

men talk

tcmc

twin cities men's center

in our 42nd year
of public service

Oct/Nov 2018
Volume 42 #5

Explore Your Truth, Find Your Voice at the Twin Cities Men's Center

How Falling Down Can Lead to Waking Up: Learning from Loss and Pain

— © 2018 BY SHEPHERD BLISS

The organic Kokopelli Farm, which I have owned for over two-dozen-years, has been my home, as well as my main work, identity, and love. Then I fell into a badger hole, covered by grass, on Jan. 15 this year. I crawled painfully uphill back into the house, feeling like a baby. This unwelcome anniversary will remain in my now 73-year old body and memory.

The fall plunged me into deep reflections and life-changing behavior. “*You must change your life*” is a poetry line from Rilke that kept emerging as I spent hours each day in bed, no longer able to provide “the farmer’s shadow” with daily walks on the land, so essential to good farming.

Growing up is not always easy, even for elders. I’m closer to my death date than my birth date. Maturing can be sparked by a sudden, unexpected incident, like falling. What to do, other than feel sorry for one’s self? How can one turn a loss into a learning experience for one’s self and others?

I began to lighten my load. I decided to give away hundreds of books, DVDs, records, furniture, luggage, dog things, etc., which I had been collecting for decades.

“I call that ‘essentializing,’” commented Alexandra Hart of Transition Sebastopol’s monthly Elders Salon, which has been meeting since 2010. “Aging makes one slower, so it means simplifying and letting go of stuff.”

“We’ve noticed in the Elders Salon that loss almost inevitably brings some kind of gain in its wake,” Hart added.

The smiles of friends and strangers as they load up books and other things, taking them on a journey into their lives, delight me. I’m even asked to autograph some of the 24 books to which I have contributed, reminding me that I can at least still write.

The fall became a blessing in disguise. Friends brought me chicken soup, other food, and helped lessen my isolation. I listened to their stories of having fallen, being sick, and experiencing excruciating pain. I appreciate living in small town Sebastopol, with its caring community, even more.

“Loss can be conceptualized along three intersecting axes: loss of control, loss of identity, and loss of relationships,” writes Dr.

Barbara Sourkes in her book “*The Deepening Shade: Psychological Aspects of Life-Threatening Illness.*”

My identity as a farmer is important. I farm most days of the year. After the fall, I have been unable to farm for weeks. Among my losses have been many basic body functions and control. I have also changed my self-image and body-image. Being more dependent on others is a stretch.

My fall dramatically changed my self-image and body-image. I now consider myself temporarily (hopefully) disabled. I notice others with canes and am more cautious with my movements, which have been limited. As my friend David Goff writes, “Falling is scary.”

“When I’m physically drained, I often don’t feel like talking,” a client told Dr. Sourkes. As an introvert, though also a public person, I sometimes feel the same. Some friends have worn me down by their needs to talk, talk, talk. “I’m all talked out,” I say at times, which can make me feel like the bad guy.

I have been sharing my fears with friends, some of whom report their own stories. “You strike a familiar chord of vulnerability that we all face,” observed body-worker Jeff Rooney. “I work with many people for whom a big theme is falling and fear of falling. Falling is often a step away toward dying.”

Humans are so “fragile,” my brother Steve Bliss reminded me about we two-footeds. I am actually now three-footed, since I walk with a cane, but that will eventually change. “Tomorrow’s a new day,” my brother reminded me, as Ralph Waldo Emerson wrote.

This learning experience evolves. So where do I go from here? I’m not sure. I feel suspended between the no-longer and the not-yet.

As the elder Doug von Koss recently quoted a Sufi saying, “We have three days to live, and two of them are gone.”

Dr. Shepherd Bliss {3sb@comcast.net} is a retired college teacher, farmer, and writer. He currently lives in Sonoma County, California.

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. Office Manager: Tom Maher
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Letter from the Chair

TCMC has played a big part in transforming my life. When I initially joined the board in 2012 I was interested in learning the inner workings of the organization. I wanted to aid and assist any way I could. I came back to the board September 2017 after taking a 9 month break, and I returned with the vision of evoking change not only from how we operate as a board, but also in how we engage our volunteers and the Men who use TCMC.

This year has been exciting because the board has really embraced the ideas of progressive change through promoting and empowering committee work, adopting ideas around collaborating and

partnering with other organizations, and embracing the fundamentals of brotherhood; love, compassion, and respect.

