

men talk

tcmc

in our 49th year
of public service

twin cities men's center

Apr / May 2025
Volume 49 #2

Explore your Truth, Find your Voice Naked Minnesota and TCMC

– © 2024 BAYNE HOLLEY

My name is Bayne Holley, I am a 74-year-old Black man. Let me introduce you to NakedMN! Established in the early 70s, as the Minnesota Polar Bares, the group name changed. to NakedMN, in March 1997 and has continued to grow into one of the most active and well-respected of the gay naturist groups in the United States.

Let's first answer the question what are the benefits for straight, bi, and gay men 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

What if I get an erection at a Naked Minnesota event?

It happens, and is a natural, spontaneous event. Since it is a fact of everyday life for men as a natural human bodily function none of the other men is likely to be shocked or offended if it does happen to you.

Are you really just a sex group?

Sex is natural and healthy, but as they say, there's a right time and place for everything. Naked Minnesota events are not sex parties. Sexual activity at events is strictly prohibited. Because our events are in members private homes, what they do in those homes, after the event officially ends, is, obviously, up to the rules of the house for that host.

What if I'm not gay or I'm a woman?

Our events are open to cisgender males, whether straight, bi, or gay.

Do I need a beautiful body to attend Naked Minnesota events?

What is a beautiful body? They say beauty is in the eye of the beholder and they are right. Age and looks have little to do with anything unless you are trying to get your picture on the cover of GQ. One of the most basic fundamentals of male nudism is that all bodies are accepted and appreciated, just as they are.

The only age limitation is the requirement that you be at least 18 years of age to attend our events. We have an ethnically diverse membership, some are under 21 and others are well into their senior years.

Up coming events for TCMC Members:

NakedMN Biennial Event:

Date: April 27, 2025

Time: 3:00 - 4:30

Place: 1846 Chatsworth, Roseville MN

RSVP: nakedaqua@yahoo.com

A donation of \$10 is appreciated, bring a towel to sit on

Keynote Speaker: Bee Vang, TCMC Board Chair

NakedMN and TCMC Reading/Discussion Group:

Dates: April 25, and May 23, 2025

Time: 6:00 - 8:30 pm

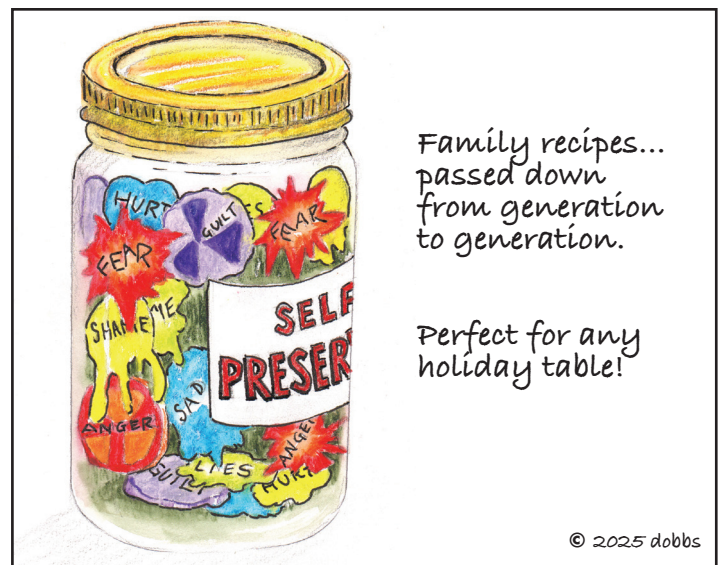
Place: 3538 Garfield Ave. S, Unit #101

RSVP: jon.poupore@gmail.com

April 25, 2025: For April, we invite you to bring your own book, or one you've found at the extensive, library at TCMC, to share with the group. It could be a new book, something you're still reading, or an old favorite that you keep coming back to. Or none of the above, and you just want to listen to the discussion, and enjoy the music. Share anything about the book that moves you, nurtures your love of reading, and what others might enjoy about it. Our limit is 16, so get your reservations in now. Light refreshments are provided. A donation of \$10 is appreciated. Bring your own towel to sit on

May 23, 2025: This month's selection is *Skinned Alive* by Edmund White, a collection of short stories. Read one or two or all of them. Light refreshments are provided. A donation of \$10 is appreciated. Bring your own towel to sit on.

