Never Lose Hope In Dealing With Your Fears And Anxieties

© 2010 by Stanley Popovich

When your fears and depression have the best of you, it is easy to feel that things will not get any better. This is not true. There is much help available in today's society and the best way to deal with your fears is to find effective ways to overcome them. As a result, here are some techniques a person can use to help manage their fears and anxieties.

You never know when the answers you are looking for will come to your doorstep. Even if the thing that you feared does happen, there are circumstances and factors that you can't predict which can be used to your advantage. These factors can change everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you feel fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you're afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem and give you confidence to do other things.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

Stan Popovich is the author of “A Layman's Guide to Managing Fear Using Psychology, Christianity and Non-Resistant Methods” - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: http://www.managingfear.com/
Greetings from the Chair

Stanley Popovich’s lead article in this issue of Men Talk is a timely reminder of the importance of taking care of ourselves emotionally, and making sure that we don’t let the pressures and stresses of everyday life overwhelm us and cause real and lasting damage to our physical health. I say ‘timely’ because in the midst of what feels like an endless economic depression, there are even more stresses than usual - Can I find a job? Will I keep my current job? Can I pay my bills? All of these questions take on greater weight when it feels like the margin for error has become razor thin.

If you recognize yourself in any of the above, by all means I hope you will think about some of Stan’s recommendations for coping with fear and anxiety. And in addition, I suggest you attend one of the nearly dozen support groups at TCMC. If your first reaction to this suggestion is, “What’s the use in going to a support group? A support group won’t find me a job, or pay my bills, or fix the economy,” I know how you feel because I used to have similar feelings. A support group likely won’t in and of itself solve what you face gets in the way of solving or even facing those problems.

So while it’s true attending a support group likely won’t in and of itself solve whatever financial or personal issues you are dealing with, it very well could provide you with the strength and peace of mind that allows you to solve these problems for yourself.

Joe Szurszewski
Board Chair

TCMC’s “Brothers Helping Brothers” Fund Raising Drive

To help support rising operating expenses for the coming year, the Twin Cities Men’s Center initiated a campaign to raise $5,000 over this year. During this time, TCMC’s fundraising task group will seek individual donations by contacting members directly by phone and e-mail. We choose a fund raising drive as an alternative to raising membership rates. Membership rates remain the same to keep things affordable for all program participants. “Brothers Helping Brothers” provides quick and easy means to donate for those who can afford to do so.

Go to www.tcmc.org / click “Donate”

To make a tax-deductible contribution, simply go to TCMC’s website, www.tcmc.org, and click “Donate” in the lefthand navigation bar. Contributions by personal check, payable to TCMC, can be directed to TCMC’s office: Twin Cities Men’s Center “Brothers Helping Brothers” 3249 Hennepin Ave. So., #55 Minneapolis, MN 55408
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**Check out our web site:**

[www.tcmc.org](http://www.tcmc.org)

e-mail: tcmc@tcmc.org

phone: 612 / 822-5892

Call us about Anger Management Classes.

Aug/Sep 2010

1976 - In our 34th Year of Public Service 2010

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.
PRESENCENTIONS

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 it's founding 34 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 include: Rob Gamble, Jim Gerharter, Nancy Helland, Bob Manson, Andy Mickel, Linda Wray, and Joe White.

A small fee is collected at the door for each person attending:
- Non-Members of TMC – $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).

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

A Circle of Warriors

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

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors “We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow,...) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools, The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

“The initiation of men is the hope of the world.” - Don Jones, former chairman, ManKind Project.

Poetry Reading

Presenter: Nancy Helland
When: Wed, Aug 18, 7:00-9:00 pm

Open to everyone!!

I will be reading from my own collection of poems, but want to encourage everyone to share their own writing. Through our poetry and creativity we express our true feelings and a piece of who we really are. Just another way to reach out and talk about what we are all going through. All forms of writing or creativity are welcome or just come to be moved by the experience.

No Presentation

When: Wed, Aug 25, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Sep 1, 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 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.

The Bible Through Gay Eyes and Heart

Presenter: Rob Gamble
When: Wed, Sep 15, 7:00-9:00 pm

Open to Men and Women

This is not traditional. Suggestions of man-to-man intimacy - David and Jonathan, the man Jesus loved, Matthew's gospel has been called the Gospel for sex-workers, 3 kinds of eunuchs, can we find ourselves in Joseph's story? Why is male anal sex abhorrent?

Rob Gamble, retired United Methodist pastor, gay progressive Christian, activist in Hennepin Ave UMC Reconciling Ministries, also attends All God's Children Metropolitan Community Church.

Eight Steps Towards Living a Spiritually Grounded Life

Presenter: Joe White
When: Wed, Sep 22, 7:00-9:00 pm

Open to Men and Women

In difficult times as people struggle to make sense of things, and question and worry about where their lives are going, there is a need, more than ever, for people to reconnect with the sacred in their lives. Drawing from the wisdom of ancient Celtic tradition and spirituality, this presentation will serve as an introduction to eight steps designed to help us live a more spiritually grounded life.