As I look forward to 2019 it is my wish that we continue to pour creative efforts in fundraising, continue to build and empower committee work, and continue the celebration of Men striving to be better Men.

I look forward to of our commitment to successfully end 2018 and a strong start of 2019.

DAMON STARKS
TCMC BOARD CHAIR

ANNUAL FACILITATOR TRAINING

has been scheduled for Saturday, January 26th, from 12 noon to 2:30 pm. It will again be taught by Tommy Jones, Gary Weldon, and Bobby Schauerhamer. Lunch will be provided. All current support group facilitators and those wishing to become one are welcome to attend. This is an opportunity to connect with other support group facilitators. This is a wonderful opportunity to sharpened old skills, learn a few new ones, and to share your experiences with new and experienced facilitators.....and you get one of those rare and enjoyable "free lunches" that are so rare these days! "..... see you there...."

Please RSVP to Tom Maher at tomm@tcmc.org or (612) 822-5892.

TCMC joins the Amazon Smile program

The Twin Cities Men's Center is now listed as a charitable organization on Amazon Smile. This means when any Amazon customer who registers with Amazon Smile and selects the Twin Cities Men's Center as their charitable organization of choice, 0.5% of any qualifying purchase will be donated to the Twin Cities Men's Center. You can sign up to help us out at < <https://smile.amazon.com/> >.

TCMC is 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 to learn more and find program terms and conditions. Or call 800-847-4836 and say "Thrivent Choice®" after the prompt.

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
Call us about Anger Management Classes.	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. Busters7:30p	SUPPORT GROUPS H.S.B. East 5:30 pm CLINIC Family Law 7 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
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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 Gilette's book.

Financial Workshop: More than Money Matters (Module 1)

Facilitator: Patti Powell

When: Weds., Oct. 17, 7:00-9:00 pm

Open to all Genders

This interactive 4 Module workshop can help you align your money management with your values. Sessions includes setting goals, budgeting, finding money to save for your goals, and how credit and debt impact your financial well-being.

During Module 1, you'll learn how to:

- Set SMART goals.

Patti Powell is a Financial Associate with the Central Minnesota Regional Office of Thrivent Financial.

Financial Workshop: More than Money Matters (Module 2)

Facilitator: Patti Powell

When: Weds., Nov. 28, 7:00-9:00 pm

Open to all Genders

Designed to equip you with tools and information to help you manage your money wisely and make spending decisions that align with your goals and values. During the workshop, you'll learn how to:

During Module 2 you'll learn how to:

- Find money to save.

Patti Powell is a Financial Associate with the Central Minnesota Regional Office of Thrivent Financial.

CLINICS

Family Law Clinic

Leader: Rasheen Tillman

When: Wed., Oct. 3, 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

Leader: Kelley Lorix

When: Wed., Nov. 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 Hesck, 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

Addiction Busters

Open to all Genders

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

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

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)

Men Facing Retirement Issues **5**

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

A Secret Place

by Robert Kenneth Anderson

There is a place where lovers go

Not marked on any map I know –

Tucked away, evanescent,

Always dawning, yet ever-present.

They can visit in a minute,

Or climb by slow degrees, infinite

Heights, and in a sigh, look or
word

Hold all that matters in this
world.

In the midst of noisy multitudes

They make a holy solitude.

No one has to take them there;

The route is written on the air

They breathe, the paths they walk,

Coded in kisses, casual talk.

So even when they’re most apart

They always know the way back

by heart.

Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **October 21st** at the Men's Center - 42nd anniversary celebration, 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 612-822-5892 Andy Mickel and Harry Greenberg co-hosts. **November 18th** at Stan Bookout's: 2512 37th Av S 55406 377-1414.

12 men attended the **August 19th** brunch at Harry Greenberg's backyard patio, 9 men attended the **September 16th** brunch at Andy Mickel's – Andy Mickel, 2018-07-19.

"Thanks for helping the U.S. become a better and safer country."
– Jerry Daniels, 2018-09-07.

Twenty-three men (including 6 current/former TCMC board chairs) gathered at the Men's Center on Sunday, August 19th in **celebration of the life of former TCMC Office Manager Randy Genrich** who passed on August 7th. Dan Gorbunow led the event honoring him. Randy was active from 1985-2016 in various capacities from volunteer to facilitator to mentor and of course, long-time office manager. For many men, Randy was the face of TCMC. On behalf of the TCMC, we thank Randy for all his 31 years of service. He will be truly missed.

