

men talk

tcmc

in our 50th year
of public service

twin cities men's center

Feb/Mar 2026
Volume 50 #1

Explore your Truth, Find your Voice

Review of Rich Tosi's book – *Beauty in the Hearts of Men*

– © 2025 RICK GRAVROK

A book by Rich Tosi (one of the three creators of the New Warrior Training Adventure) titled “*Seeing the Beauty in the Hearts of Men - How My Wounds Became My Gift*” came out in September 2025 just in time for the 40th anniversary of what evolved to become ManKind Project USA: <https://mkpusa.org> Worldwide: <https://mankindproject.org>

Rich tells how he and Ron Hering and Bill Kauth (who saw the powerful and beautiful work women were doing, asked “What are we doing for men?”) sat around a kitchen table to create a weekend that is now called the New Warrior Training Adventure (NWTA)

Rich Tosi: “In the work of the ManKind Project, no one tells a man who he wants to be. Instead, we ask him: *Who do you want to be?*”

The first weekends were held in 1985 at a site near Milwaukee, Wisconsin.

In November 1990 the training came to Minnesota. Today over 70,000 men in almost two dozen countries around the world have a brotherhood, a community of men whose Mission is to:

“Create a world where men act on their individual and collective responsibility for the future of humanity by initiating and supporting men on a path of emotional maturity, spiritual awareness, and deepening community.”

The book is about Rich’s open-hearted journey, in collaboration with men around the world, to create a community of men doing our own personal heart work where accountability, authenticity and integrity matter.

Rich Tosi: “ I am a wounded healer. Don’t wait until you feel good and ready to do what you need to do. Don’t wait until all your wounds are healed. The most wounded person can have a massively positive effect on the world.”

The resulting ManKind Project inspired women to create a sister program for themselves called Woman Within, one of the cofounders is Rich’s wife Char Tosi. <https://womanwithincentralusa.org>

Men often join ongoing I-groups after their NWTA weekends, called Integration Groups, (many of these groups welcome men who have not completed the NWTA in the belief that every man deserves a circle where he will be heard), women have Empowerment Circles, and another spin off group called the Boys To Men Mentoring Network have Journeyman groups after their modern day initiation weekends or they meet in their schools with mentors: <https://boystomen.org>

In 2015, with the *All Nations Gathering Center Men's and Women's Oyate*, MKP USA formed the Tatanka Alliance at Pine Ridge Indian Reservation in South Dakota. <https://mkpusa.org/oyate>

Including the NWTA, here’s a catalog of MKP trainings, some of which are online.... <https://mkpusa.org/training-catalog>

Looking forward: The Annual BIG TENT SUMMIT, May 14 – 17, 2026 - To shape the future of Men’s work including dozens of organizations mostly inspired by 40 years of MKP brothers. <https://bigtentsummit.com>

With Great Gravrok Gratitude, Aho!

Rick (Rocky) Gravrok, Funster, can be reached at (952) 220-8153 and rick.gravrok@gmail.com.

“The human race has only one really effective weapon and that is laughter.” – Mark Twain

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

Let me say welcome to a new year that is hopefully a year of growth and re-invigoration for the Twin Cities Men's Center.

TCMC is an educational non-profit centered on what our Vice-Chair Andy Mickel calls Interior work. I wholeheartedly agree with Andy's definition, and I'll add that we've been at it for 50 years. We understand Interior Work, and the tools involved. My fellow Board members and I will be promoting these tools in the community in the year to come.

In these tumultuous times, with the turmoil inhabiting the streets of the Twin Cities, Interior Work becomes simply more valuable and more essential. After the tragic death of Nicole Good, our upper Midwest city is back in the international spotlight.

In 2009, Harvard socio-biologist E.O. Wilson described the fundamental problem of humanity as: "We have Paleolithic emotions, medieval institutions, and God-like technology ... (It's) terrifically dangerous". 17 years later, our technology has only become more God-like. Wilson's solution was to evolve our institutions to corral the technological juggernaut hurling us toward a future of instability and danger.

