Ever heard a man complain about taking too good a care of himself? Spending too much time on self improvement or even satisfied with the amount of attention paid to self care? Chances are you won’t, and there’s lot’s of reasons for why most men don’t give health a top priority. In fact, a man is less likely to address any health concerns than to take care of a car problem - but why? Here’s three reasons why men don’t rank their health very high, and three ideas to improve care for the most important asset men have: the self.

(1) Mostly, men today are still caught in the cultural attitude or illusion that their bodies don’t matter that much, nor for that matter, their mental health, nor emotional, nor spiritual, you get the idea. Somehow, men have gotten stuck with the idea that the self is something that is used to attain wanted things - work, money, pleasure, kicks, new experiences or well worn comforts - but not necessarily worth putting much effort into for it’s own sake.

(2) Another tragic imprint from male culture: men are supposed to “tough it out” or “cowboy up”. No Pain, No Gain, or maybe that’s the excuse men tell themselves in order not to feel the full impact that lifestyle, work, and relationship habits have. Men often ignore “health alarms” and body alerts.

(3) “If it’s not broke, don’t fix it.” The self is not a machine, it functions way past a crisis point- still, men are prone to wait until extremes of symptoms, pain, exhaustion and loss of function force a consideration of intervention - which is the worst time to start looking for help.

Men are starting to turn the tide on self care, and many men have incorporated self healing goals and strategies that support total well being. Here’s three radical ideas to consider for improving men’s health:

(1) Prevention is to men’s health what investments are to financial security: take proactive steps to create surplus and build a “rainy day” or “happy retirement” supply of good health - poor health is far worse than being poor on cash. Proactive steps address imbalances and sets goals courageously. Act now, act decisively, and get over any resistance to total self worth now.

(2) The body belongs to the earth. This indigenous concept equates the body’s ecology with the earth’s well being, and vice-verse. Men can stand up for earth health right now by taking better care of themselves. Making the body a sacred place of the earth is a grand healing act of service for all people. Consider the beauty and power of ancient or pristine places like Machu Piccu, Stonehenge, or the Boundary Waters, and give this same respect to the self.

(3) Spirit and energy are the roots of health. An old Taoist physics adage: “Energy precedes matter”, meaning, big physical manifestations come from small energetic changes. Also, the spiritual health is the source of the physical. Men need spiritual “bread and wine”, or communion with spirit through meditation, ritual, mentorship, wisdom studies and practices, and healthy father energy from any source available: conscious men and relatives, star gazing, prayer.

In summary, men need to value themselves more, can take more preventative actions and set healing goals to help adjust the total well being. Finally, men need more support to engage in spiritual and energetic practices to feed and balance the source of healing: the deep, fearless, wild, father-blessed, masculine self.

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

Choosing Healthy Sexual Boundaries: The Handbook


Get Yours Today!
Greetings from the Chair

In previous Letters from the Chair, I have lamented the dismal portrayal of masculinity in advertising and popular culture. It's so bad, I can imagine that aliens in distant galaxies who might someday intercept our television signals would quickly believe that the human male is a thick-headed Neanderthal who is only concerned with excessive drinking, meaningless competition, and finding sex, whatever the cost. This is of course a wildly inaccurate, not to mention disparaging portrayal of men, but it's a portrayal I think most men feel powerless to fight. It's as if men are willing to accept whatever gender role they are handed, whether it fits or not. Why define your own gender role when someone has already done it for you? I recently caught up with two friends who are redefining gender roles in ways that should give hope to anyone who has ever felt stereotyped.

Venus DeMars is a groundbreaking musician and risk-taking artist from Minneapolis. She is a transgender person who was born Steve, but realized early in life that a male gender role did not fit her. Beyond the difficulties of making a living as an artist and musician, Venus has had to endure indignities, rudeness, aggressiveness, and ignorance to a degree that most of us can't imagine, all because her gender role does not fit society's norm. Something as simple as using a public restroom can be fraught with complication and even danger. Being out in public at all means being a potential target for taunting and nasty comments. And yet through it all, Venus has maintained her composure, dignity, and even sense of humor. If ever someone had an incentive to accept a pre-defined, society-approved gender role, it's Venus. But she has, through sheer force of will and determination, defined her own gender role.

