

# men talk

tcmc  
twin cities men's center

in our 42nd year  
of public service

Feb/Mar 2018  
Volume 42 #1

## Reprint: Men in Addiction Purgatory

— © 2007 BY TOMMY JONES

Recovery as Purgatory? What? Recovery is not a good place to be? Blasphemy, you say? Perhaps. Reality? For sure.

Men - and women, too, - who come to Addiction Busters often tell me that they are in "Recovery." Or that they have been in recovery for two years. Maybe five. Perhaps even ten. My thought is always, "Wow. If you have been in recovery for that long, you need a new program. Yours isn't working for you. As Dylan said it so eloquently, "You ain't goin' nowhere".

Just what is this mystical, magical, world known as Recovery? This unique place-and-time where we appear to be healing but may, in fact, be doing very little? What do we try to do here? Recover lost jobs, money, possessions, self-esteem? Rekindle relationships long extinguished? Regain solid chemical health that many of us never really possessed? To re-hone skills and tools that were never particularly sharp to begin with? I am not sure what it is we are trying to do. And therein lies the mystery of recovery.

Keep an open mind, now, and please read on: How, exactly, does recovery help us to change and improve, obtain good chemical health, build or rebuild self-esteem, a positive self-image, confidence and respect? Or to add new, stronger and better tools to our tool box...tools needed to help defeat the addictive Beast that dwells within each of us? Well, you see, I don't think it does.

Recovery is purgatory. Or a form of it. We are neither where we were, nor where we strive to be. We live in a constant state of "retrospective illusion," looking back fearfully at what and where we were, or may return to, rather than looking and moving forward to what we can become. Instead of looking to our old house, full of destructive, unhealthy, addictive ways of living, we could look to our new house, furnished with health and satisfaction and new ways of living our lives. But sadly, we seem to be OK with purgatory. We say we are "...in recovery" and we want people to think that things are "OK," that we are "OK," that we are doing "our work", "fixing our stuff", that we are "cool". Nope.

Rather than recovery, let's consider moving into "Discovery." Discovery propels us forward to explore new aspects of ourselves, to find vibrant, new strengths, interests and passions, to find better and healthy ways to meet needs, and to acquire sharp, constructive tools that will help us build that new house and to abandon the old one forever.

Should we spend any time in recovery? Sure. Regain that which is still available and of value to you. But do it quickly, and stay for a short time only. There is often little for us to salvage, anyway. That is part of "retrospective illusion." We look too long and too hard to see our

future in our past. Sorry. Wrong direction. Move forward in discovery. Move to your new house. It is not an illusion; you can make it reality.

So give it a try. All you can lose are your old addictive ways. There is no purpose in spending years trying to recover that which is lost and gone. Move forward to a new, healthy, safe life that will replace your old ways. Discovery can be exciting, empowering, exhilarating. Who knows, you may discover stuff you have that you never dreamed about.

Sweet.

Tommy Jones created the Men's Center Addiction Busters support group. After a hiatus of a few years, The Men's Center is reviving this Support Group, which will meet every Tuesday night at 7:30 pm.

### BEHIND THE GLASS

You are always behind the glass  
I watch other mothers come  
I watch other mothers go  
You are always behind the glass

I see the other mothers touch their children,  
hold them, love them, feel the warmth of their skin  
You are always behind the glass

You are right there,  
yet I can never touch  
You are always behind the glass

I can see you, but I can never feel you  
You are always behind the glass  
the warmth of your breath

the beat of your heart  
you're right there and we are so far apart

You are always behind the glass

Was it something I said?  
Was it something I did?  
You are always behind the glass

Where did I go wrong?  
What part did I miss?  
You are always behind the glass

I ask for one thing  
and one thing only.  
Tell me.

Why are you always behind the glass??

©Tom Maher 2018

## Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

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, Relationships & Friendships, 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 WiFi access**. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

## Address Change Notifications

from the post office cost the Men's Center \$1.71 each. Please let us know in advance of mailings!  
Thanks!

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org). Office Manager: Tom Maher  
Anger Mgmt Coord.: John Hesch  
**Office Volunteers:** Jim Heaney, Dick Madigan, Scott Benson

**Editor:** Bill Dobbs

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## Greetings from the Chair

After a decade as Board Chair at TCMC, I decided to step down at the end of 2017 to make room for new voices and renewed energy. This was a difficult decision because of my deep and abiding appreciation for everything TCMC has done for me personally, but the decision got easier once I realized I was leaving the chair in the more than capable hands of Damon Starks. Damon also has a passion for TCMC and all of its important work, and I look forward to seeing all that TCMC will accomplish under his leadership.