Current Office Manager Tom Maher posted a Facebook tribute at: <https://www.facebook.com/tcmc.org/photos/a.350167348389501/2133293486743536/?type=3> and highlighted an interview with Randy that appeared in the February-March 2014 issue of Men Talk: <https://www.tcmc.org/nls/MenTalk38-1-FebMar2014.pdf>.

A memorial service was held at his church in the Lake Nokomis area of Minneapolis on Saturday, September 15th attended by Tom Weaver and

Harry Greenberg and other TCMC members: "300-400 people attended, and I gave the Hopi prayer."- Tom Weaver. TCMC members Todd Vandembark and Don Eschbach who are not Twin Cities residents were among many who also communicated their reflections of Randy upon hearing the news.

Fall Spirit & Wellness Rite of Celebration at SATTVA

Please join us for an experience in spirit, health, and connection: Drum * Meditation * Movement * Ritual * Personal Alignment * Prayers and Creative Process for Healthy Family, Society & Planet. Sat., Oct. 6, 7-10pm at SATTVA Healing Arts, 3200 Bryant Av S, Minneapolis 55408. All people, ages, genders, faiths welcome! \$10-20 Suggested Donation Appreciated * Light Nosh and Healthy Beverage provided. To register or FFI: www.sattvamn.com or Dan at 612-987-0324.
– Dan Gorbunow, 2018-09-13.

The **Thursday August 9th movie event "The Mask You Live In"** was a real success as over 120 attended the showing at St. Anthony Main Theaters in a Men's Center co-sponsored event. Organizer Melanie Paradise forwarded to us this comment she received the next day: "Thank you so much for organizing this. For me to call it just worthwhile would be an incredible understatement. I was doing my best to prepare myself ahead of showtime for what I knew would be a difficult/growth topic for me personally, but it has hit me much harder than I even expected. I'm pretty sure I needed this at this time. I would bet many others in attendance were greatly impacted by it as well. I wish I could have stayed for the after movie discussion but I needed a walk and some air."
– Andy Mickel, 2018-09-10.

"This Fall's **Minnesota Men's Conference** has **indeed been cancelled**. The main reason is that we did not meet our minimum number of participants to host the larger Fall event in beautiful Camp du Nord by the August deadline. This no doubt comes as a surprise and a disappointment to many of us, especially those of us who have come to rely on the fall event especially as a touchstone for our year. The Fall conference is for many a reunion with old friends, a way to measure ourselves against our years, and a time to trouble ourselves with questions that ask to deepen us. It is a time to feel into the myths that are living through us as well as a place to find perspectives and strength for our personal journeys."
– Marty Miller, MMS Chairman, 2018-09-08

Recent articles in the Minneapolis Star Tribune <<http://www.startribune.com/>>
"Men are the victims in rape tale: Actress Amber Tamblyn's novel will upset some people. She's OK with that. By Stephanie Merry, Washington Post, 2018-08-09. "As #MeToo stories began pouring out, Tamblyn became involved in the Time's Up initiative that offers legal support for victims of sexual harassment in Hollywood and beyond. In the midst of this, she finished her first novel, "Any Man," which was published in June. The book focuses on sexual assault, although it does so in an unexpected way: The villain in the story is a woman who targets men, committing a string of sexual assaults so violent and troubling that they could have been ripped from a horror movie. The male victims largely narrate their own stories, delving into the profound pain of dealing with the aftermath of such crimes..."
– Andy Mickel, 2018-09-01:

In Memorium: Randy Genrich

On August 7, 2018 we lost a well-known member of The Twin Cities Men's Center, Randy Genrich. He was active for many years in various capacities from volunteer to facilitator to mentor. Perhaps best known, he served as our long-time office manager from 1985 to 2016. For many men, Randy was the face of TCMC. On behalf of the TCMC, we thank Randy for all his 31 years of service. He will be truly missed.

In consolation for our shared grief,
In sweetness for a life of loving service,
In solidarity for the realization of men's healing,
and making the world a place of beauty and justice.

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*

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!

Infinite Aperture Counseling

harry greenberg, msw, licsw
Specializing in Men's Issues

2435 Garfield Avenue South
Minneapolis, MN 55405
(612) 599-3298

hgreenberg@iacounseling.com
www.iacounseling.com

THANK YOU!

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MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
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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

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 or correspond at our e-mail address: tcmc@tcmc.org

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

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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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