yesterday we picked some ten pounds of chokecherries, a summer fruit that stores the sun's energy to enjoy during the darker months when they shared as red jelly with friends and family. Honoring the aliveness in our mind/body in reflection this morning. Happy to have witnessed the 12th and final class of TCMC's Wednesday Anger Management Class: knowing 15 more men have the tools to co-create relationships that have healthy balance and resilience. Grateful for our members and readers, who continue to support us in our 48th year of service.

Thanks to volunteers Bob Strong and Jim Heaney who continue to upgrade our Meeting Owl Technology supported in part by a 2023 grant from the Schmidt Carl and Verna Foundation of Rochester. We continue to sign up men for our Anger Management Program, now in our 28th year. Matt Thompson in Georgia, Sean McLoughlin and Jay Lindstrom in the Twin Cities, are now regular hosts, facilitators familiar with the on-line technology. We have regular hybrid meetings that have extended our reach for Anger

Management Teachings to several states. While Tom Maher, our office manager takes time away this week, our volunteers continue to take inquiries about our support groups and services. Regular updates by our IT volunteers/staff, Bill Dobbs and Andy Mickel, can be found at: [www.tcmc.org](http://www.tcmc.org).

Men have looked to TCMC for divorce and uncoupling issues, as well as how to choose healthy sexual boundaries through TCMC's support groups. Recently we honored the founders of CHSB, Tommy Jones and Bobby Schauerhamer who created the group 20 years ago. You can find out more about our current support groups and how to contact the facilitator to join here: <https://tcmc.org/programs-support-groups-twin-cities-mens-center.html>

We are now excited to return to the Minnesota State Fair, on Monday August 26th. TCMC is again coordinating a booth with NAMI. Look for our volunteers at the great Minnesota Get Together as we build on 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 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.

## Archie D & Bertha H. Walker Grant Awarded

Many thanks to our grant-writer, Ben Alfaro, who secured a \$1000 grant to TCMC from the Archie D & Bertha H Walker Foundation. He deserves a well-earned, CONGRATULATIONS!

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

## AUG/SEP 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM ANGER MGMT 7 PM		SUPPORT GROUP HSB 10:00 AM  MEN'S WELLNESS 10:30AM
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WEB SITE: WWW.TCMC.ORG  
E-MAIL: TCMC@TCMC.ORG  
PHONE: 612 / 822-5892

CALL US  
ABOUT ANGER  
MANAGEMENT  
CLASSES.

1976 IN OUR 48TH YEAR  
OF PUBLIC SERVICE 2024



## 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: Rebecca Randen

Where: Online Zoom Chat

When: Wed., Aug. 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.*

### Family Law Clinic

Leader: Linda Wray

Where: Online Zoom Chat

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

*Open to all Genders*

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

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

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

## 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!*



## Moving Toward Personal Empowerment: Anger Management II Course

Twelve-week course, meets weekly for 1.5 hours

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. Moving Toward Personal Empowerment (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.

**REGISTRATION IS NOW OPEN**

Call TCMC at 612-822-5892 or register online:  
[tcmc.org/programs-anger-management-mte-class-description.html](http://tcmc.org/programs-anger-management-mte-class-description.html)

## Fundraising & Contributions Help Needed

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

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

**Upcoming Monthly Men's 3rd Sunday Brunches.** August 18th at Frank Brandon's, 975 Como Blvd. E, St. Paul, 55103. 651-487-3511. (on the east side of Lake Como). **September 15th (near Fall equinox) at Andy Mickel's,** 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280).

Six men and 3 visitors attended Jimbo Lovestar's brunch in June. – Andy Mickel, 2024-07-15.

"Hang in there, guys! :)" – Russ Rayfield 2024-04-24

"I support TCMC and truly love what we do, and it's very important." – Thomas Achartz 2024-04-22

**ZERO Prostate Cancer Run/Walk in September.** I work for ZERO Prostate Cancer which is a national non-profit organization that works with the 1 in 8 men diagnosed with prostate cancer. On September 14, 2024, we will be hosting the ZERO Prostate Cancer Run/Walk Twin Cities and we would love to have you join us at the event! Location is: Lake Nokomis, 4955 W. Lake Nokomis Parkway (Beach Access), Minneapolis 55417. Registration is free and we welcome individuals to register teams and participate with us! Here is the information: <https://www.zerocancer.run/twincities> – Tracy Cameron, 2024-05-28 [tcameron@zerocancer.org](mailto:tcameron@zerocancer.org)

**40th Anniversary Minnesota Men's Conference.** In the fall of 1984, Robert Bly held the first Minnesota Men's Conference—a gathering of men dedicated to deepening soul, connecting to the animate world, and working with story, images, poetry, song, ritual, and beauty. Once again, this October, we will re-dedicate ourselves to and examine the role of tempered, developed, mature masculine energy in the world today.

