

# men talk

tcmc   
twin cities men's center

in our 38th year  
of public service

June/July 2014  
Volume 38 #3

## *SPIRITUAL FATHERHOOD: Healing the Shadow Within*

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I first encountered the Twin Cities Men's Center in the late summer of 2004, after searching for any resource that could help me in dealing with legal issues. I was seeking parenting time (I didn't know about the term yet) to be with my estranged son who was turning one year old. After a series of bitter disappointments attempting to reconnect with him, I was turning to help. I spoke with an older man at the office, maybe it was Randy, and explained the pain I was going through. The man heard my story, then walked around the desk and without much else to say, gave me a big hug of assurance and healing support. "You don't deserve to be left out of his life." I nearly cried, then continued on my way, seeking various kinds of help. I was on a journey of reclaiming my fatherhood. I had already danced in spiritual ceremony for my son twice, once before he was born for a smooth healthy birth, and again that next year for his well being. He was not directly in my life, yet remained present in my thoughts, prayers, and hopes for reunion.

The following winter, at a library in a men's "Time-Out Center" near Duluth, I picked up the book "IRON JOHN" by Robert Bly – a fortunate turn. I came to recognize that the great distance between my father and I was not unique to me, that my experience was a ripple of father yearning in a vast cultural sea of hunger and separation. My determination to "do my work" on this matter of the heart, as a vital necessity to ensure my psychic health and to underwrite any hopes of reunion with my son, lead me to many groups of conscious men, and to brilliant fellowship with individual men I've been fortunate enough to stumble near and create the sort of conversation that moves the energy from the heart and soul rather than the head or mind that's busy trying to figure everything out.

Mankind Project and Boys To Men organizations helped me to see more of the shadows, and golden gifts, of father that I was carrying inside, much like light penetrating the cave of lethargic amnesia and buried treasure that only a skilled miner can create with a golden pick. My willingness to burrow deeper into the sacred wounds that my father placed, mostly unconsciously, into my being gave me the courage to work them out

in the heat of community rites of passage, ritual, discussion, and grieving.

Grieving his losses, and his father's losses before him, I finally found out who these men were. In moist moments of reconciliation, my stomach grumbles with the same hunger that they knew. I was able to forgive them, and finally myself, for not being the ideal father that a boy dreams about in his bones, and thus I broke the trance of numbness that developed in my childhood by being raised mostly by my mother, without an emotional or spiritual connection to my father.

Bly says that we need to access the "Golden Father" or sacred masculine Zeus energy in order to be complete as men, and to recover a sense of our wild nature. He says a great many other things that men ought to reconsider again and again, ingesting slowly with a keen masticating sword that can cut through our dense layers of flatness that our culture engenders to the soul of men. He quotes James Hillman with, "If a young man isn't being seen by older men, the young man is being hurt." Golden Father energy is like a spiritual vitamin, one that could be listed as part of the Recommended Daily Allowances of nutrients; it is food for body and soul.

Spiritual fatherhood is a journey of discovery of self, of one's own father, and the inner one we carry inside that resonates with all the other ones in the ground. We can then find our golden father, the one that blesses us with the same power of Zeus' lightning bolts, and life giving rainy storm, and with such soul fire, turn to our inner boy and give him what he needs: a father's love, a celebration of our talents and gifts, and a strong supportive hand that reaches behind us to keep us propped up when we forget our power. Practice spiritual fatherhood now, and take a breath in and release this power when you give your little boy a hug, or to the next man who comes to you in a moment of pain or grief or yearning for blessing.

*Dan Gorbunow, AMT is trained in Traditional Chinese Medicine and offers ritual, divinations, and healing bodywork for men based out of the Uptown studio he shares with his wife, Red Earth Sanctuary. Dan also facilitates the monthly Men's Healing Ritual at TCMC. Please email Dan for any comments or questions: [thunderbird@live.com](mailto:thunderbird@live.com)*

## Library Corner

—JIM HEANEY, LIBRARIAN



### Book of The Month:

The TCMC Library is very pleased and proud to have a new book authored by two members of the Men's Center. *Choosing Healthy Sexual Boundaries: THE HANDBOOK*, By Tommy Jones and Bobby Schauerhamer, 2014. Bobby & Tommy originally formed, and have facilitated our Healthy Sexual Boundaries support group for the past ten years. It is now our most attended support group. Tommy and Bobby's hope is that this Handbook will share the cumulative experience and wisdom of their support group to a wider audience.