Joseph N. White is a Spiritual Director located in the Twin Cities. He holds a Masters in Pastoral Studies from Loyola University in New Orleans, and has over 20 years experience working in integrative spirituality with all ages. To learn more about Joe and his work please visit www.soulfriendmin.com for info.
**No Presentation**  
When: Wed, Sep 29, 7:00-9:00

**Family Law Clinic**  
Discussion Leader: Jim Gerharter  
When: Wed, Oct 6, 7:00-9:00 pm  
Open to Men and Women  
See Aug 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 TMC 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**  
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

**Women Dealing with Sexual Addiction**  
Open to Women Only  
Sexual addiction affects us all. Its stigma is very shaming and can keep us from finding the support we need. Without judgment or phrases like “being on or off the wagon”, this group will provide education and open discussion on a variety of sexual addiction topics, including: Awareness, stress management, triggers, emotions, obsessive/compulsive behavior, grief and shame. This group is for women who want to learn to set healthy boundaries for themselves in a supportive environment.
- **Mondays** 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**  
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.)
- **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

**Male Survivors of Sexual Abuse**  
Call 612-822-5892 if you are interested in this group because it’s not a “drop-in” group. Do you feel like you are the only one this has ever happened to? It’s not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy “lucky”; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.
- **Thursdays** 7:00 - 9:00 pm

**Bisexual Men**  
This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.
- **Fridays** 7:30 - 9:30 pm

**Healthy Sexual Boundaries**  
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**  
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

**Men’s Retirement Group Schedule Change**

The monthly Men’s Retirement Support group will meet the 2nd Sunday of August on the August 8th, and the 4th Sunday of September, Sept 26th at 5:30 p.m., instead of the usual 3rd Sundays. The group is for men who are thinking about or have retired, and want an opportunity to discuss feeling about this major life change. Welcome if this sounds like it might help you.  
— Norm Petrik, Group Facilitator

**Give a Gift**

**Men’s Center Membership**  
**ONLY $20**  
612-822-5892
Atlantic there is another article titled, *Are Fathers Necessary?*. In that article the author, Pamela Paul focuses research from the February issue of the Journal of Marriage and Family, by Judith Stacey, a professor of sociology at New York University, and Timothy Biblarz, a demographer from the University of Southern California. The point of their research is that successful parenting is not at all about the gender of the parents, but the quality of parenting. As a result, Ms. Paul indicates in spite of cherished notions of two-parent families, it just may be possible that fathers aren’t necessary.” - Earl Hipp, 2010-07-19.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held October 15-17, 2010 at Eagle Lake Camp near Brainerd, MN. The cost is now $595, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at Open Circle of Warriors events at the Men’s Center every 2nd Wednesday, 7-9 p.m. Contact Andy Mickel with any questions 612-279-6416 or see: <http://minnesota.mkp.org/> for Open I-Group dates/times. - Andy Mickel, 2010-07-18.

Gail Rosenblum’s column “Shared Parenting is One Gift That’s Long Overdue for Divorced Dads” appeared in the Minneapolis Star Tribune on Father’s Day. She based her article on interviews with Molly Olson who founded a non-profit to get family-friendly Minnesota to pass a bill that presumes that after a marriage breaks up, mothers and fathers will continue to share equally in parenting. A bill carried in the 2010 legislature by Rep. Kim Norton of Rochester and Sen. Kathy Salzman of Woodsbury ultimately did not pass, but did address two huge injustices: removing the exception for domestic violence and the unfair support payments formula favoring moms over dads. Sen. Salzman summed it up: “The time has come to find a way to reflect today’s society. How can we make this a win-win?” - Star Tribune, 2010-06-20.
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 Wed. 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 $________  $20 (Regular)  $40 (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 Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / Men Talk

**DATE:**  
**FROM** Name:  
Mailing Address:  

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**Anger Management Program**

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:** $215 for TCMC Members ($225 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are two in Hopkins (Tues, Weds) and one in Minneapolis (Mon). A new class is scheduled to start on Sept 13 at the TCMC.

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.

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**Men Talk Advertising Rate Schedule**

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E-mail the editor at tcmc@tcmc.org

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**Please support our Men Talk advertisers!**

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**Factor of 4, LLC**

Many thanks to Factor of 4, LLC for the generous donation of website services to The Men’s Center.

For your website design or web hosting, call 612-279-6400
www.factorof4.com

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**Uptown Area Space to Rent**

The Men’s Center, 3249 Hennepin Ave S

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(612) 822-5892
TMC Office Hours: M 11:30am–12:30pm, 2:30pm-4:00pm; Tu, Th, F 1:00pm–4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West 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 or correspond at our e-mail address: tcmc@tcmc.org

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

ADDRESS SERVICE REQUESTED

The Hand of Hannah

The traffic is sluggish
The atmosphere tense
Diastolics are elevated
The rush is on
If patience is a virtue
The beltway is a vice
I feel the tailgater’s stare
Portside’s moniker is “honker”

I’m ready to respond and then I hear
“Daddy, hold my hand”
I wrap one arm behind my seat
I feel her slim fingers intertwine with mine
I enjoy her giggle and release my sigh
I rejoice in the power
Hannah’s hand provides

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