

men talk



in our 49th year
of public service

twin cities men's center

Feb / Mar 2025

Volume 49 #1

Explore *your* Truth, Find *your* Voice

Katla's Dream

– © 2024 CRISTOPHER ANDERSON

Memoria: My late wife was a modern dancer and choreographer who explored the healing potential of dance and story engagement. I discovered the Icelandic folk tale, Katla's Dream, showed it to her, and she immediately wanted to mount a dance drama based on it. I tried to persuade her not to do it. I felt uneasy about this story about a woman who is beckoned by an older woman to leave the bed of her husband and make love with the older woman's son, a dying king. The wife does as the older woman asks, is impregnated by this encounter, returns to her husband, gives birth, and the baby is joyfully embraced by the husband as his own. Not only do the couple now have the fulfillment of having a child, but as a result of this they now live happy and robustly generous lives in manifest ways. I said to my wife, "Maybe you shouldn't do this." She replied, "I'm doing it!" My discomfort came from me identifying more with the wife's husband and not with her lover. I had either forgotten or didn't know yet that in folk tales, as in dreams, I am ALL the characters in the story, that this could be a story about different aspects of my own psyche in negotiation with each other.

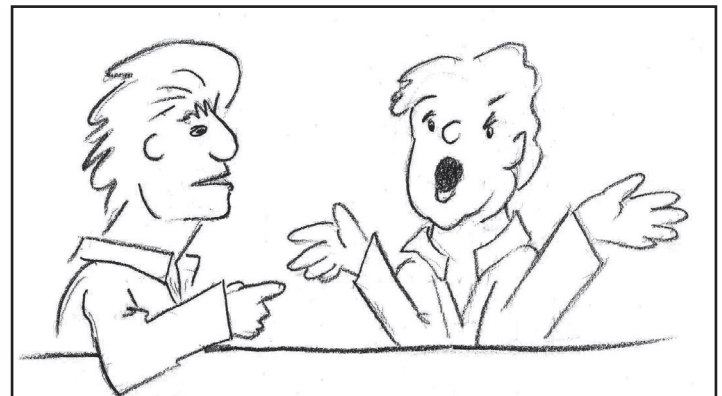
The dance drama was mounted as a workshop production in my wife's studio. The two lead dancers were beautiful, powerful and nuanced. I still remember the wife's hesitation as she left her marriage bed, and her acceptance of the king. Audience for the short run of the production were mostly middle-aged women, who sat and wept through the whole thing, tears streaming down their cheeks. I often continued to feel uneasy as I watched. I didn't have words for it then, but now I think I was probably witnessing an ancient women's healing temple, or the remnants of one. There is a mountain in Iceland named Katla. There, women can see this mountain and be reminded of this story of feminine agency.

Near that time, I introduced the story into our sacred theater circle where we tell and enact the folk tales to engage with their wisdom and healing potential. While we told and enacted the story I was able to find some understanding and peace. At that time in our lives, my wife was very active traveling the country and to Europe to attend conferences and present on her work

and teach, while I mostly stayed home. These experiences were deeply fulfilling for her. When I picked her up at the airport on her return, she was in her joyful power. Twice when I met her at her gate at the airport, I remember seeing men crane their necks to look at her. When I wasn't feeling afraid I felt lucky that she was coming home with me.

Enacting the story in the sacred theater circle, I was able to find acceptance and appreciation that I would not be a part of my wife's travels and experiences, that she was seeking fulfillment that I could not participate in or provide for. To be clear, fidelity to monogamy was important for both of us. But, as illustrated by the men craning their necks in the airport, she became very attractive as she fully acted in her life from her essence. And, as a result, our lives together became more robust and fulfilling.

Cris Anderson is a Minneapolis relationship coach, wedding officiant, and award-winning writer/filmmaker. He founded the 29-year-old Minnesota Folktale Gardening Club, a participatory theater for enjoyment, healing and community building. He can be reached at <openheartopeneyes.com>.