This book is not a workbook which will walk you through a strictly regimented series of exercises, nor will it tell you what you must or must not do to be healthy or cured. The handbook is to provide suggestions, choices, and options for establishing healthier boundaries and support for you while you are on the path of discovery and change. Tommy and Bobby believe that the power to change comes from within us. This book will provide tools which will help you construct and/or repair your sexual boundaries.

## Address Change Notifications

from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org). Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord.

Office Volunteers: Rick Charlson, Jim Heaney, Dick Madigan, Steve Magner

Editor: Bill Dobbs

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## Greetings from the Chair

It's an exciting time at the Twin Cities Men's Center. Board meetings have a new energy and sense of purpose, and we are finding more men who wish to donate their time and talents to helping our mission. I'd like to use this column to tell you about some of the projects we have going, and about the board members and volunteers who are making these initiatives happen.

Several board members, including Ken Knoll, Tom Weaver, Jim Heaney, and Harry Greenberg have been presenting a PowerPoint presentation about TCMC's offerings to treatment programs and halfway houses in the area. This is a form of outreach to populations of men who could benefit from our services. The usual response we get after a first-time presentation to an organization is, "Where have you guys been? Our clients could really use your services!" Which only reinforces the idea that for many men, TCMC has the best kept secret in the Twin Cities for the last 37 years.

The man with the steady hand on the financial rudder is Treasurer Rick Charlson. Rick delivers his monthly financial report with calm confidence and a sense of humor (ask him to tell you about TCMC's "high interest" savings account some time.)

TCMC continues its outreach program to Minnesota's correctional facilities. Many men, including Jim Heaney, Office Manager Randy Genrich, Dick Madigan, Tom Weaver, and others, have volunteered to participate in Transitions Fairs, in which incarcerated men who are nearing release can gather information about resources that will help them make the transition to post-incarceration life. And Bobby Schauerhamer and Tommy Jones have celebrated the 10th anniversary of their Healthy Sexual Boundaries support group by writing a book titled "Choosing Healthy Sexual Boundaries: The Handbook". The book is available at Amazon and other online retailers and makes the good work that Tommy and

Bobby have done over the last decade available to a whole new audience.

New board member Damon Starks organized a board retreat in which each board member was asked to talk about issues they thought needed attention. This has resulted in a new standing board meeting agenda item that covers a "policy of the month", and we will follow this up with another retreat in September, when we track the progress made toward achieving our goals.

Anger Management Coordinator John Hesch continues to shepherd men through our Anger Management classes, helping men deal with a common difficulty and helping to ensure TCMC's financial stability at the same time.

Office Manager Randy Genrich is approaching 3 decades of service to TCMC. As the face of TCMC, Randy has welcomed many men to TCMC, on the phone and in person. His friendly and compassionate nature reassures men that they are in the right place to get the help they seek.

Finally, Bill Dobbs continues his quiet hard work in maintaining TCMC's website, and in putting out Men Talk, without fail, every other month. Bill tolerates tardy submissions from contributors and last second changes to the calendar with good humor and makes sure our primary communication tool gets out. Without Bill and Scott Benson, who tirelessly maintains our databases, you wouldn't be reading this now.

A lot of activity and a lot of good work, to be sure. And all of it aimed at helping men to help themselves and improve their lives. Does any of this sound like something you'd be interested in helping with? We are always looking for volunteers to further our mission. If you see an opportunity to help us, please contact the office or a board member and tell us how you'd like to help.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

## In Memorium - Harold Kallio

Long-time Men's Center volunteer, support group facilitator, board member, Men Talk mailing party team member and men's brunch attendee passed in mid-April after grimly enduring a progressive blood disease ending in acute myeloid leukemia.

Harold worked professionally as a mechanical engineer in quality control, most prominently at medical device companies such as Cardiac Pacemakers (later Guidant), and he was active in the American Society of Mechanical Engineers professional society. I mention this, because a minority of men who volunteer at the Men's Center bring their unique gift of technical expertise to bear—primarily in the administrative area—thus supporting other men who specialize in the delivery of services to men. Harold compiled support group attendance reports for over a dozen years, and supported the Mac computer systems in the office in various ways.

