

men talk

tcmc 
twin cities men's center

in our 36th year
of public service

Apr./May 2012
Volume 36 #2

Support Group Check-in

© 2012 ANONYMOUS

Hi, my name is... well I'm not sure I'm comfortable giving my name. This is my first time at a Men's Center group and I'm not sure what to expect.

FACILITATOR: That's OK, Anon. This is your time to check-in. Whatever you say here is kept confidential. We ask that no one take notes and that everyone respects each other's privacy. We are not a "report-mandated" organization so we do not report to any state or federal agencies. We do pass around a sign-in sheet, but you can just use your first name.

ANON: That's a relief! I've come down here to the door several times, but this is the first time I've had the courage to come in.

F: Good. If you'd like, tell us a little about what brings you here. We will listen and support you to change and grow in the ways you want. We don't have an agenda or a plan - we're here to help you.

A: Well, I'm struggling with some sexual stuff. I've known for a long time that I've felt this way, but I've really tried to fit in. And I grew up in a small town in a kinda conservative family, so talking about sex was never really allowed. I got the message pretty clear that I was supposed to be like everyone else. And if I wasn't - don't talk about it.

So I got married just after college, and had a couple kids. I've tried to be a good father and husband - but I always felt I had this secret.

As the years have gone on, I began going out and cruising the bars for hook-ups. I feel terrible about this - I need to make a change. I need to tell my partner. I need to do something, but I don't know how.

Recently, after I was cruising, I drank too much and got another DWI. I may be looking at prison time. I've always liked a little drinking, but lately it's been getting out of control. So I need to figure out how to change that, too. I feel as if I've messed my life up.

Do any of you guys understand? Do you think I'm screwed up? Can you help?

F: Thanks for sharing, Anon. If you want feedback during your check-in, it's OK to ask one of the other guys for their

thoughts or questions. Just remember, guys, this is Anon's check-in, so don't "hi-jack" it. That means, don't start using his time to talk about your stuff. Keep it focused on Anon while it's his turn. You will have your own time to check-in later.

The example check-in above could be from many of our group - Divorce/UnCoupling, Addition Busters, Prison Transitions, Gay Issues, Bi-Sexual Men, Healthy Sexual Boundaries, etc. The issues we have in common are greater than those that separate us.

The important thing to know is a Support Group is a safe place for people who need support and healing and who may be in personal crisis; to share and be heard when telling about experiences, feelings, and perceptions; in a chemically free atmosphere of mutual respect, confidentiality, and self responsibility.

All groups are conducted within the guidelines of the TCMC mission statement and guidelines found at <http://www.tcmc.org/program1.html>

Anonymous is any man who needs help working out his feelings. Anonymous is any age, any race, any sexual orientation, any class. Anonymous is you.

THE IMPORTANCE OF PRIVACY IN TCMC'S SUPPORT GROUPS

BY JOE SZURSZEWSKI

The expectation of confidentiality is why TCMC support groups work. When a man talks about his feelings, he does so because what he says is held in the strictest confidence. He knows that nothing he says and nothing of his story will be repeated outside the room. He also knows that his very presence in the group will never be discussed outside the group. This expectation is essential to providing a safe space for men to talk, and is something upon which there can be no compromise. If you have any questions about TCMC's privacy policy, feel free to talk to your support group facilitator, or contact the Support Group Coordinator Norm Petrik, or myself.

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 Men's Center thanks Tom Weaver for his generous contribution of these new additions to our library. HUG AN ANGRY MAN, and you will see he is crying, by Sean Casey Leclair. SUCCESSFUL AGING, by John Rowe & Robert Kahn. THE FRUITFUL DARKNESS, reconnecting with the body of the earth. IS IT A CHOICE, answers to 300 most frequently asked questions about gay and lesbian people. THE LIFE AND TIMES OF THE THUNDERBOLT KID, by Bill Bryson. THE SEAT OF THE SOUL, a remarkable treatment of thought, evolution, and reincarnation. TIMES ALONE, selected poems of Antonio Machado, translated by Robert Bly. A MAN'S WAY THROUGH THE TWELVE STEPS, by Dan Griffin.

Address Change Notifications

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

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Greetings from the Chair

Autobiography in Five Short Chapters

Portia Nelson

I walk down the street
There is a deep hole in the sidewalk
I fall in
I am lost I am helpless
It isn't my fault
It takes forever to find my way out

I walk down the same street
There is a deep hole in the sidewalk
I fall in again
I can't believe I'm in the same place
But, it isn't my fault
It still takes a long time to get out

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I still fall in . . . it is a habit
My eyes are open
I know where I am
It is my fault
I get out immediately

I walk down the same street
There is a deep hole in the sidewalk
I walk around it

I walk down another street

This poem is a beautiful meditation on the importance of persistence and the inevitability of setbacks when attempting to make big changes in your life. I like it because it pertains to a lot of what we do at TCMC.

