

# men talk



in our 43rd year  
of public service

twin cities men's center

Feb/Mar 2019  
Volume 43 #1

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

## What We Don't Hear About Men – The Good Side

— © 2018 BY NELS OTTO

Having recently read, *Is There Anything Good About Men*, I thought more about why we think the way we do about men and wanted to consider good things that aren't being said.

What we see in the news, on TV, in the movies, read in books, magazines and newspapers and our personal experience informs our beliefs. Roy Baumeister says, "[p]olitical C[orrectness] permits us to say that women are better than men at one thing or another. But it's mostly taboo to suggest men are better at anything more important than opening jars and killing bugs." The reasons are rooted in the wide-ranging influence of the women's movement, which argues the patriarchy is somehow oppressing women.

Women's advocates have had and still have the dominant voice in gender issues. They have selected, chosen what to emphasize, defined, interpreted, publicized, politicized, and repeated their issues many times, succeeding in nearly total control of the message. Dr. Richard Hise points out that the radical feminist's aims are pushed by an organized, systematic, widespread dissemination and promotion of their thinking and beliefs that is second to none. "The amount of information touting the causes of women in general and radical feminism in particular is prodigious." This results in a great deal of control and influence in what we think. Unless you seek balancing information and perspectives, it is easy to go along with it and believe it. Repetition gets to be seen as truth and creates an image that does not reflect reality.

When we look around, almost everything we see was invented, designed and built by men. As Camille Paglia, an independent thinking feminist says, "Let us freely acknowledge what treasures— (men) have poured into culture. We could make an epic catalogue of male achievements, from paved roads, indoor plumbing, and washing machines, to eye glasses, antibiotics and disposable diapers.—When I cross any of America's great bridges, I think: men have done this."

Anthony Synnott, in *Rethinking Men, Heroes, Villains, and Victims* gives several examples of men acting heroically. On the Titanic 70% of the women and children were saved, but only

20% of the men. "It took a deliberate heroic act of altruism and self-sacrifice by some of the wealthiest and most powerful men in the world."

On September 11, 2001 403 police officers and firefighters, all men except 2, died in rescue operations at the World Trade Center. "This bravery, altruism and self-sacrifice demands recognition. Not as exceptional—but as the normative for so many men., —not just as part of a job, but as part of a man's life."

In 1999 *Time Magazine* listed the 100 most influential, in a positive way, people of the century. The *International Who's Who* also assessed the most important people of the last century. Again, all but a few were men. Quoting *Time*, "It clarifies the massive and positive and diverse contribution of men to our civilization in this century. They are honoured for this."

This is not to say that men have more ability than women or that they are better than women. Men are evaluated by other men for their relative strength, ability and accomplishments, for their place in the male pecking order, and by women for their desirability as mates. Men must stand out and accomplish, a motivational force is bred into them by women over the millennia, as they chose the highest achieving men they could attract, those that took risks and were competitive. Still today, lower achieving men are not selected as often and do not reproduce as often. According to Roy Baumeister, 80% of women reproduce, but only 40% of men. Women can do all or most of the things men do. The motivating pressure to succeed in this way is very different for men and women. It is also a significant contributing factor that results in more men contracting stress related illnesses than women.

When we take off our blinders and look with openness and courage at what is good about men, a different picture emerges from that presented to us in the media, academia and women's advocates. When getting new information about something we believe to be true, we often favor information that confirms our present thinking. This trick of the mind is known as confirmation bias.

*Continued on Page 2*

## Library Corner

— JEFF SPRINGER,  
LIBRARIAN



I would like to introduce myself, Jeff Springer, as your new librarian. You can contact me at [jeffreyscotsspringer@gmail.com](mailto:jeffreyscotsspringer@gmail.com) and (612) 275-5861. In the coming months, the library will be going through some revamping. You can look forward to a new and improved resource room.

We are looking for donations of books dealing with men's issues both straight and gay/bi-sexual, and especially transgender. We have nothing on transgender.

TCMC has a unique and extensive collection of books and periodicals on men's and general topics which can be checked out by members. The books in the Men's Center Library are sectioned into 14 categories.

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](mailto:tcmc@tcmc.org). Office Manager: Tom Maher  
Anger Mgmt Coord.: John Hesch  
Office Volunteers: Jim Heaney, Dick Madigan, Scott Benson  
Editor: Bill Dobbs

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## Letter from the Chair

As the new year unfolds, I ask that you renew your commitments to growth and change. Together we accomplished a lot last year, but there is so much more to do.