Neal Hagberg is a successful songwriter and an ordained Lutheran clergy. As the father of a teenage daughter, he is disturbed that the dominant religious traditions always portray God as masculine. Why is God never portrayed as feminine? And what does this do to young girls who are looking for their place in the spiritual world? Don't they start out at a disadvantage, feeling a little out of place, if not outright disenfranchised? Neal would love to see God referred to in the feminine, if only to balance out several millennia of male domination, or at the very least in a gender neutral way. He advocates this position in songs, speeches, and friendly conversation with anyone who is interested. Given the extensive history, you might think this would be an uphill battle, but when I saw him speak recently at a packed Catholic church, he received a standing ovation for his ideas.

Gender roles can be limiting, especially when they are not of our choosing. But if Venus can make her way in life as a proud transgender person despite all the obstacles, and if Neal can make progress suggesting an alternate gender role for God, isn't it possible that men who are unhappy with the gender role they've been given can find a better one?

Joe Szurszewski
Board Chair

Give to the Gerald Obremski Anger Management Scholarship Fund

Gerald was a long time facilitator of the anger management program and a treasurer of the twin cities men's center. For over 12 years Gerald conducted classes and generously donated not only his time but also office space in Hopkins. Gerald was always reaching out to other men, giving them support to help men become more than their childhood patterns. Last September, Gerald passed away.

A scholarship fund to partially cover the cost of the class (now $250) has been set up to honor Gerry's legacy and to continue the work of helping men. If you are grateful for the anger management class, please send a contribution so others can take this class. Please send in the coupon below with your contribution.

Obremski Scholarship Fund
Name____________________________________________________________
Address__________________________________________________________
Phone _____________________________ Dollar Amount __________________

Thank you, John Hesch, Anger Management Coordinator, cell 612-229-3102
**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.

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<td>Men’s Retirement 5:30 p.m.</td>
<td>Support Group: General/Divorce/Uncpl 12:30 p.m.</td>
<td>Presentation: Seven Feathers Program 7pm</td>
<td>Support Group: Divorce/Uncpl General 7:30 pm</td>
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<td>Men’s Retirement 5:30 p.m.</td>
<td>Support Group: General/Divorce/Uncpl 12:30 p.m.</td>
<td>Presentation: Mankind Project Open Circle 7pm</td>
<td>Men Talk Deadline Support Group</td>
<td>Men’s Bisexual &amp; Gay Issues 7:30 p.m.</td>
<td>Support Group: Healthy Sexual Boundaries 10:00 a.m.</td>
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**1976 In Our 38th Year of Public Service 2014**

Call us about Anger Management Classes.

**Apr/May 2014**

web site: www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892
**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 it’s 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, Tommy Jones, Kelley Lorix, Bob Manson, Mac McElroy, Andy Mickel, Bobby Schauerhamer, 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).

**Family Law Clinic**

Discussion Leader: Bob Manson

*Open to Men and Women*

When: Wed, Apr. 2, 7:00-9:00 pm

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. 9, 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 Gilette’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.

**Seven Feathers Program for Healing and Recovery, Introduction**

Presenter: Dan Gorbunow

When: Wed, Apr. 16, 7:00-9:00 pm

Ready for a different approach to your recovery and healing?

Experience community in a fresh way by honoring culture, tradition, values, and beliefs that shape our healing patterns. This is a fun, practical venture in the use of sacred space and ritual to help our journey of healing from addictions. In the Warrior Healing Circle of Seven Feathers, all beliefs (or any lack of) are welcome, and participants are invited to “Bring whatever is sacred to you, with you, and respect the truth of others.” Participants will learn to value the wisdom carried in each person's culture and experience, to discover that there are many paths to recovery and wholeness, and to have fun while doing “the work” of personal transformation. This is the introduction to a weekend workshop series offered at TCMC throughout the year. Open to all people, men, women, youth, elders, and genders. Go beyond “maintenance” of your program, and step into discovery of possibilities!

Seven Feathers Program is designed and facilitated by Dan Gorbunow, AMT. Dan is a Shamanic Bodyworker specializing in men's health at Red Earth Sanctuary in Uptown. He is an experienced facilitator and pioneered the Seven Feathers Program for work with youth and adults in treatment centers in the region. Please contact Dan if you plan to attend, however registration is only recommended, NOT required. Email: thunderbird@live.com

**Take the Bully by the Horns**

Presenter: Carol McCormick

When: Wed, Apr. 23, 7:00-9:00 pm

Open to Men and Women

Are you tired of being controlled and emotionally blackmailed by fear, intimidation, or guilt? Do you want to stop a bully from ruining your life? With the right mind-set and communication tools, conflict can be a chance for change. Come hear real-life strategies and skills: How to Adopt a “Don’t You Dare” attitude. How to act on your anger by speaking up, setting limits, and saying NO. How to convince someone to either behave cooperatively or leave you alone. Lecture and Exercises.