I will greatly miss writing these Letters from the Chair, but Damon graciously agreed to my request to write one final Letter, so here it is. If you've read any of my Letters over the last 10 years, you know that I am an advocate of men defining masculinity for themselves rather than accepting a pre-defined, corporate-crafted, one-size-fits all interpretation of what it means to be a man. Masculinity at this time in history is complex and multi-layered, and anyone who tells you that being a real man is easy or can be achieved by doing (or not doing) one simple thing is almost certainly trying to sell you something. Our advertising-saturated culture would have you believe that crying, expressing tenderness towards women, or choosing to talk instead of

fight are signs of weakness and therefore disqualify you from being a real man. Don't buy it.

If you remember nothing else that I've written over the years, I hope it will be this: your instincts on what it means to be a man of integrity and honor are probably right. Respect for women, honestly expressing feelings in a healthy way, and finding non-violent resolutions to conflicts are skills that I believe come naturally to most men, but these tendencies are too often overwhelmed and diverted by messages telling us that such behavior is unmanly. So I encourage you to trust your years of experience and your inner voice rather than a 30 second beer commercial. Be the man you know you are rather than a guy someone else wants you to be.

It has been my privilege and a profound honor to be the Board Chair at TCMC. I am immensely proud of my association with an organization that for 42 years has worked hard to improve the lives of all men. I look forward to many more years of TCMC helping men become the best versions of themselves.

**JOE SZURSEWSKI**  
**TCMC PAST BOARD CHAIR**

## TCMC is now eligible to receive Choice Dollars through Thrivent Financial!

Are you a member of Thrivent Financial who's eligible to direct Choice Dollars?

Choice Dollars charitable outreach funds can make a world of difference to the Twin Cities Men's Center! Thrivent's Choice Dollars program allows eligible Thrivent members to recommend where they feel Thrivent should distribute a portion of its charitable funds. Directing Choice Dollars to TCMC is easy. Simply go to [Thrivent.com/thriventchoice](http://Thrivent.com/thriventchoice) to learn more and find program terms and conditions. Or call 800-847-4836 and say "Thrivent Choice®" after the prompt.

Thrivent also has other opportunities to help the Twin Cities Men's Center, but we need to know which of OUR supporters are also THEIR members! If you believe in TCMC's mission and you are a Member of Thrivent Financial, please contact Tom at [tomm@tcmc.org](mailto:tomm@tcmc.org) to find out about other ways you can help TCMC through Thrivent Financial!

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

## Feb/Mar 2018

					SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm ----- CLASS Mankind Project 7pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	SUPPORT GROUP Divorce/General 12:30 pm ----- CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters 7:30p	SUPPORT GROUPS H.S.B. East 5:30 pm ----- CLINIC Family Law 7	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm ----- PRESENTATION Mankind Project 7pm			
	SUPPORT GROUP Divorce/General 12:30 pm ----- BOARD MTG. 7 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters 7:30p	SUPPORT GROUPS H.S.B. East 5:30 pm ----- CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm ----- PRESENTATION Mankind Project 7pm			SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
MEN'S BRUNCH 10:00 am SUPPORT GROUP Men's Retirement 5:30 pm	SUPPORT GROUP Divorce/General 12:30 pm ----- CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters 7:30p	SUPPORT GROUPS H.S.B. East 5:30 pm ----- WORKSHOP Thrivent Financial 7p	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm ----- PRESENTATION Mankind Project 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
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## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 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 30 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

All presentations, classes, and clinics meet 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).*

### Mankind Project Open Circle

Facilitator: Dave Semenchuk and David Grocott

When: Every Thu., 7:00-9:00 pm

*Open to Men Only*

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.

## What's In A Hard On?

### Why Male Erections Work and Why They Don't

Presenter: Rod Froseth, Upside Life Skill

When: Tue., Feb. 13, 7:00-9:00 pm

*Open to men*

Guys have a fondness for their dicks. In spite of that, we spend a lifetime coping with the unpredictability of our penis in all its moods. Most guys find their erection's behavior a mystery at best, and interestingly, many docs also find it a mystery. Join us for a couple hours talking about guy erections (What could be more fun?): Why they work; What interrupts erection and a few ways to help prevent problems. And we'll talk about the most common means of dealing with chronic erection issues that guys might encounter -- the little blue pill and other remedies. Bring your questions. The workshop is upbeat, accepting of all and totally sex positive. Join us for a good time!