You know, we have
a support group
for compulsion...

Yeah... but
I'm afraid
I'd never quit!

© 2025 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

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Letter from the Chair

I hope everyone is staying warm in this colder part of our Minnesota season. I think it's a good reminder for us to take the time to slow down our busy life and spend it with our family and friends. As the new chairman of the board, I would like to share a little about myself. I was born in a refugee camp in Thailand and my family immigrated to Minnesota in 1995. St. Paul midway area has a special place in my heart because of early memories walking through the alleys with my mom picking up cans to recycle for a few dollars. My parents were very nomadic in their lifestyle and I definitely did not share the same perspective on life as ninety nine percent of my peers. What do I mean by that?

Well, I grew up hearing stories of my parents' hardship going through the aftermath of the Vietnam War, specifically the Secret War. Through the deep traumatic stories my parents shared with me, I developed a strong moral conscience at a very young age. This was good and bad, depending how you want to look at it. For me, I wanted to do what's "right." Sometimes it led me into more problems than what I bargained for. It may as well have also been the young boy in me seeking the call to adventure. One thing's for sure, I developed a deeper level of introspection at an early age. Now, in my thirties, I am called to play a role in my community. We are all an integral part of a greater community. It's important for me to find harmony in my values and social life.

There is something profoundly special about the Twin Cities Men's Center that pulled me in. The history of how this organization was created was so organic and wholesome, yet unusual and unique. Basically, a bunch of guys got together and wanted to have discussions about how to become better men! (and doing so for nearly 50 years!!!) There's more to it than that but my reptilian brain enjoys the simplicity in seeing things that way. ALL the volunteers in this organization have been supportive to helping people develop healthier lives, inside out. Our last board meeting consisted of people from a wide range of backgrounds, it felt like a mini-United Nations meeting.

To anyone reading this that is unfamiliar with Twin Cities Men's Center, if you have the tiniest ounce of thought that you're looking for some emotional support in life, for yourself, family or friend, I highly encourage you to JUST REACH OUT. Find out more about our list of programs through our website, www.TCMC.org (maintained by our generous volunteers Bill D. and Andy M.). You can also reach our office by phone (612)-822-5892. Our resourceful Office Manager, Tom M., is always ready to help. We need you, too.

BEE VANG, TCMC BOARD CHAIR

TCMC Annual Facilitators Training

Saturday, March 15, 2025, from 12:30pm until 3:00pm

This annual training will take place in-person at the Twin Cities Men's Center, 3249 Hennepin Ave S. Ste 55, Minneapolis, MN 55408, and online by Zoom video. All Facilitators are asked to attend this event to brush up on the best methods to manage peer-to-peer support groups. If you are considering being a Facilitator at TCMC, this is the first step in your journey. (Attending training is not a commitment to become a Facilitator. You may attend just to learn about our process. This is a **free event** and is open to men and women. TCMC Membership is not required.) Food and beverages will be provided!! Yes!! **There IS such a thing** as a free lunch!! So **COME GET SOME!!**

Send your RSVP to tomm@tcmc.org. If you'd like to attend online, send a request to tomm@tcmc.org to receive the link.

The NakedMN Book Club invites TCMC members to attend its March/April selections : Iron John, by Robert Bly

What are the benefits of being naked with other men? Better self-esteem, by accepting your body, Increased comfort/freedom of movement, Feeling a sense of community, with your brothers, in a safe, naked environment. (Bring a towel to sit on, and confirm your attendance to: geejay445@gmail.com)

Dates: March-21-2025 and April-25-2025

Time: Prompt arrival at 6:00 pm/ends promptly at 8:30 pm

Fee: \$10.00 (to compensate the hosts for snacks, beverages)

Place: 2xxx Minnehaha Pkwy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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FEB/MAR 2025