Throughout our 40-year history many important thinkers, such as Robert Bly, James Hillman, Martin Prechtel, Malidoma Somé, and Francis Weller, have provided us with ground-breaking ideas and ancestral information about the male soul and the male experience. This year we look forward to welcoming Robert Bringham, author of *The Tree Of Meaning*. Robert is a poet, translator, storyteller, and typographer and brings a wealth of insight on story, myth, and the power of oral cultural traditions. Men of all backgrounds, preferences, and traditions are invited to join us at the conference.

**Date:** October 1-6, 2024 (Tuesday afternoon to Sunday afternoon)

**Location:** YMCA Camp St. Croix, 532 County Road F., Hudson, WI 54016

**Fee:** \$995 (includes five nights lodging, meals, all conference activities)

**Contact:** [contact@minnesotamensconference.com](mailto:contact@minnesotamensconference.com) or Walton Stanley (612) 850-6711

Scholarships are available if needed. To request a scholarship, contact us via email. – Tim Young, 2024-07-01

**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

*"Boys Get Everything, Except the Thing That's Most Worth Having"* By Ruth Whippman, June 5, 2024, New York Times <https://www.nytimes.com/2024/06/05/opinion/boys-parenting-loneliness.html>

"...I have spent the last few years talking to boys as research for my new book, as well as raising my own three sons, and I have come to believe the conditions of modern boyhood amount to a perfect storm for loneliness. This is a new problem bumping up against an old one. All the old deficiencies and blind spots of male socialization are still in circulation — the same mass failure to teach boys relational skills and emotional intelligence, the same rigid masculinity norms and social prohibitions that push them away from intimacy and emotionality. But in screen-addicted, culture war-torn America, we have also added new ones.

The micro-generation that was just hitting puberty as the #MeToo movement exploded in 2017 is now of college (and voting) age. They have lived their whole adolescence not just in the digital era, with a glorious array of virtual options to avoid the angst of real-world socializing..."

– Ron Berg, 2024-06-05

*Divorce is Not the Answer: Why More Couples over 50 are Divorcing and how to Save your Mid-life Marriage.* I have been a marriage and family therapist for more than fifty years. One of the greatest tragedies I am seeing today is the rise of mid-life divorce with women initiating nearly 80% of the divorces. Divorce can be devastating for both men and women, but contrary to popular perception, men suffer greater emotional wounding. I believe strongly that divorce is not the answer and most mid-life marriages can be saved ...

Read more at: <https://menalive.com/divorce-is-not-the-answer/> – Jed Diamond, 2024-06-10.

### **TCMC Clothing Drive Report**

Recently, Tyson H. spearheaded a **clothing drive for men** at TCMC, which was held June 3 through July 1. Tom M. reports that the clothing drive went very well! And soon Tyson will pick up the clothes that have been donated. Thanks, Tyson!

### **Online Groups and Classes: Internet and OWL Report**

Jim H., Matt T. and crew have been hard at work trying to improve our overall OWL/Online experience. An OWL is the video device that allows the TCMC to deliver high-quality online Support Groups and Anger Management classes. Two new Owls have been purchased and installed by in the Robert Bly Room. These help us bring our services to Greater Minnesota, and to places around the World. Supporting those services, Tom M., Andy M. and Matt T. are making great efforts to secure high speed, fiber optic internet into the TCMC building. Thanks Jim, Matt, Tom and Andy!



## 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**

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

**(612) 822-5892**

### 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)

### Show up, bro up, grow up.



### Authentic Manhood Programs

Making good men legendary.

AMP guides men who feel isolated, angst-ridden, or discontented through enriching gatherings, usable life practices, and skills so they can authentically and meaningfully thrive as inspired leaders of personal and social solutions for themselves and for others.

<https://authenticmenstherapy.com>



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/tcmc officemanager](https://instagram.com/tcmc officemanager)*

The Twin Cities Men’s Center  
3249 Hennepin Avenue South, Suite 55  
Minneapolis, MN 55408 USA

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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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