*Rod Froseth is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or desiring to develop sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: [www.upsidelifeskill.com](http://www.upsidelifeskill.com).*

### Thrivent Financial Workshop

Facilitator: Patti Czech

When: Weds., Feb. 21, 7:00-9:00 pm

*Open to all genders*

Do One Thing Differently: If you could do one thing differently to improve your financial life, what would it be? Help others get the financial resources they need by hosting an informal discussion with other adults on a variety of topics.

*Patti Czech is a Financial Associate with the Central Minnesota Regional office of Thrivent Financial.*

### Thrivent Financial Workshop

Facilitator: Patti Czech

When: Weds., Mar. 21, 7:00-9:00 pm

*Open to all genders*

Heart-to-Heart: As your Parents age: Help initiate healthy conversations with your aging parents about their wishes for the future, including finances and other topics. This interactive workshop includes tips for starting healthy conversations with parents and family members that lead to positive outcomes.

*Patti Czech is a Financial Associate with the Central Minnesota Regional office of Thrivent Financial.*

## CLINICS

### Family Law Clinic

Leader: Rasheen Tillman

When: Wed., Feb. 7, 7:00-9:00 pm

*Open to all genders*

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

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

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

### Family Law Clinic

Leaders: Kelley Lorix

When: Wed., Mar. 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

### Anger Management

Facilitator: various

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.

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.

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, John Hesch, 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.*

### • 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

### 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

### 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  
(Currently 2nd and 4th Fridays)

### 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

### 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? 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 Tom Duvall, Hardy, Rich Powell, Tommy Jones, Bobby Schauerhamer and Gary Weldon.

### Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- Tuesdays 12:00 pm - 2:00 pm
- Saturdays 10:00 am - 12:00 pm

### St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

## Sexual Trauma & Abuse Survivors<sup>5</sup>

*Open to all Genders*

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

### 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

### Transitions

This group has been lacking new membership for more than a few years. We have tried to reignite the spark of interest for this group, but have decided that the group has run its course. Anyone interested in issues pertaining this group should check out the Saturday Healthy Sexual Boundaries group.

- Canceled

## Book Signing

When: Sat., Mar. 10, 1:00 pm

TCMC member, Paula Overby, introduces her new book, *The Transgender Myth*.

Beginning in 2003, Paula spent eight years attending the Sexual Boundaries support group. She became a facilitator for the Among Men Project, led a group for male survivors of childhood sexual abuse, and even spent a year on the board of TCMC

Paula has written about these experiences as part of her new book, *"The Transgender Myth – Through the Gender Looking Glass"*. On Saturday, March 10, 2018 at 1 PM, Paula will be sharing these memories, revisiting the men that supported her on her journey, and offering inspiration to new members.

Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **February 18th at Rick Gravrok's**, 2925 Monterey Ave S, St. Louis Park, 55416; 952-926-6655. (on the west side of Lake Calhoun, off Lake St.). **March 18th at Damon Stark's**, 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange). 12 men attended Frank Brandon's brunch in January. – Andy Mickel, 2018-01-21.

"Proud to see the support you guys provide. It's a blessing." – Kimnicole Powell, 2017-12-18

"The Dark Side of Outing Men's Sexual Misdeeds: Generalization of men is the enemy of understanding" in *Psychology Today*, 2017-12-04 by Joe Kort, Ph.D., a therapist who is a member of ManKind Project:

"With the recent spate of revelations about powerful men behaving inappropriately toward non-consenting people without power—including women, girls, boys and men—I have some concern that, as a culture, we are quick to jump to the easiest conclusion: that all men are libidinous beasts, unable to control their impulses, and prone to harmful, pathological behavior. There is a name for where this leads: Misandry, meaning hatred of men. It corresponds to misogyny, hatred of women.

For instance, a recent Sunday New York Times (Nov. 26) op-ed was titled, "The Unexamined Brutality of the Male Ego." Despite the headline's apparent damning of men in general, the author does make an important point: Men are woefully prepared to talk about or examine their own sexuality or intimate feelings..." More at: <https://www.psychologytoday.com/blog/understanding-the-erotic-code/201712/the-dark-side-outing-men-s-sexual-misdeeds>

We have much work to do in listening to our brothers and assisting in their (and our) development of emotional language. So, onward we go, listening with open hearts. – Jim Lovestar, 2017-12-09

