

men talk

tcmc 
twin cities men's center

in our 35th year
of public service

Feb / Mar 2011
Volume 35 #1

The Value of Men's Support Groups:

An Interview with Ernie Gunderson (Part 2) © 2011 BY JOE SZURSZEWSKI

This is part 2 of an interview with Ernie Gunderson who recently completed a clinical research paper on men's support groups and psychotherapy. Part 1 appeared in the Dec 2010/Jan 2011 issue. He was interviewed by TCMC Board Chair Joe Szurszewski.

Men Talk: You mentioned earlier a general lack of awareness of men's support groups among mental health professionals. Why is that?

Ernie Gunderson: Possibly because 2/3 of the clinical social workers out there are women. In my program at St. Kate's it's 90% women. A lot of the agencies where I interviewed for an internship said they were specifically looking for a male because many of their clients want a male therapist. So men are the minority in clinical social work.

MT: Is it a learned role that men should be isolated and not need to seek out support? Is that something the culture hands to us?

EG: This is what Robert Bly was getting at in his book *Iron John*. He said that men, with the advent of the industrial revolution, became more concerned about competition and earning a living, and thus the man of the family, the breadwinner, would become somewhat separated from the family and from his sons, so there wasn't a good father-son relationship. So Bly is saying that men need to go back to the old way, before the industrial revolution, when fathers and sons would spend regular time working together. I think his whole thesis was that men have become isolated, and that we need to intentionally reverse that and become more social with each other.

MT: You said that in addition to suggesting that your clients seek out men's support groups, you encourage them to just seek out the company of other men. Why would men not want to seek out male friends?

EG: It wasn't one of my research questions, so this is only my opinion, but I think it's true that men don't socialize as well as women do. I've noticed that women are much better networkers, they're much better at seeking out social connection, they're just more comfortable in that role, while men are more likely to isolate and have just 1 or 2 friends, or even no friends, and they tag along with the women in their lives to get their social connection. Why is that, is it a social thing? Again, I think Robert Bly had a lot to say about where men went wrong, and how the men's movement was about getting men to reconnect with each other.

MT: It seems that men are sometimes afraid to seek out male friendships.

EG: I think men are acculturated to compete with each other and distrust each other because that guy over there is your competition.

He's competing with you for the job and he's competing with you for the woman. So we naturally have a distrust of each other and of getting intimate with each other.

MT: Is there anything else you'd like to talk about in regards to your paper?

EG: Yes, in the paper I wrote about some of the differences I noticed between open groups and closed groups. It wasn't my intention to make that an issue in the paper, but because it came up I included it.

MT: Did you notice any different benefits for men attending open versus closed groups?

EG: Yeah, I did. I found that there were advantages to both, but there were qualitative differences that were obvious. One of the differences was the guys in closed groups talked about more conflict, like shouting matches that would occur in their groups, and nobody in the open groups talked about that. The other noticeable difference was the mention of trust that came up among the members of closed support groups. When you're in a closed support group, and you've been in it for 10 years with the same guys, there's a higher level of trust. You know how the others are going to react, you know their personalities, there's just more trust. And when there's more trust, there's more willingness to bring up disagreements, and allow yourselves to debate or go into conflict with someone because you trust that they're not going to punch you out and you trust that you'll survive the conflict.

MT: Is there anything from your research you can point to as an advantage of the open group?

EG: Oh, definitely. The advantage of the open group is that it's available for anyone when they need it. I'm counseling men now who are completely isolated. I tell them they can find social connection in a men's support group. They aren't going to find a closed support group

Interview continued on pg 2

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

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 of the Men's Center. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

Recent Additions: *UNPINNED, Breaking the Hold of Sexual Assault & Abuse*. By Grant Wakins, 2010. A story of courage & triumph, offering hope for every man & woman who have suffered sexual assault & abuse.

MY QUEER WAR, By James Lord, 2010. A young man's discovery that he is, like so many of the men and women with whom he will become friends, both a hedonist and a moralist. The "queer" in his title encompasses not only Lord's earliest homosexual adventures but also the queerness of war in the old sense of its strangeness, of all the ruptures, dislocations and horrors that turn normal life inside out.

Address Change Notifications

from the post office cost the Men's Center \$1.14 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
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Greetings from the Chair

The 2011 TCMC annual meeting took place on January 8th and was a success on a number of fronts. First, we elected new board members Ken Knoll and Ken Kunz, and I'd like thank them for their energy and interest in stepping up to serve on the board.

Second, Treasurer Rick Charlson reported that we ended the year with a small budgetary surge. Though our finances had been fairly grim throughout most of 2010, a combination of an increase in membership (as I write this, TCMC membership is above 300 for the first time in many years), an increase in anger management class registrations, and the sale of stock that had been given to TCMC, resulted in an end-of-year bank balance for 2010 that was higher than 2009. As Rick put it, "We had a 2 minute comeback." For details on our 2010 finances, see Rick's annual report posted on the TCMC office door.