Harold was also an early Minnesota member of the ManKind Project and participated in the New Warrior Training Adventure weekend. I got to know Harold most closely on a sailing trip on Lake Superior in the late '90s as a fellow crew member to co-captains and warrior brothers Michael Martins and Ralph Berlovitz. My experience of Harold was that he was exceedingly kind and fair-minded, and well informed on just about any matter or subject I could engage him in.

I will miss his humor and resilience. - Andy Mickel

# 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
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Men's Retirement 5:30 p.m.	<b>SUPPORT GROUP</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>FATHER'S DAY</b> <b>BRUNCH</b> 10:00 a.m. Men's Healing Ritual 1:00 - 3:00 p.m.	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mindfulness and Healing 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Friendship Can Rebuild Lives 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>PRIDE FESTIVAL</b> <b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>PRIDE FESTIVAL</b>	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>FOURTH OF JULY</b> <b>HOLIDAY</b>	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Men's Healing Ritual 1:00 - 3:00 p.m.	<b>SUPPORT GROUP</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law & Divorce 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>MEN TALK DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>BRUNCH</b> 10:00 a.m. Men's Retirement 5:30 p.m.	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> No Presentation 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>MEN TALK MAILING</b> 9:00 am ----- <b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 am
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Twin Cities RISE! 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

web site: [www.tcmc.org](http://www.tcmc.org)  
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# June/July 2014

## PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to the wider community. This tradition has been part of the Men's Center offering since its founding 35 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters are **Jill Barnes, Chris Burke, Kelley Lorix, Bob Manson, Richard McLemore, Andy Mickel, Dan O'Connell, Noah Semex, and Rasheen Tillman**

A small fee is collected at the door for each person attending:

Non-Members of TCMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

*The Men's Center does not endorse, takes no specific position, nor does it hold 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).*

## DESCRIPTIONS

### Family Law Clinic

Discussion Leader: Rasheen Tillman  
When: Wed, June 4, 7:00-9:00 pm

*Open to Men and Women*

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. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.*

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, June 11, 7:00-9:00 pm

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

*ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.*

### Mindfulness and Healing

Presenter: Noah Semex  
When: Wed, June 18, 7:00-9:00 pm  
*Open to Men and Women*

It can be easy to feel overwhelmed by anxiety, worries or depressive thoughts.

By learning mindfulness meditation skills and applying them to our daily life, we can feel greater ease in how we experience difficult thoughts and emotions. By allowing ourselves to have our experience just as it is in the moment, we can heal and find greater compassion and self-acceptance.

*Psychotherapist, Noah Simcox, will present about applying mindfulness and self-compassion skills to daily life and will lead some exercises.*

### Friendship Can Help Rebuild Lives: Volunteering with Amicus

Presenter: Jill Barnes  
When: Wed, June 25, 7:00-9:00 pm  
*Open to Men and Women*

Far too often, people who are incarcerated return to community with few positive connections or friendships. For over 45 years, Amicus (latin for "friend") has been matching trained and supported volunteers with people in prison or jail. Learn how

these simple friendships can make a huge difference in the lives of both volunteer and participant.

*Jill Barnes is a volunteer with Amicus and can be reached at jill.barnes@voamn.org / 612-877-4254.*

### Family Law Clinic

Discussion Leader: Kelley Lorix  
When: Wed, July 2, 7:00-9:00 pm

*Open to Men and Women*

See June 4 Description

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, July 9, 7:00-9:00 pm

See June 11 Description

### Family Law and Divorce Basics: Custody, Parenting Time, Property, Child Support, Alimony, & Process

Presenter: Dan O'Connell  
When: Wed, July 16, 7:00-9:00 pm  
*Open to Men and Women*

Attendees will learn basic information about custody, parenting time and child support with respect to divorces and paternity cases. The basics for property awards and debt allocation, as well as spousal maintenance (alimony) in divorce cases will be discussed. The different processes available, such as court, mediation, early neutral evaluation, and collaborative law will also be covered.

*Mr. O'Connell is a lawyer, CPA, mediator, arbitrator, and early neutral evaluator for family law matters. He also mediates civil matters and represents lawyers, doctors, and other professionals in ethics and licensing matters. He is the immediate past President of the Minnesota Chapter of the American Association of Matrimonial Lawyers, and works at Collins, Buckley, Sauntry & Haugh, PLLP, St. Paul, Minnesota.*

### No Presentation

When: Wed, July 23, 7:00-9:00 pm

No presentation is scheduled for this date

## Recruiter – Twin Cities RISE!

Presenter: Richard McLemore, II  
When: Wed, July 30, 7:00-9:00 pm

*Open to Men and Women*

As recruiter for this agency I will speak to the men/women of your program about our professional job skills company. TCR! is a place where individuals are given the opportunity to gain a valuable education while being assisted through the maze of employment. Finding a job is a full-time job, and at TCR! we believe that every person is “Loveable, Important, Valuable,” thus they deserve a fair shot at gaining substantial employment.