Carol McCormick is a Professional Storyteller with over thirty years of experience in inspiring, motivating and training. She is the author of a storytelling curriculum Change the Culture that Allows Bullying and the children’s book A Bridge for Grandma. She has presented numerous workshops at regional and national conferences. 763-546-4133, www.carolmccormick.com

**Take the Bully by the Horns**

Presenter: Chris Burke

When: Wed, Apr. 30, 7:00-9:00 pm

No description submitted by press time.

**Family Law Clinic**

Discussion Leader: Linda Wray

*Open to Men and Women*

When: Wed, May 7, 7:00-9:00 pm

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, May 14 7:00-9:00 pm
See Description Apr. 9

Communication
Across the Realms
Presenter: Jerry Buchmeier
When: Wed, May 21, 7:00-9:00 pm
Open to Men and Women
This workshop utilizes experiential methods to aid each person in making their own two-way connection to higher self, angels, masters and guides, and perhaps dead friends or relatives. A guided meditation allows each person to put the steps of communication into practice within themselves. A group meditation tunes people to be aware of the subtle senses, feelings, and understandings that are part of communicating with Spirit, providing support and confirmation.

Jerry is a psychotherapist/ hypnotherapist practicing in Plymouth. An angel began speaking with him in 1987, and since 2001 he is a channel for Mother Mary. He co-facilitates the Sexual Trauma & Abuse Survivors group on Thursdays.

No Presentation
When: Wed, May 28, 7:00-9:00 pm
No presentation scheduled for this date

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.

Open to Men Only

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.

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

• Saturdays 10:00 am - 12:00 pm

Sexual Trauma & Abuse Survivors
Open to Men and Women
Co-facilitators: Jerry Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

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

• Thursdays 7:30 - 9:30 pm

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

• Fridays 7:30 - 9:30 pm

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

St. Paul, MN 55104
1821 University Ave. W.

3rd Floor, Suite N385
The next ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota will be hosted by Central Plains MKP on April 25-27, 2014 at the Goodwill Camp in South Sioux City. Cost is $595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of $150.00 to: Tim Greer, Registrar Central Plains MKP, 12727 W. Dodge Rd. #102A Omaha, NE 68154. FFI: Alex Bender, 651-492-1243. - Andy Mickel, 2014-02-15.

“I went on the NWTA weekend in 2004 and am looking forward to sharing with my wife more of my experience at the MKP-MN homecoming celebration/annual meeting.” - James Svihel, 2014-01-18.


Enjoy the Healing Power of Ritual at TCMC Monthly Men’s Healing Ritual

Facilitator: Dan Gorbunow, AMT

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

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

The Men's Retirement Group which usually meets on the 3rd Sundays, will meet the 2nd Sunday of April, the 13th, at the usual time of 5:30 pm. This group is for men who are thinking of retirement, or who have retired. It is an opportunity to share feelings with other men about the importance of work, and what happens when paid employment is no longer a part of a man's life.

Norm Petrik, Facilitator
Twin Cities Men’s Center

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

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

Please support our Men Talk advertisers!

Family Law Clinic

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

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

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

Where: The Men’s Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408
When: Every 1st Wednesday from 7:00 to 9:00 PM
Just come! No advance registration required!

Thank You!

The Men’s Center receives generous donations of baked goods from Wuollet’s and Breadsmith Bakeries. You can find them at 25th and Hennepin or 50th and France or online at:

www.wuollet.com
www.breadsmith.com

Many thanks to Factor of 4, LLC

for the generous donation of website services to The Men’s Center.

Responsive Website Services
612-279-6400
www.factorof4.com

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

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
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 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

Anger Management Program

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you “blew up” one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It’s ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

**Length of Class:** 12 consecutive weeks

**Number of Participants:** Limited to 12 men per class

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

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Thursdays, and Wednesdays.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

18 Years of Successful Classes

**Men’s Healing**
by Dan Gorbunow

**Library Corner**

**Letter from the Chair**

**All Purpose Coupon**
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Support Groups
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