If you are dealing with addiction, you know that there is no magic switch that makes the addiction go away. It takes hard work, persistence, and an ability to forgive yourself when you don't achieve your goal. If it were easy, there wouldn't need to be a place like the Men's Center, where you can talk with other men going through the same thing.

If you are confronting a divorce, uncoupling or other family upheaval, you know that the pain lasts more than a few days. You also know that it can feel like the pain will never go away. But hopefully you've heard others tell you that it can get better, and that you can in fact get to an even better place than you were in before. It will take time, hard work, and an understanding that deep attachments can't just disappear without causing deep pain. If it were easy, there wouldn't need to be a place like the Men's Center, where you can talk with other men going through the same thing.

If you are contemplating telling the world about your true sexuality, you know how scared and alone you can feel. You may even have wondered if living as your true self was worth the pain and uncertainty. You may not realize that other men have stood exactly where you do now, and that with a combination of hope, trust, and sheer determination, they used resources like TCMC's support groups to become comfortable with themselves and their place in the world. It will take more than one visit to a support group, more than one heartfelt talk with a trusted friend. If it were easy, there wouldn't need to be a place like the Men's Center, where you can talk with other men going through the same thing.

Whatever crisis or major life change you are going through, it's safe to say it won't be easy. You may feel like you're walking down the same street day after day and falling into the same hole. But that's OK. The important thing is, keep walking.

JOE SZURSZEWSKI
BOARD CHAIR

EVENTS CALENDAR

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
1	2	3	4	5	6	7
	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
8	9	10	11	12	13	14
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Letting Go! 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
15	16	17	18	19	20	21
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Youth Mentorship 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
22	23	24	25	26	27	28
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
29	30	1	2	3	4	5
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
6	7	8	9	10	11	12
	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Natural Healing 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
13	14	15	16	17	18	19
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Custody Myths 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	MEN TALK MAILING 9:00 am ----- SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am
20	21	22	23	24	25	26
	MEMORIAL DAY HOLIDAY	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Effective Co-Parenting 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm	web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892	
27	28	29	30	31		

Apr/May 12

Call us
about Anger
Management
Classes.

1976 - In Our 36th Year - 2012
of Public Service

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 **Bill Baldwin, Sara Daly, Dan Gorbunow, Bob Manson, David Marty, Andy Mickel, Steve Onell, 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: Bob Manson
When: Wed, Apr. 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, Apr. 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.

Letting Go! Quickly, and Painlessly Release Emotional Baggage

Presenter: Bill Baldwin, M.Div.
When: Wed, Apr. 18, 7:00-9:00 pm

This workshop will focus on a time tested, proven technique for easily and instantly releasing and letting go of unwanted feelings, emotions, thoughts and beliefs. It is based on The Sedona Method, The Release Technique, the pioneering work of Lester Levenson and his disciples Hale Dwoskin (Sedona) and Larry Crane (Release Technique). This is very much a hands on workshop where you will learn the actual technique and be able to take it home with you and use it in your life. For anyone, any gender, any age. Come and learn how to improve your life quickly and easily.

Bill Baldwin is an ordained minister with the United Church, pastoring churches in Lester Prairie and Plato. Bill is a long time Men's Center member and anger management class facilitator as well as a member of the TCMC board of directors. Bill has a life long passion for growth and healing, and is always looking for what really works for lasting change. Bill is married, has two grown children, a greyhound dog and a cat, and lives in Hopkins.

Youth Mentorship - A Community Workshop

Presenter: Dan Gorbunow
When: Wed, Apr. 25, 7:00-9:00 pm

Open to men, women, elders and youth 12 years+

Mentorship is a staple in a traditional society and today many people are turning to mentoring as a way to share a deep connection that fosters trust, recognizes talents, develops communication, and helps to mature individuals. Mentoring youth is a natural part of life that can be practiced at all ages and levels of ability. In this fun, open community workshop, mentorship is discussed from an indigenous viewpoint using a talking circle format; we'll explore our own ideas, feelings, and gifts and listen to others. This workshop is half discussion, half practical experience that will open up a new understanding and appreciation of the opportunities and challenges of mentorship and offer an introduction to useful skills in giving and receiving mentorship. Teens, men, women, and elders are all welcome!