*Twin Cities RISE! is an innovative anti-poverty organization launched in 1994 that provides long-term job training designed for those facing the most barriers to employment and long term financial independence. TCR!'s mission is to provide employers with skilled workers – primarily men from communities of color in the Twin cities area – by training under – and unemployed adults for skilled jobs that pay a living wage of at least \$20,00 annually.*

## Family Law Clinic

Discussion Leader: Bob Manson  
When: Wed, Aug. 2, 7:00-9:00 pm

*Open to Men and Women*

See June 4 Description

## 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 women and men.*

### • Minneapolis Location

3249 Hennepin Ave. S. Suite 55

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

*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.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

### Addiction Busters

*Open to Men and Women*

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 !

- Tuesdays 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.

- Tuesdays 7:30 - 9:30 pm

### Transitions

*Open to Men and Women*

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

### Healthy Sexual Boundaries-EAST

*Open to Men Only*

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries 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 safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

**Location:**

Project Pathfinder Group Room “B”  
Griggs-Midway Building (NE Entrance)  
3rd Floor, Suite N385  
1821 University Ave. W.

- St. Paul, MN 55104
- Wednesdays 5:30 - 7:30 pm

### Sexual Trauma & Abuse

#### Survivors

*Open to Men and Women*

Co-facilitators: Jerry Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of both sexes. This support group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from survivors into living life to the fullest. Questions, call Jerry, 763-546-4133.

- Thursdays 7:30 - 9:30 pm

#### Bisexual and Gay Issues

*Open to Men Only*

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 pm

#### Healthy Sexual Boundaries

*Open to Men Only*

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries 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 safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- Saturdays 10:00 am - 12:00 pm

#### Men Facing Retirement Issues

*Open to Men Only*

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

# Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **June 15th (Father's Day, children welcome)** at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 20th at Tom Weaver's**, 1410 Colorado Ave S., Suite 210, St. Louis Park, 55416, 612-281-5230. Sixteen men attended Andy Mickel's brunch in April about half-dozen men attended Bob Schauerhamer's brunch in April. - Andy Mickel, 2014-05-20.

I want to share that I host a monthly **Men's Writing Group**, which includes sharing, support, open to all men, writers, non-writers, with emphasis on healing and community. I am hoping to have a few more men join this wonderful group... Would you mind forwarding along my info to your community if you think it might be of interest? My website is [www.writingwithrox.blogspot.com](http://www.writingwithrox.blogspot.com); my phone 612-703-4321. Thanks, Rox - 2014-04-23

The **Crisis & Trauma Resource Institute (CTRI)**'s public workshops in Minneapolis:  
**Anxiety - Practical Intervention Strategies - June 12, 2014**  
**Depression - Practical Intervention Strategies - June 13, 2014**  
FFI: <<http://www.ctrinstitute.com/int/>>  
- Amanda Humpries, Public Workshop Coordinator, CTRI Inc. <[amanda@ctrinstitute.com](mailto:amanda@ctrinstitute.com)> 2014-02-09

**The Father Factor: Moving Forward**, MFFN's Regional Spring Workshop

Thursday, June 5: "Examining Adverse Childhood Experiences & Trauma and the Role Fathers Play in Prevention & Healing" 8:30AM to 3:00PM in St. Paul; Registration fee of \$45 includes morning refreshments and lunch.  
FFI: <http://www.mnfathers.org/upcoming-events/> - 2014-05-04

**The 6th Annual Community Empowerment through Black Men Healing Conference**, September 19th & 20th - Metro State University, Saint Paul  
Black men healing in this era of limited resources and increasing disparities in the areas of, but not limited to health, education, incarceration, unemployment and homelessness in the African American community. This conference provides the African American community and service providers an opportunity for meaningful community engagement and access to national as well as local educators, and community practitioners to discuss and introduce practical culturally competent trauma informed, outcome driven methods and services. The overall goal is to improve the health and wellness of African American men and their families, resulting in the larger community becoming healthier and safer. The conference is open to health care professionals, public officials, community practitioners, local educators, correction professionals, community members and other experts working in or with the African American Community. FFI: <http://www.brothershealing.com/> Sam Simmons, 612-721-0106 - 2014-05-04