As I write, the Supreme Court is upholding federal discrimination of transgender people. We must work for inclusivity and respect for everyone. Men's rights need to be balanced with men's responsibilities in the light of the #MeToo movement. We must lead the way for men to heal themselves with our programs such as Anger Management, Addiction

Busters, Healthy Sexual Boundaries, and Sexual Abuse Survivors. And of course we must continue to support men with groups for Gay Men, Divorce/Uncoupling, Bisexual Men, and Retirement issues.

I hope you would consider volunteering in 2019. If you have an interest in Support Groups, Anger Management, Outreach, Presentations, Administrative, and/or facilities we would like to hear from you.

**DAMON STARKS**  
**TCMC BOARD CHAIR**

*Continued from Page 1*

Anthony Synnott says that pulling together and synthesizing both feminist and masculist perspectives is intellectually possible, "but emotionally is another matter. Many people hold grimly onto their convictions, ideologies and identities as truth and a lifeline." Engaging those who think differently promotes civility; shutting them out has the opposite effect.

War between the sexes is unnecessary and counter-productive. Carol Tavris writes, "as long as people think in opposites---they will continue to define problems in a narrow way, instead of expanding the visions of possibility. They will continue to provoke animosities across gender lines instead of alliances." Men and women together have brought us to where we are today, the good and the bad. Blame and polarization are not the answer. Focusing on one or a few parts of the system leads to inadequate and unfair "solutions" and unforeseen consequences. Let us celebrate all that is good about men and work together, men and women, for more fulfilling lives and a better world.

*Nels Otto has a long term interest in men's issues and before that, women's issues and the human potential movement. It led him to change careers from banking to counseling. He's a retired vocational and rehabilitations counselor, and a long term member of the Men's Center. This article is an excerpt of a longer piece published on our website, [www.tcmc.org](http://www.tcmc.org).*

## 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](http://Thrivent.com/thriventchoice) to learn more and find program terms and conditions. Or call 800-847-4836 and say "Thrivent Choice®" after the prompt.

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

## Feb/Mar 2019

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

e-mail: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

phone: 612 / 822-5892

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Call us  
about Anger  
Management  
Classes.

1976 In Our 43rd Year 2019  
of Public Service

## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 43 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 31 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.

### Masturbation MasterClass: Becoming Mindful

Facilitator: Rod Froseth

When: Weds., Feb. 20, 7:00-9:00 pm

*Open to Men Only*

All new!! Think of this as graduate school solo sex! Learn how masturbation patterns affect your body, mind and relationships. With this knowledge, you may be able to introduce new pleasure patterns into your brain, body and partnered sex. You will gain tools, practices and ideas to help you experience deeper sensations of pleasure and arousal. This could broadly impact your life. Join us with your questions, ideas and laughs. This upbeat workshop is accepting of all and totally sex positive. Join us for a good time!

*Rod Froseth is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics on male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or desiring to develop sexual skill and confidence. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com.*

### Healthy Sex & Sexy Health

Facilitator: Rod Froseth

When: Weds., Mar. 20, 7:00-9:00 pm

*Open to Men Only*

What easy question is your doctor afraid to ask you? What common thing do people do that has a silent impact on their sex life? What body part can give you and your doctor a three-year warning of a health condition? Get answers to these questions, your questions and more. It's true that people who generally care for themselves sexually, often live a healthy and pretty happy life. We'll talk about how to teach your doctor about sex, laugh, and have a good time. The workshop is accepting of all and totally sex positive.

*Rod Froseth is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics on male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or desiring to develop sexual skill and confidence. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com.*

## CLINICS

### Family Law Clinic

Leader: Rasheen Tillman

When: Wed., Feb. 6, 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: Steve Yasgur

When: Wed., Mar. 6, 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 Hesch, 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
- Thursdays 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

*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



**Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **February 17th** at Rick Gravrok's 2925 Monterey Ave, St. Louis Park, 55416; 952-926-6655. (1.5 km west of Lake Maka Ska (formerly Calhoun), off Lake St.). **March 17th** at Damon Stark's 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange). 10 men each attended the December 16th at Stephen Sewell's and the January 20th at Frank Brandon's. – Andy Mickel, 2019-01-21

"My Best" to the folks at Twin Cities Men's Center." – Patrick Joas, 2018-11-29

"Dear Men's Center, Please continue your life-saving work with men. Warmly," – John H. Driggs Bonnie Driggs, 2018-12-31.