Bayne Holley is a 74-year-old Black man. He has been associated with the Twin Cities Men's Center for over 30 years, and has been familiar with NakedMN for over 20 years. He's on the Board of both organizations and equally tasked with identifying synergies, where they apply, for both organizations.



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

Same same but different. This was the popular slogan used during my 4-month backpacking trip to Cambodia in 2014. At 20 years old, I went alone. I am not Cambodian nor do I speak Khmer. Some friends and family feared for me and thought I was nuts, very few supported it. Was I bold, or ignorant of the risks ahead? I had one goal in mind, to immerse myself in the environment through the act of service. This manifested itself into profound experiences that shifted my perspective to who I am today. To name a few things I did, I volunteered with multiple NGOs (Non-Government Organizations), had late night pub talks with locals and foreigners, taught classes alongside monks, attended random locals' weddings, and dealt with all the difficulties of being a newbie solo traveler.

The most critical learning moment on that trip was realizing I did not have the skills or ability to help the people around me. It launched me in a direction I did not expect. I remember my brother saying I was not the same when I got back. He was right. I found a purpose that I could say "this is worth striving for." Naturally, the objective became more complicated due to the growing dynamics of our culture, the people around me, and other responsibilities. My inner dialogue becomes restless sometimes when I reflect on certain experiences. Thankfully, I gain some sort of clarity when I actively pursue whatever this thing is. Part of that pursuit involves

developing the connections I've made with the men here at the Men's Center. It's refreshing to be around people that share similar values.

If you're reading this, our life is already intertwined in some way. You do not have to face your challenges alone. We have a team that's done extensive inner work and I'm grateful to work alongside them. The truth is, everyone is still going through the psychological and spiritual journey of self-understanding no matter their age. It seems to get easier when we go through it with support from others. There's a burning desire in all of us to obtain something in life - fortune, pleasure, or fulfillment in some way. I think the tricky part is finding our compass to walk our own unique journey. I've had people tell me that "you are exactly where you should be" and I'm not so sure about that. What I am sure though, is that we are same same but different.

Hope you join us as we go through developments in our organization. We are looking to bring more programs, connect more people, and steadily expand our services. If you are someone that could provide related services to benefit our community in body, mind, or spirit, please reach out to us. We welcome support from all backgrounds. Thank you for your time.

BEE VANG, TCMC BOARD CHAIR

Thank You Jerry and Kathleen!

For 10 years Jerry Buchmeier and Kathleen McDowell co-facilitated the Sexual Trauma and Abuse Survivors Support Group at TCMC. Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. This group provided 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. Jerry and Kathleen recently retired from facilitating, and TCMC offers a hearty THANK YOU to both for their many years of services. We truly appreciate it!

The NakedMN Book Club invites TCMC members to attend its April and May Discussion Group

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: April 25, 2025 and May 23, 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: Email for information

EVENTS CALENDAR

THE MISSION OF THE MEN'S CENTER IS TO PROVIDE RESOURCES FOR MEN SEEKING TO GROW IN BODY, MIND, AND SPIRIT; AND FROM THAT FOUNDATION TO ADVOCATE FOR HEALTHIER FAMILY AND COMMUNITY RELATIONSHIPS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALL US ABOUT ANGER MANAGEMENT CLASSES.		SUPPORT GROUP GAY ISSUES 7:30PM 1	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P CLINIC FAMILY LAW 7 2	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 3		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 5
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 6	ANGER MGMT 7 PM 7	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 8	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P 9	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 10		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 12
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 13	BOARD MTG. 7 PM ANGER MGMT 7 PM 14	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 15	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P 16	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 17		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 19
MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00 20	ANGER MGMT 7 PM 21	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 22	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P 23	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 24		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 26
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 27	ANGER MGMT 7 PM 28	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 29	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P 30	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM 1		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 3
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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., Apr. 2, 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., May. 7, 7:00-9:00 pm

Open to all Genders

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

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

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

CLASSES

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. April 20th at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). May 18th at at Damon Stark's 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange). 13 men attended the February brunch at Dan Gorbunow's, and 8 men attended the March brunch at Stephen Sewell's, – Andy Mickel, 2025-03-16.