My experience with interior work has me asking: why not also evolve our paleolithic emotional system? In Anger Management classes, we address how the fight-or-flight response inherited from our hunter-gatherer ancestors provides unhealthy reactions to the stressors of modern life. Renee Good's last words were "I am not mad at you, dude." After the officer shot her twice through the driver's window, his first words were, "Fucking bitch." Certainly, policy and training and differing political views contributed. Certainly also, paleolithic emotions (and their mismanagement) played a part in Ms. Good's tragic death.

Interior work is fundamental to any intimate relationship, and useful in any situation, whether exercising patience while waiting in line in a store or exercising grace while driving on the Interstate. Remaining steady and present for our loved ones as federal agents go door-to-door in our neighborhood requires viable Interior Work.

Here at TCNC, Interior Work is our wheelhouse. If you feel the need for a tune-up, we can help.

SINCERELY,
SEAN MCLOUGHLIN,
TCMC BOARD CHAIR

RELAX AT A SPA!

A lot has been going on in the Twin Cities recently. I would like the readers to know that there is a Korean Spa that is in Bloomington called, Relaxing Healthy Center: 7827 Portland Avenue South Bloomington, MN 55420 where you can unwind from all the chaos. They have a wet spa and a dry spa for members to enjoy.

They also have a restaurant, Northern Kitchen, to indulge while you're in between getting a massages and relaxing Resting Lounge during your stay. The dry sauna is co-ed, where they give you a silk short-sleeve shirt and shorts to explore Gold Tourmaline, Yellow Clay Ball, Pink Himalayan Salt, and various other rooms to enjoy. The wet spa is in the locker room where you can enjoy relaxing in the hot tub, cold plunge, or socialize with other members in the steam room. Since this is a Korean Spa, they don't allow any clothes in the wet spa area, so members can enjoy the experience naked. I had a great time socializing with the members there. Write back to share your experience on MenTalk.

— Matt Barnes



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
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 1		SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 2	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P CLINIC FAMILY LAW 6 3	SUPPORT GROUPS Men's DIVORCE/RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 4		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 7
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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 22	BEYOND ANGER 6 PM 23	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 24	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P 25	SUPPORT GROUPS Men's DIVORCE/RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 27		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 28
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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 29		SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 30			WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892	CALL US ABOUT ANGER MANAGEMENT CLASSES.

FEB/MAR 2026

1976 In Our 50th Year
OF PUBLIC SERVICE 2026

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 50 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 36 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. 4, 6:00-8:00 pm

When: Wed., Mar. 4, 6:00-8:00 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 (MHWAM) 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

Beyond Anger: Reclaim Your Spirit!

Seven-week course, meets weekly for 1.5 hours

Heal Your Pain, Shame, and Rage. Create the Life You Want!

In-depth training, fellowship, and structured guidance in emotional wellness and self-regulation.

- Take this class before? Come back, and take it again!
- Join, or rejoin, the tribe of heart warriors!
- Bring your pain, your growth, your heart!
- New to the work or curious to learn more?

What men are saying:

"Every man should take this course. Because you need it!"

– Brett M.

- Live In-Person / Fall Semester
- Mendota Heights MN location
- Adults all genders welcome!
- Fee: \$200 (TCMC Members \$10 discount)
- Instructor: Dan Gorbunow, Healer and Author

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 to register

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"*.

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 for options
tcmc.org/programs-anger-management-mte-class-description.html

Upcoming Monthly Men's 3rd Sunday Brunches. February 15th at Dan Gorbunow's, The Heights Condos Community Room: 2160 Hwy 13, Mendota Heights 55120, 612-987-0324.

March 15th at Stephen Sewell's, 647 Lincoln Ave #F, St. Paul, 55105 (just west of Dale Av) 612-229-6699.

14 men attended the December brunch at ManKind Project's North Star Center and 9 men attended the January brunch at Frank Brandon's. – Andy Mickel, 2026-01-19.

Thomas R. Smith has donated a copy of his book of poems, *Medicine Year*, to the Men's Center library "with best regards". In its 133 pages we find between 5 to 7 poems about health and being alive for each month of the year 2020 including the last week of 2019 and the first week of 2021, attuned to nature and significant events. – Thomas R. Smith, 2025-12-01.