The PBS series "The Vietnam War" aired last fall. The PBS affiliate, Twin Cities Public Television (TPT) ran their own series about the experience of Minnesota Vietnam veterans entitled: "Minnesota Remembers Vietnam". Longtime Men Center member, Larry Johnson was featured in a show entitled "61 and Beyond": "As a jr. high athlete in 1961, I did JFK's 50 Mile Hike, a feat that set me up for

excellence in the basic training PT test when I was drafted in 1970. In 2007, when I turned 61, I did a 61 Mile Hike, calling for less war, therefore fewer veterans, and an end to arguing about veteran care, especially mental health and exposure to chemical toxins..." More at: <https://www.mnvietnam.org/story/61-and-beyond/> – Andy Mickel, 2017-11-21

To: Twin Cities Men's Center "On behalf of all of us at the MCF-Stillwater Facility and its Transitions Department, I would like to take a moment to thank you for your participation and role in making our 12th Annual Transitions Fair such a great success! Your contribution to the event was greatly appreciated. What you have provided a great number of residents with is immeasurable! We couldn't have done it without you..." – Gratefully, Steven Richard, Transition Coordinator, MCF-Stillwater, 2017-10-30.

**Post-divorce, the kids deserve best by Carolyn Hax, 2017-11-27**

*Dear Carolyn:* What do you think the "recipe" is for men to continue to stay close to their children after a divorce? I have witnessed over and over again men moving on to their next relationship and the relationship with their children gets moved to the back burner.

*Carolyn says:* The recipe is for men to stay close to their children instead of pushing them aside in favor of a new relationship. That is, if you're the divorced man you're talking about.

If you're the one dating the divorced man, then it's not up to you what he does, but you can choose not to get possessive of his time, and choose to be encouraging and understanding of the importance of his staying involved in his kids' lives.

If you're the ex, then it's not up to you what he does, but you can choose to set aside your anger, share custody and be as cooperative and flexible as possible when it comes to those arrangements.

If you're the kids, then it's not up to you what he does, but you can do your kid thing and love your parents and recognize the divorce wasn't your fault in any way.

If you're society, then it's not up to you what any given divorced father does, but you can value fatherhood as much as you value motherhood, and support men who take their family responsibilities seriously.

Does that cover it?

**Anxiety Counseling Workshop – Practical Intervention Strategies, Winnipeg, Manitoba,**

**Canada: February 27, 2018 (early rate expires February 6) Online Live Stream: February 27, 2018, Early Rate \$209; Regular Rate \$235**

This workshop provides practical and accessible strategies which can be applied across the lifespan and address the physical, emotional, cognitive and social aspects of anxiety. Including: Anxiety and Its Natural Purpose / Building a New Pattern: Steps Toward Change / Strategies Focused on the Body / Strategies Focused on the Mind-Body Connection / Strategies Focused on the Thinking Mind

**Depression Counseling Workshop – Practical Intervention Strategies, Winnipeg, Manitoba, Canada: February 28, 2018 (early rate expires February 7) Online Live Stream: February 28, 2018, Early Rate \$209; Regular Rate \$235**

This workshop reviews a variety of effective strategies that can be used to help an individual who is struggling with depression. Including: Stigma and Depression / Understanding Help-Rejecting Behavior / Concepts and Strategies for Intervention / Distress Tolerance and Positive Forecasting / Working with Shame and Depression – Kloe, CTRI, 2018-01-11

"I greatly appreciate all the work and coordinating you have done to make this happen as the Men's Center is a great resource for our men. You and the other TCMC men do such a great job of describing the programming of TCMC, the difference having support makes and the issues that face men throughout their lives." – Mary Cardinal, M.A., Release & Reintegration Specialist | Sex offender Treatment Program (SOTP), Minnesota Correctional Facility – Lino Lakes, 2017-12-17.

**ManKind Project's I-Group Arrowspace Monthly Men's Breakfast – Group Arrowspace** hosts a monthly Men's Breakfast on the second Saturday of every month from 8:00 – 11:00, (most people show up around 9:00) at The Lowry Café in North Minneapolis, (NOT in Uptown). The Lowry Café is located at 2207 Lowry Ave N, a half block west of the Lowry and Penn Ave intersection. This is a "pay your own way" breakfast. All men are welcome to join in the discussion and camaraderie. Bring a male friend and enjoy the great food and atmosphere of The Lowry Café! (We usually sit along the west wall). Contact Tom Maher at 763-588-4679 with any questions.

## 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/Cell Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**PLEASE SUPPORT OUR MEN TALK ADVERTISERS!**

### Family Law Clinic

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

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

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

**Where: 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!**



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

### 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**

**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. Our FAX number is (612) 821-6424.**

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

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

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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:** \$265 for TCMC Members (\$275 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, John Hesch, on the Anger Management phone 612-229-3102.

*22 Years of Successful Classes*

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