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

SUPPORT GROUP
HEALTHY SEXUAL
BOUNDARIES 10:00 AM

1

<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM</p> <p>2</p>	<p>ANGER MGMT 7 PM</p> <p>3</p>	<p>SUPPORT GROUP GAY ISSUES 7:30PM</p> <p>MOVING TOWARD EMPOWERMENT 7 PM</p> <p>4</p>	<p>SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P</p> <p>CLINIC FAMILY LAW 7 ANGER MGMT 7 PM</p> <p>5</p>	<p>SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM</p> <p>6</p>	<p>7</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p> <p>8</p>
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<p>SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM</p> <p>30</p>	<p>31</p>					

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 49 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 35 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., Feb. 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: Rasheen Tillman

Where: Online Zoom Chat

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

Open to all Genders

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

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

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

CLASSES

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

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>>

Men's Divorce/Uncoupling/Relationship 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

We Agnostics AA

Open to all Genders

A support group for women and men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Hope at 321-544-1074.

Location: In-Person

- Sundays 6:00 - 7:00 pm

Men's Wellness

Open to Men Only

This group is on hiatus.

When it resumes, the group seeks to create a space for men to work on 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: Looking for a new location

- On Hiatus

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, Don McClure, Jim Pelant, John Rydberg, Gary Weldon, and Rich Williams.

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!



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

Moving Toward Personal Empowerment

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 for options
tcmc.org/programs-anger-management-mte-class-description.html

Men's Wellness Support Group on Hiatus

The Men's Wellness Support Group didn't meet most of 2024. The facilitator had a health challenge, and the meeting place was torn down. TCMC is currently looking for a new meeting place in or near Hopkins. If you know of a possible location, please contact us.

– Bill Baldwin, Wellness Coach, Wellness Promoter, Empowerment Coach and Support For Your Journey.

Upcoming Monthly Men’s 3rd Sunday Brunches. **February 16th** at Dan Gorbunow’s, The Heights Condos Community Room: 2160 Hwy 13, Mendota Heights 55120, 612-987-0324. **March 16th** at Stephen Sewell’s, 647 Lincoln Ave #F, St. Paul, 55105 (just west of Dale Av) 612-229-6699. 14 men attended Frank Brandon’s brunch in January. – Andy Mickel, 2025-01-20.

“Thanks for all the TCMC does.”
– John Dyer, 2025-01-02.

“Several members of the Choosing Healthy Sexual Boundaries Support Group donated \$75.00 to the Twin Cities Men’s Center in Memoriam of former group member, John Krisnick, who recently died of a heart attack. We at TCMC are saddened to learn of this loss.
– Tom Maher, 2025-01-06.

“I just read ‘A Support System for Success’ at Berea College in Kentucky:
<<https://magazine.berea.edu/in-the-classroom/a-support-system-for-success/>>
To transform struggle to success, Berea College has developed three male initiatives to address the problem of male retention and to mitigate dropout rates within these segments of the student population. Developed in 2016, the Black Male Leadership Initiative (BMLI), Appalachian Male Initiative (AMI) and Latino Male Initiative (LMI) classes are designed to help Berea’s male students succeed in college and beyond. I see a great compassion here.”
– Jimbo Lovestar, 2025-01-09.

Yoga for Men live in-person, Thursdays Jan 16 - Mar 27 6:30 - 7:30 at Center

For Performing Arts, W 38th Ave & Pleasant Ave S in Minneapolis. <<https://evolutionaryyoga.com/>> – Kevin Kortan, <kevin@evolutionaryyoga.com>, 2025-01-09.

Beyond Anger: Reclaim Your Fire! Dan Gorbunow is offering another winter session of the 7-week Beyond Anger: Reclaim Your Fire! course, live in-person Mondays, Feb 17-March 31, 6-7:30pm. Assigned readings, videos, peer support and expert, guided, live instruction. This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities. Increase your happiness and serenity by healing negative cycles and transforming stored energy. Beyond Anger offers some spiritual insights on the role and nature of emotions, including anger and the importance of “emotional sobriety”. FFI: Dan Gorbunow, 612-987-0324 www.warriorvox.com 2025-01-15.