"Twin Cities Men's Center: Thank you for building community and fostering love. Your work and efforts are a blessing to this world. Peace and joy to you throughout 2019. Keep up the great work!" – John Brentnell, 2019-01-19

**Shadow Work® Weekend Facilitated by: Karin Green and David Kaar (certification weekend), with Martin Lasso** Shadow Work® provides the tools to uncover your inner gold, access its potential and liberate the energy trapped in what you hide, repress and deny! You will have an opportunity to do an individual process which allow you to:

- Shift old patterns of behavior that no longer serve you
- Transform anger into power
- Transmute grief into a deep connection with yourself and others
- Turn fear into insight and understanding
- Find compassion, empathy, and acceptance.

This co-gender, non-residential seminar offers you an opportunity to work with your shadow and to reclaim disowned gifts and talents. If you have a primary partner, you may find that attending together will strengthen your relationship.

March 1-3. St Paul, Cost: \$395; \$100 non- refundable deposit required to reserve your space. Pre-registration required. This is a non-residential seminar. Participants are responsible for their own food and lodging. FFI:David Kaar drkaar107@gmail.com or 612-275-5165. – Jamie Wellik, 2019-01-20

**BRINGING THEM ALL THE WAY HOME** is the theme of a March 20, 6-9pm event to share stories of the epic struggle of veterans making it back to home, health and happiness. Storyteller and veteran Larry Johnson organizes World Storytelling Day (WSD) every year at Landmark Center, 75 W. 5th St., St. Paul, always with great stories, and opportunity to benefit some important organization. Event is always free, but this year we invite listeners to make donations to Veteran Resilience Project's mission to make EMDR trauma therapy available to all veterans. Every year, on or around March 20, there are WSD events all over the world, all with the inherent theme, "If I can hear your story, it's harder for me to hate you." FFI: Larry Johnson larryjvfp@gmail.com – Larry Johnson, 2019-01-07

**ManKind Project Minnesota is hosting an "Issues and Isms" training:** A day of learning, discussion, reflection, and sharing about our differences. Friday Feb. 8 - Sunday, Feb. 10 at 2980 Commers Drive #200 Eagan, MN 55121.

Multicultural moments: If you were to become aware that every relationship or interaction you have with another person is likely to be a multicultural relationship or interaction, what would you want to

know about yourself, the other person, and multicultural awareness?

It's all around and within us: Many relationships and interactions each of us has with others have a significant multicultural difference, often more than one. Your relationships with your parents, your children, and your significant other, for example, as well as your interactions with your boss, employees, and co-workers, the members of your social circles, and each person with whom you come into contact are more likely than not to involve such a difference.

There will be specific indigenous teachings on multicultural awareness, to further enhance and empower the Tatanka Alliance ([www.mkpusa.org/oyate](http://www.mkpusa.org/oyate))

Led by Rick Broniec, co-creator of the training, and Henry Thurman, MKP leader who will be leading the MKP NWTa in April at Pine Ridge, SD. This MKP training will host participation from Women Within. Women are invited and encouraged to attend. FFI: Dave Semenchuk [dave.semenchuk@gmail.com](mailto:dave.semenchuk@gmail.com) 612-360-8933 – Jamie Wellik, 2019-01-16

The New York Times (one representation of bi-coast ignorance of Heartland North America) has discovered experiential men's work 35 years late as evidenced in the Dec. 8, 2018 article by Hannah Seligson: **"These Men Are Waiting to Share Some Feelings With You"** "In meetings and retreats, chastened menfolk are working on their feelings." The article contains misinformation about the origins of MKP and omits that it started in Milwaukee, Chicago and Minneapolis. Full article at: <https://www.nytimes.com/2018/12/08/style/men-emotions-mankind-project.html>

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## TCMC ByLaws Revision Passed

The TCMC By-Laws revision ("to clarify the expectations required for each member of the board of directors") as noted in Men Talk edition 42.6 (Dec/Jan) was submitted and passed at the 2019 TCMC Annual Meeting. The revised By-Laws are available at: <https://www.tcmc.org/pdf/By-Laws-TCMC-2019-01-12.pdf>

## 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*

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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

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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](mailto: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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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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.

*23 Years of Successful Classes*

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