Dan Gorbunow, AMT, is an initiated helper in the sacred culture of the Anishinaabe (Ojibwe) people, and has many years experience in personal and community healing. He helped to run a rites of passage organization for youth and now provides support for several detention and treatment centers in prayer and talking circles. He also facilitates and DJ's for free-style dance events with world music and tribal percussion, please visit Meetup.com, Shamantra Trance-Formational Dance Meetup.

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, May 2, 7:00-9:00 pm

Open to Men and Women

Same description as April 4.

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, May 9, 7:00-9:00 pm
Same description as April 11.

Natural Healing in Our Culture of Immediacy

Presenter: David Marty
When: Wed, May 12, 7:00-9:00 pm

Open to Men and Women

Dr. Marty will discuss the uses and applications of natural healing and its role in managing health. Food, vitamins, supplements, herbs and spices have unique and powerful properties and can be incorporated into management of chronic diseases such as diabetes and HIV. Come for a discussion and feel free to bring your own questions and experiences that you may have about your health.

David Marty is a second-generation chiropractor who has practiced in Minneapolis for over thirty years. His office is in his home at 1015 west 37th Street, Minneapolis, 612 827-1793. Dr. Marty has been researching herbs, spices and vitamins in the management

of his own diabetes. He prefers to use natural healing whenever possible.

Custody Myths and Family Court

Presenter: Sara Daly
When: Wed, May 23, 7:00-9:00 pm

Open to Men and Women

Divorce, child custody, child support and other family law issues can be complicated and stressful. This presentation will address common custody myths and misconceptions as well as provide useful information regarding family court procedures. There will be a question and answer session as well to address attendees' family law questions.

Sara Daly is a family law attorney at Vox Law LLC in Minneapolis. She provides personalized and effective representation whether you are going through a divorce, thinking about adoption, or have a child custody issue. Contact Ms. Daly for a free consultation at (612) 432-6541 or at sdaly@vox-law.com.

Effective Co-Parenting Relationships/Skills

Presenter: Steve Onell
When: Wed, May 30, 7:00-9:00 pm

Open to Men and Women

A brief history of the concept of "co-parenting" and a short co-parenting film will open this presentation. Handouts will also be available. The concepts of "business-like" and "parallel parenting" will also be discussed. Time for questions and discussion will be allowed. Co-parenting plans and co-parenting court will also be on the agenda. Tips and suggestions for effective co-parenting will be offered.

Stephen L. Onell, M.S., LISW. Have taught court required co-parenting classes for 12 years. Social worker with Meridian Behavioral Health at 2 of their men's chemical health treatment centers. Teach Parents Forever classes for Anoka Courts. Directs FathersFIRST! -- a support services program for fathers and their families. Have 3 adult children and 9 grandchildren. 35 years of teaching experience. 22 years of experience as a social worker.

Family Law Clinic

Discussion Leader: Rasheen Tillman
When: Wed, Jun. 6, 7:00-9:00 pm

Open to Men and Women

Same description as April 4

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

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

Abuse Survivors

Open to Men and Women

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors 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 victims into survivors.

- On Hold 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

NORTHSIDE General Men's Issues / Relationship Issues

Open to Men Only

Men can express thoughts and feelings about the process of life's challenges and experiences, and what it means to be a man in American culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men. Facilitators: Michael Martens, Malik Holt-Shabazz.

Location: Harrison Neighborhood Association - 503 Irving Ave N, Minneapolis 55405
FFI: 612-377-5496

- 1st, 3rd, & 5th Thurs 6:30 - 8:30 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

Northside Men's Support Group Change

The Northside Men's support group will now meet the 1st, 3rd, and occasional 5th Thursdays of every month (instead of Wednesdays).

This is a group for Northside men to talk about it all on an interpersonal level from the support of other men. It meets at the Harrison Neighborhood Association.

Michael Martens, Group Facilitator

Here and There

— Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **April 15th at Andy Mickel's** 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 20th at Stephen Sewell's**, 647 Lincoln Ave #F, St. Paul, 55105 (just east of Dale Av) 612-229-6699. 23 men attended February's brunch at Jamie Wellik's and 19 men came to March's brunch at Eric Mann's - Andy Mickel, 2012-03-18.

"Hello Randy + Andy + ? The surf's up!" - Herb Jahne (first TCMC Anger Mgmt Coordinator) from Hawaii, 2012-03-14.

"Please find included with this letter a charitable gift [for the Men's Center.] I send you all my best wishes for your finest work in the year past and the year approaching. Merry Christmas and Happy Holidays to you and yours. I hope the Friday Men's Support Group is still going strong." - David D. 2011-12-15.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 27 - 29, 2011 at Voyageur Environmental Center, Mound, MN west of Minneapolis. The cost is \$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. FFI: **Andy Mickel 612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2012-01-07.