ManKind Project Minnesota (MKP-MN) NWTMAY 15-17, 2025 near Red Wing Minnesota. The upcoming Spring MN MKP Weekend begins Friday evening 6pm, ending Sunday afternoon 4pm. **This experiential training has enabled men to create spectacular, life-changing, awe-inspiring results.** Men like you take this journey. If you’re willing to challenge yourself, you will emerge more the man you were born to be. The world needs you, and a brotherhood of men is ready to support you. Contact: David Kaar <drkaar@mkp.org> 612-275-5165 or Brett Benson <brettbenson@me.com>

\$150 Deposit holds your place; \$695 full payment. To register: <https://>

mkpconnect.org/civicism/event/register?reset=1&id=59657

Meals, materials, and accommodations are included. After your initial application and deposit, you will be sent an additional questionnaire required to finalize your registration. You will also receive information about the location of the training and what to bring.
– David Kaar, 2025-01-19

“If Men Are in Trouble, What Is the Cause?” Dec. 17, 2024 By Thomas B. Edsall, New York Times. The declining ability of many boys and men to compete at school and in the workplace has become both a social and a political issue.

David Autor, an economist at M.I.T., writing with four colleagues, has delved into this loaded terrain to analyze elementary school data and found: While realized gender gaps in adult educational outcomes are large, a wrinkle in the examination of the precursor childhood gender gaps is that these differences appear on average to be relatively modest...Modest average differences among grade school students can be amplified with the onset of puberty, producing significant differences in high school graduation rates (89 percent for girls, 83 percent for boys in 2021), not to mention gaps in college attendance (57.9 percent female, 42.1 percent male) and college graduation rates (66 percent for women, 58 percent for men).

Read full article at:
<<https://www.nytimes.com/2024/12/17/opinion/men-women-boys-girls-politics.html>>

In Memorium: Clarence Opheim

August 15 1947-December 31, 2024

Clarence joined the TCMC and the Choosing Healthy Boundaries Saturday group around 2011, and was with us till 2021. He always came early to unlock the doors, brew fresh coffee, arrange chairs and greet early group members. He was a dedicated and exemplary group leader, treated all with respect and kindness, and expected honesty and authenticity from others. After he moved to Austin, Mn, he still managed to attend occasional Boundary meetings in person, to help maintain close connection with the group and its members. Yes, Clarence experienced dark times in his life, but his strength, resilience, patience and perseverance helped him emerge from those turbulent years even stronger, and forever dedicated to refrain from harming others. Clarence touched the lives of many, and earned the respect of all who followed in his footsteps, including many who were never privileged to meet him. It was my great honor to be his friend. Oh yes. Clarence loved the Minnesota Vikings. My, did he love those Vikings.

Clarence will be missed by so many...

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 "21 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$32 (Regular) \$62 (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!

Are you or someone you know living with a mental illness?

Through education, support, and advocacy, NAMI Minnesota's (National Alliance on Mental Illness) mission strives to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.

Join a free NAMI Minnesota online or in-person support group or class for:

- Family Support
- Anxiety & Panic Disorder Support
- Parents and Caregivers
- Young Adults
- Employers
- BIPOC Focused Connection
- Partner & Spouse Support
- Smoking Cessation

namimn.org



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!

MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$215
1/2 Page	7 1/2" x 4 7/8"	\$135
1/4 Page	3 5/8" x 4 7/8"	\$72
Biz Card	3 1/2" x 2"	\$29

(612) 822-5892
tcmc@tcmc.org

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days.

TCMC is in the lower level of “Uptown Office Park,” a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis. Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org.

Check TCMC out on Social Media! Facebook: facebook.com/tcmc.org Instagram: instagram.com/tcmcoffice manager

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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: \$330 for TCMC Members (\$340 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.

29 Years of Successful Classes

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