The next **ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota** will be hosted by Central Plains MKP on October 17-19, 2014 at the Goodwill Camp in South Sioux City. Cost is \$595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of \$150.00 to: Tim Greer, Registrar Central Plains MKP, 12727 W. Dodge Rd. #102A Omaha, NE 68154. FFI: Alex Bender, 651-492-1243. - Andy Mickel, 2014-05-15.

We are excited about the future of the **Men's Resource Center**, and to be working together as the new co-chairs of the board. And we're pleased to announce that the MRC is sponsoring a "**Healthy Men and Boys Summit**" this June with a vision of building a Western Massachusetts network of organizations and people working to support positive expressions of masculinity. Since the MRC was originally called the Men's Resource Connection, we see the organization returning to our core mission of making connections. For more information about the summit, <http://events.r20.constantcontact.com/register/event?oeidk=a07e97mav7w87fec864&llr=88ulfmqab>  
- Steven and Rob - 2014-04-02

The male health coordinator of Minneapolis informed us about the results of a Male Health Survey in Minneapolis. Details can also be found here: <http://www.minneapolismn.gov/health/reports/index.htm> under 'M'. - Nancy Andrade 2014-05-07

## *Enjoy the Healing Power of Ritual at TCMC Monthly Men's Healing Ritual* Facilitator: Dan Gorbunow, AMT

All of us are indigenous to the Earth (presumably!), so each of us has within us an essential spirit that seeks expression more than ever in the bustle of modern life. The healing ritual is a homecoming for our indigenous self that seeks to rekindle its special purpose and mission of service out of the ashes of society's consumptive, fiery nature. We lean in on our shadows and ancestors alike to help guide the way home to reconnection with our spirit, aided by drum, rattle, smoke, dance, and meditation. We show gratitude for the abundance of earth and honor all life with a meditation for peace. Are you ready to come home and reclaim a bit more of your true self?

Join us each month near the full moon (June 15, July 13), and together we'll help mend the sacred masculine at TCMC. Open to all men, all ages. No fee, donations welcome.

The Men's Retirement Group which usually meets on the 3rd Sundays, will meet the 2nd Sunday of June, the 8th at the usual time of 5:30 pm. This group is for men who are thinking of retirement, or who have retired. It is an opportunity to share feelings with other men about the importance of work, and what happens when paid employment is no longer a part of a man's life.

Norm Petrik, Facilitator

**Twin Cities Men's Center**

**ALL-PURPOSE FORM**

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

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

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DATE: \_\_\_\_\_  
 FROM Name: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Work/Other Phone: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

**PLEASE SUPPORT OUR MEN TALK ADVERTISERS!**

**Family Law Clinic**

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

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

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

**Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408**

**When: Every 1st Wednesday from 7:00 to 9:00 PM**  
**Just come! No advance registration required!**

**THANK YOU!**

The Men's Center receives generous donations of baked goods from Wuollet's and Breadsmith Bakeries. You can find them at 25th and Hennepin

or 50th and France  
 or online at:

[www.wuollet.com](http://www.wuollet.com)  
[www.breadsmith.com](http://www.breadsmith.com)



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**UPTOWN AREA SPACE TO RENT**

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

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

**(612) 822-5892**

**MEN TALK ADVERTISING RATE SCHEDULE**

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

**(612) 822-5892**

**tcmc@tcmc.org**

Notice: Change of TCMC Office Hours  
 The TCMC board approved new office hours. The office will be open Mondays 11:30am - 12:30pm & 2:30pm - 4:00pm, Thursdays 1:00pm - 4:00pm, and Fridays 1:00pm - 4:00pm. The office will be closed on Tuesdays and Wednesdays, as well as weekends.

**TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Th 1:00pm–4:00pm, F 1:00pm–4:00pm. 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. Our FAX number is (612) 821-6424.**

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

*Check out our web site: [www.tcmc.org](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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

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**4**

## 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:** \$235 for TCMC Members (\$250 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Thursdays, 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, John Hesch, on the Anger Management phone 612-229-3102.

*18 Years of Successful Classes*

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