"Jerry [Buchmeier] and I did the [survivors of abuse] support group for over 10 years. It would have been nice to receive a thank you. We retired." – Kathleen McDowell, 2025-02-26.

Suggestion: "the Survivor support group be offered on-line." – Chester G. 2025-02-25.

"I've been attending the Men's Relationship Issues Group meetings online over the last two weeks. I'm looking forward to tonight's meeting! It's a very nice resource with a great group of support! Thank you! :) " – Daryl Sellers, 2025-03-12.

"I'm sending a copy of the March 2025 Naked Minnesota News which features a cover article 'Introducing a New Friend: TCMC' by Bayne H., NakedMN board member. The article covers an extensive history of TCMC from its beginnings nearly 50 years ago as well as its Values Statement. We are striving to seek more collaboration between the two organizations." – Bayne Holley, TCMC Alternate Board Member. 2025-03-01.

New book: *Surviving Childhood in America – A Story* by John-Brian Paprock has appeared early this year. Based on a true story in narrative format of one born in 1961, and who survived by the grace of siblings, traces beginnings in Henderson,

Nevada desert to the Chicagoland metro, with stops in California and Wisconsin. Gold Sun Press, P.O. Box 22352, Minneapolis, 55422, 2024, 397 pages. – John-Brian Paprock, 2025-02-15.

Old book: *Sixty-One* by storyteller Larry Johnson, Lost Lake Folk Art, published by Shipwreckt Books Publishing, Rushford, Minnesota, 2006, 143 pages. Veterans for Peace activist Johnson shares 61 essays on turning 61 years old by doing a 61-mile hike on Highway 61 out of St. Paul. Many of the stories reveal the ugly truths of militarism and killing. – Larry Johnson, 2025-02-18.

Storyteller and Veterans for Peace activist, Larry Johnson is a frequent columnist in the suburban Sun Post Newspapers, Eden Prairie, MN, having shared these articles with TCMC:

"When Will We Ever Learn?" – April 11, 2024

"Thank You for Your Service" – November 14, 2024

"I Almost Didn't Join the American Legion" – July 4, 2024

"Movement, Merriment and Men's Health" – September 23, 2021

"100 Years, 100 Stories to Honor My Father" – May 28, 2020

"Walking on All the Levels" – June 24, 2021 <https://www.hometownsource.com/sun_post/> – Larry Johnson, 2025-02-18.

Sacred Heart Warrior Training: Reclaim Your Fire! Dan Gorbunow is offering a Spring session of the 7-week course, live in-person Mondays, Apr 21-June 2, 6-7:30pm. Assigned readings, videos, peer support and expert, guided, live instruction.

Are you struggling with an emotional pattern that reduces your quality of life, damages relationships, delays growth, and puts you and others at greater risks? Do you want to see a change in how you operate, manage, and respond with your

consciousness and emotions? Step into a journey of self-healing and emotional self-mastery, and register for Sacred Heart Warrior Training. This is for all men, whether you are just beginning your "inner work" or have had many years of support and learning. You will learn valuable skills and share at a depth seldom touched in other offerings.

How? Men's healing culture, myth, storytelling, science, wellness traditions, step-by-step guidance toward a healthier solution that is practical, heart-centered, and soulful. Join others in a remarkable fellowship of healing, and sign up today! FFI: Dan Gorbunow, 612-987-0324 www.warriorvox.com 2025-03-17.

ManKind Project Minnesota (MKP-MN) NWTa May 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/civcrm/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, 2025-03-04

In Memorium: David Giancristoforo 1949-2024

TCMC is saddened to learn of the passing of long-time TCMC member, supporter and Anger Management Instructor, David Giancristoforo. David passed on December 29, 2024. Memorial services will be held in both Minneapolis and Baltimore. Announcements to follow. Inquiries can be made to email: duganpierre@gmail.com. David was a passionate man with very strong convictions and a huge heart. Where David went, he made an impression. We are certainly saddened knowing that David no longer walks among us. FFI: <https://cremationsocietyofmn.com/tribute/details/80506/David-Giancristoforo/obituary.html>

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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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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