My Scene City is an entertainment and social eZine available online at:

<<http://www.myscenecity.com/MySceneCity/SCENE.html>>. The March issue features PRIDE Preview - Celebrating 40 years of Twin Cities Pride. - 2012-03-16.

Midwest Family Equality Conference, Minneapolis, April 27-28. <<http://www.familyequality.org/conference>>, Burroughs Community School, 1601 W. 50th Street, Minneapolis, MN 55419. The Midwest Family Equality Conference, now in its 17th year, is the longest running gathering of the lesbian, gay, bisexual and transgender family community in the region. Our Conference is a weekend full of both educational and social events, featuring activities and sessions that allow families with LGBT parents to learn more about the topics that matter to them, to build on their own community of support, to share their stories to open other hearts and minds, and to raise their voices to create social justice. - 2012-03-19.

The 20th Annual Conference on Men and Masculinities sponsored by the American Men's Studies Association will take place March 29 - April 1, 2012 in Minneapolis, Minnesota. The theme for AMSA XX is "Celebrating Twenty Years of Scholarship on Men and Masculinities" Conference sessions at U of St. Thomas in downtown Minneapolis. 36 sessions and nearly 100 presenters. FFI: <http://mensstudies.org/?page_id=941> - 2012-03-01.

SHAMANTRA Trance-Formational Dance is an uncharted experience to help us connect joyfully with Self, Spirit, Intent, Healing, and Community in a safe space of free expressive movement, mystery, beauty, sound and ritual. 1st Saturdays 8:15 - 10 p.m., 2nd, 3rd, 4th Sundays 7:15 - 9 p.m. at: Living Waters Market & Cafe / Center for Harmonious Living,

12201 Minnetonka Blvd, Minnetonka 55305. 952-938-1929. FFI: Dan Gorbunow 612-987-0324, Check "shamantra transformational dance" at MeetUp.com - Dan Gorbunow, 2012-01-11.

"I have directed a film called **"Five Friends"** about the importance of authentic, vulnerable and transparent male friendships. My fellow co-producer and I are screening the film at the [2012] American Men's Studies Association conference in Minneapolis in March/April. We are reaching out to men's organizations in the area to see if we can connect with like-minded groups interested in this vital subject. Would the Twin Cities Men's Center be interested in doing a screening? You can find out more at www.fivefriendsmovie.com. I look forward to speaking with you if you are interested. Thanks." Erik Santiago, 310-741-1290, <erik@captivepictures.com> - 2012-01-19.

Grief Ritual: Release the flow in community drum-dance-process. May 6, 2012 in Marine On St Croix near Stillwater. All ages and faiths welcome, please visit our website www.MNRitualHealing.weebly.com for more info, pricing, and details. FFI: Dan Gorbunow 612-987-0324.

Ancestralization: Connect to the Invisible Realm. May 31-June 3, 2012 at Martell's Landing on the St. Croix. A weekend intensive in the tradition of the Dagara people as introduced by Malidoma Some'. Local and national elders will help facilitate a very powerful and fun weekend for adults, all backgrounds and faiths are welcome. Please visit our website, www.MNRitualHealing.weebly.com for more info, pricing, and registration. Ashe! Blessings! FFI: Dan Gorbunow 612-987-0324.

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 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 \$_____ \$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 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: _____

Home Phone: _____

Work/Other Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

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: \$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, Tuesdays, and Wednesdays. The next class is schedule to start Monday, April 30th.

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.



Many thanks to
Factor of 4, LLC
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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

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
www.breadsmith.com

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UPTOWN AREA SPACE TO RENT

**The Men's Center,
3249 Hennepin Ave S**

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

(612) 822-5892

TMC Office Hours: M | 1:30am-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 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

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Donors Wanted

The Twin Cities Men's Center needs a few contributors to step forward to help us through 2012. Our 2011 investments to reach out to the therapy community and to support the PRIDE event were about \$2,500 above our normal budget. Consider making a tax-deductible donation to the Twin Cities Men's Center. Call 612-822-5892 to ask how.

Pride Co-ordinator

We need someone to step forward to be this year's Pride Co-ordinator for the annual PRIDE event in June. The duties would involve organizing the parade float and coordinating staffing of the Men's Center booth. If you are interested, call 612-822-5892 and leave a message for Jim H.

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by Anonymous*

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Anger Management Class*

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Inserts *Apr/May Calendar
Presentations
Support Groups
Here & There*