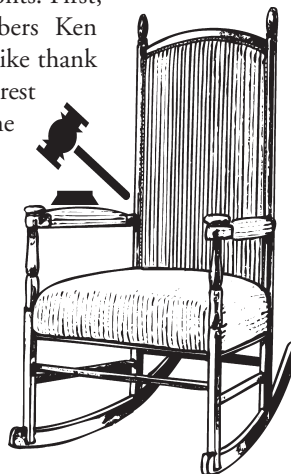
Also discussed were TCMC's Foundation Request Committee led by Malik Holt-Shabazz, TCMC's Pride Festival plans for 2011 which are being spearheaded by Ruth

Foster, and plans for a major upgrade to TCMC's website, which will be tackled by a team that includes myself, Ken Knoll, Andy Mickel, and Bill Dobbs.

Finally, I'd like to thank everyone who donates their time, talent, and energy to make TCMC what it is. This includes the current board: Ruth Foster, Rick Charlson, Norm Petrik, Andy Mickel, Malik Holt-Shabazz, Ken Knoll, Ken Kunz, and outgoing board member Tom Weaver who will now be an alternate along with Dave Webb. It also includes our office manager Randy Genrich,

anger management coordinator John Hesch, newsletter editor Bill Dobbs, membership volunteer Scott Benson, librarian Jim Heaney, office volunteer Bill Bambenek, our support group and anger management facilitators, and the many others of you who give of yourselves so that TCMC continues to be a place where men can find support, healing, and growth. Thank you all.

JOE SZURSZEWSKI
BOARD CHAIR



Interview continued from pg 1

to go to, so the beauty of the open group is it's available. It's a place to connect with men not only in the support group setting, but also to connect with men to find friendships. The other advantage is there's more diversity. You meet more people in an open group.

MT: Is there a benefit to the almost forced socialization of the open group?

EG: It forces you to learn how to self-disclose and to communicate, whereas if you didn't put yourself in that situation, you'd just go right on being the isolated person you always were.

MT: It sounds like in an ideal world, you'd want to be in both an open and a closed group.

EG: Yeah, and here's another benefit of the open group. You have members who've been coming for years, and members that are there for the first time. So they're all at various stages in their development of relationships with other men and with communicating and learning how to talk about their issues. There are guys who are beginners at it and there are others who've been doing it for years, so you have the people who are new at it learning from the people who have been there for years. I don't see that in my closed support group. We've all been in it for years, it's stable, secure, it feels safe, but then we don't have the new blood.

MT: What do you see as the future of men's support groups? Will they become more popular? Will there be "McMen's Centers" on every corner?

EG: It's my feeling that the rapid growth in the men's movement and men's support groups took place in the '80's and early '90's. Now, I don't think it's growing rapidly, but growing at a slow and steady rate.

MT: Thank you so much for your work on this paper, and thanks for your time doing this interview.

EG: Thank you.

A copy of Ernie's paper is available in the TCMC office for anyone who'd like to read it.

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
Check out our web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892		SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. ----- Male Survivors of Sexual Abuse 7:00pm Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. ----- Male Survivors of Sexual Abuse 7:00pm Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Getting a Grip on Stress ----- Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. ----- Male Survivors of Sexual Abuse 7:00pm Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION No Presentation ----- Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. ----- Male Survivors of Sexual Abuse 7:00pm Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
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BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Early Detection of Prostrate Cancer ----- Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. ----- Male Survivors of Sexual Abuse 7:00pm Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am
	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION No Presentation ----- Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. ----- Male Survivors of Sexual Abuse 7:00pm Divorce/Uncpl General 7:30pm	Call us about Anger Management Classes.	

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 34 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: **Steven Brown, Jim Gerharter, Bob Manson, Dr. Massoglia, Andy Mickel, and Linda Wray.**

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Family Law Clinic

Discussion Leader: Jim Gerharter
When: Wed, Feb 2, 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.

A Circle of Warriors

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

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

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

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

Getting a Grip on Stress

Presenter: Dr. Massoglia
When: Wed, Feb 16, 7:00-9:00 pm

A PowerPoint presentation about understanding stress, and making stress work for you instead of against you. How can you be proactive in dealing with stress, instead of reactive?

No Presentation

When: Wed, Feb 23, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

Family Law Clinic

Discussion Leader: Bob Manson
When: Wed, Mar 2, 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
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"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

No Presentation

When: Wed, Mar 16, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

Early Detection and Prevention of Prostrate Colon Cancer

Presenter: Steven Brown
When: Wed, Mar 23, 7:00-9:00 pm

The *Let's Talk About It* program is lead by a male facilitator, and can last anywhere from 45 minutes to 2 hours based. The information is about prostate and colon cancer and the importance of preventative screenings. The facilitators will also inform the men of Open Cities Health Center's services. Of the information provided, symptoms and self-checking will be emphasized to this population.

Steven Brown, a facilitator from the American Cancer Society, was trained specifically to facilitate this session. The ACS is providing this service with the goal of reaching 150+ men in group settings.

No Presentation

When: Wed, Mar 30, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Apr 6, 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.

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/Decoupling

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

Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless?

Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 7:30 - 9:30 pm

Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to Men and Women

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

Women Dealing with Sexual Addiction

Open to Women Only

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

- Thursdays 12:00 - 2:00 pm

Male Survivors of Sexual Abuse

Call 612-822-5892 if you are interested in this group because it's not a "drop-in" group.

Do you feel like you are the only one this has ever happened to? It's not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

- Thursdays 7:00 - 9:00 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

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

- Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

Annual Facilitator Training Report

We had 19 persons attending our Annual Facilitator Training on January 8th, following the Annual Meeting. Randy Genrich led the training assisted by Norm Petrik. We had excellent discussions about how to facilitate our support groups which are a very important part of the Men's Center. And we also had a lunch paid for the the Men's Center. Thank you facilitators for stepping forward to lead groups.

Norm Petrik, Chair Program Comm.

Here and There

— Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **February 20th** at Mark Bloom's, 232 W. Franklin Ave #106, Minneapolis, 55404 612-636-5116. **March 20th** at Pete Hovde's 1386 Burke Ave W., Roseville, 55113, 651-487-2744 (near Hwy 36 and Hamline Ave exit). More than 12 at Frank Brandon's January brunch; December's brunch was cancelled for the first time in 180 consecutive brunches! — Andy Mickel, 2011-01-17.

The Twin Cities is hosting the **National Conference on LGBT Equality**, organized by the National Gay and Lesbian Task Force—theme: "Creating Change" Feb. 2-6 at the downtown Hilton in Minneapolis. FFI: www.creatingchange.org. — Ken Kunz, 2010-12-27.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 29 - May 1, 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. Contact **Andy Mickel** with any questions 612-279-6416 or for Open I-Group dates/times, see: <http://minnesota.mkp.org/>. — Andy Mickel, 2011-01-08.

"Dear Men's Center, Thank you for your amazing work with men. You are a life-saver in our community." - Warmly, John Driggs, 2010-12-24.

Big Woods Transformational Theatre, Sunday, Feb 13, 1-5pm at the Beautiful Studio in St. Paul at Hampden & University Aves, 2nd floor. Let's see if we can feed some stories and if they might adopt us.

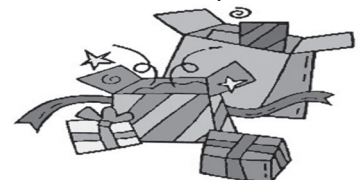
The big woods of the gracious heart is that place where houses have feet, hero children arrive orphaned, young women sometimes swim as mysterious fish in deep water rivers, the Lady of the Green Mountain has tasks for us, and, if we're wearing the green coat given to us by the man with cloven hooves in the circle of trees in the forest, so matter how long we served in the war, whenever we put our hands in our pockets we find gold for the person next to us.

This is for men and women who have some prior experience with expressive arts as a path to inner work, and emotional literacy. Big Woods is a peer-led, all-process theatre/play group founded about 15 years ago. We play with folk tales, dreams and improvisational play for enjoyment, emotional healing and community building. We assume that everyone has their own way of playing with the major forces in life, and that everyone has authority over their own participation and interpretation. Participants often report having deep enjoyment, more self knowledge and enthusiasm, and more compassion and understanding about the human dilemma as a result of involvement. We will accept donations for space rental. — Cris Anderson, 2011-01-06

Dr. Malidoma Some will return to the Twin Cities in his only 2011 visit February 11 & 12 (Friday & Saturday) for **free public talks at Augsburg College** and for private divinations from August 13-16 (Sunday-Wednesday) at my home. Attached is a flyer providing information on his Augsburg talks. Malidoma has visited the Twin Cities many times; he has written 3 books: *The Healing Wisdom of Africa*, *Of Water and Spirit* and *Ritual: Power, Healing and Community*. Harmony is the keynote of indigenous people's and the purpose of divination is to restore/enhance that harmony. "Harmony in all of one's relationships is the ultimate desired state. Harmony with oneself and one's purpose; between members of a community and the environment; and with one's ancestors and the Other World. A prerequisite to harmonious living is the acknowledgement, maintenance, and development of one's relationship with the Other World. Ritual, in one form or another, is the primary method of restoring or maintaining harmony. Divination is required to diagnose and prescribe the ritual to be performed so harmony or balance may be restored. FFI: www.malidoma.com — Dan Gorbunow, 2011-01-05.

Give a Gift
of a
Men's Center
Membership

ONLY \$20



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 \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: _____

FROM Name: _____

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

Starting Dates: Classes are filled on a first come, first served basis. Currently, there is one in Hopkins and one in Minneapolis. A new class is scheduled to start on Wednesday, Feb. 9th in Hopkins.

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.

UPTOWN AREA SPACE TO RENT

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3249 Hennepin Ave S**

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Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

THANK YOU!

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TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Tu, Th, F 1:00pm–4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

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

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

The Men's Center
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4

Family Law Clinic

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

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:

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

Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

When: Every 1st Wednesday from 7:00 to 9:00 PM

Just come! No advance registration required!

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Inserts *Feb/Mar Calendar Presentations Support Groups Here & There*