Rich Tosi, one of the three men who started the New Warrior Adventure Training and New Warrior Network (later: ManKind Project) in Milwaukee in 1985, has written a book entitled *Seeing the Beauty in the Hearts of Men — How My Wounds Became My Gift* which appeared in September, 2025 for the 40th anniversary of what evolved to become ManKind Project USA: <<https://mkpusa.org>> and Worldwide <<https://mankindproject.org>>. – Rick Gravrok, 2025-12-13.

"Thanks so much, Tom [Maher]! This [Anger Management] class has been amazingly beneficial for our whole family. Thanks for doing such great work to help the community!" – Nicole Brilakis, 2025-12-11.

Sundays at The Heights. First and Third Sundays each month, 6-7:30PM Emotional Sobriety and Recovery Circle, Fellowship and Feast. Adults of all genders are welcome.

January 4, 18. Feb 1, 15. Mar 1, 15. Mendota Heights. Bring a side dish to share. RSVP 612-987-0324

Beyond Anger: Reclaim Your Spirit! In-person course. Winter Semester. The ultimate course for emotional healing skills and support. Monday nights, adults of all genders are welcome. February 9 - March 23. 7 Mondays, 6-8PM. Mendota Heights. Register at: www.warriorvox.com – Dan Gorbunow, 2025-12-22.

Len Felder, PhD licensed psychologist of Los Angeles, CA whose practice has centered on how to help men open up to be more compassionate and mindful in their delicate relationships and high-stress workplaces. His new book: *When a Good Man Cares Enough to Change Something Crucial*. He describes it as "a non-shaming book about moment-to-moment mindfulness that a man can read without feeling attacked or insulted." Available from Barnes&Noble or Amazon. – Len Felder, 2026-01-01

Scott Lewis of ManKind Project Minnesota has Open Men's Groups & NWTAs for 2026: We are looking for men to attend our Open Men's Group that meets on Sundays in St Paul. Regular facilitators will model being authentic and vulnerable for the men who are new to men's work. Other men already in our community are welcome to show up and be yourself. RSVP to attend through our Meetup group at <<https://www.meetup.com/mkpmplsstp/>>.

Open Men's Groups

Day & Time: Sundays, 6:30-8:30 PM
Location: North Star Mini Storage, 2356 University Ave W, St Paul, MN
 Use the entrance on the east side of the building (not the glass door entrances): the solid door to the right of the garage door. There will be a man waiting there to let you into the building.

2026 ManKind Project Minnesota (Central Plains) Weekends

Spring: ManKind Project Minnesota is enrolling men for the next Central Plains New Warrior Adventure Training, in Melcher-Dallas, Iowa, outdoors the weekend of May 29-31, 2026 (Friday-

Sunday, meals and lodging included). Cost is \$695 before May 15.

Fall: Central Plains New Warrior Adventure Training, in Redwing, MN, outdoors the weekend of September 25-27, 2026 (Friday-Sunday, meals and lodging included).

Call or text me at 651-442-9181.

– Scott Lewis MKP Central Plains Enrollment Coordinator, 2026-01-09.

Jed Diamond's weekly MENALIVE online newsletter has posted a multi-part article: *The Evolution of Sex, part 1: What Boys and Men Need to Survive and Thrive* "After more than eighty years of life and sixty years as a healthcare provider, I believe our major problem is our mistaken belief that we are separate from nature and the community of life on planet Earth. In many ways our modern life is an illusion of separation, an illusion that is causing boys and men and all humanity to suffer and sicken. It is time we woke up and embraced the truth."

<https://menalive.com/the-evolution-of-sex-what-boys-and-men-need-to-survive-and-thrive/>

The Evolution of Sex, part 2: The Biology of Maleness "The admonition to "know thyself" is a philosophical Delphic maxim which was inscribed upon the Temple of Apollo in the ancient Greek precinct of Delphi. Understanding the biological roots of maleness is a key to knowing the essence of who we are as males and being guided by that wisdom. To make sense of our biology, we have to understand something about how life evolves. Theodosius Dobzhansky was a prominent Ukrainian-American geneticist and evolutionary biologist, and a central figure in the field of evolutionary biology for his work in shaping the modern synthesis."

<https://menalive.com/the-evolution-of-sex-part-2-the-biology-of-maleness/>
 – Jed Diamond, 2025-12-07 and 2025-12-14.

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

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

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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.

30 Years of Successful Classes

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