

men talk

tcmc

in our 49th year
of public service

twin cities men's center

Oct / Nov 2025
Volume 49 #5

Explore your Truth, Find your Voice

How To Find A Good Mental Health Counselor

— © 2025 STAN POPOVICH

Many people have a difficult time in finding an effective mental health counselor that will help them get their life back on track.

1. Talk to your doctor or primary care physician: Your medical or family doctor is a great source in finding a therapist. Explain to your doctor your problems and he or she can point you in the right direction in seeking the proper treatment. Your primary care physician may even know of some low-cost services that you can use to your advantage.

2. Go to your local hospital: Your local hospital is another source you can use to find a good counselor and they also know of many different mental health programs in your area. Your emergency center can also handle your situation right away if you are struggling with fear and anxiety. This is just a few examples on the importance of getting mental health assistance in your life.

3. Ask your friends and relatives for advice: Use your network of friends and relatives to see if they know of any reputable counselors that are nearby. Many churches and nonprofit agencies offer a variety of mental health programs in your area. Asking the people who attend these groups may be aware of some programs.

4. Join a local mental health support group: Go to a support group in your area and ask if anyone knows of a therapist that can help you with your mental health issues. Many people who are active in these groups will be able to give you some names of people in the area that can help you out. In addition, the people in these groups will be able to relate to your situation.

5. Find a counselor that you can work with: When asking for a therapist, always ask for someone who has a good reputation. Remember that finding a counselor to help you depends

on how you interact with them and how they interact with you. It may take a couple of times to find the right person, but do not give up. Finding the right person will pay off for you in the long run.

6. Measure your progress: The key components of having an effective therapist is affordability, the ability to effectively talk to your counselor, and how effective they are in finding the answers to your current problems. Remember that your main goal is to find the answers that will help get rid of your mental health issues.

7. Do what is best for you: Choose a mental health professional that you feel comfortable talking to and then go from there. You can always change counselors down the road so don't pressure yourself if things don't work out. If you do not see any improvement in your mental health after a couple of months, you may want to find someone else who can help reduce your fears, anxieties, and depression.

Stan Popovich is the author of the popular managing fear book, "A Layman's Guide to Managing Fear". For more information about Stan's book and to get some more free mental health advice, please visit Stan's website at <http://www.managingfear.com>



**Due to an unfortunate typo,
Dewayne developed a Corn Addiction.**

Library Corner

– MATT BARNES,
LIBRARIAN



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

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, 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 Wi-Fi 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
Anger Mgmt Coord.: Tom M., Tom W.
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Letter from the Vice-Chair

Showing up

"Eighty percent of success is showing up."
– Woody Allen, New York Times interview, August, 1977.

The Men's Center has always operated on the generous energy of all kinds of volunteers:

- Support Group Facilitators
- Creators of Classes, Workshops, Support Groups
- Leaders and Facilitators of Classes & Workshops
- Conference Organizers and Presenters
- Fundraisers

and

- Board Members
- Outreach Speakers to other Organizations
- Newsletter Contributors and Editors
- Organizers of the Library
- Brochure Producers

and

- Donators of Furniture, Materials, Food, Books
- Remodelers of the Office Spaces
- Bulletin Board Maintainers
- Website Maintainers
- Operators and Maintainers of the Zoom Facilities

The magic is that men have *invited* men to volunteer!

We have always needed, but never had, a Coordinator of Volunteers to truly benefit from all this volunteer energy. (Every strategic planning process at TCMC since from 2004 - 2018 has as its top priority goal a Volunteer Coordinator. We do have a job description!) For example, such a Coordinator could routinely phone Twin Cities therapists to present a workshop or class every week, as we did from 1987-2018.

We need even more volunteers at a time when about 20-35 men have been keeping the Men's Center operating since the 2020 beginning of the pandemic.

Even if you don't have the time yourself to physically show up and volunteer, would you please *invite* a man or two that you know, to come in and volunteer?

Thanks in advance!

ANDY MICKEL,
TCMC BOARD VICE-CHAIR

Volunteer Opportunities

TCMC is looking for volunteers to present to the Transitions Classes and the Co-Occurring Disorders program at MCF-Lino Lakes prison. TCMC currently does these presentations about 6-8 times per year. Volunteers do not need to commit to every presentation. Presentations run anywhere from 1 to 2 hours. Interested parties can reach out to Tom Maher at 612-822-5892 or via email at tomm@tcmc.org for more details.

Being a Dad: How to Manage Difficult Issues

In-Person Class: Wed., Nov. 19, 7:00-9:00 p.m.

Open to Men Only; Registration Required

As a dad, are you dealing with difficult issues? Issues in our families, such as a death, a separation, a divorce, financial problems, job loss or demands, health or others can undercut our ability to be the dad we want to be. In this class, we'll identify complicated personal issues in fathering, select several to focus on, and develop plans for effectively managing them. The class is chiefly built on group discussion and peer support from participants, providing opportunities to learn from our experiences and insights. Join us, whether you are a biological dad, a single dad, a stepdad, or a granddad, for practical strategies and tips on becoming a better dad. Call TCMC at 612-822-5892 to register.

New "3rd Life Stage for Men" Support Group

Led by TCMC founder, Mel Grey, information will be coming soon!

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
WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892			SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 7 ANGER MGMT 7 PM 1	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM 2	3	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 4
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OCT/NOV 2025

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 49 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 35 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

Since August 2021, we have begun hybrid meetings, video and in-person, 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).

CLINICS

Family Law Clinic

Leader: Rebecca Randen

Where: Online Zoom Chat

When: Wed., Oct. 1, 7:00-9:00 pm

When: Wed., Nov. 5, 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

Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

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.

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 at 612-229-3102.

Moving Toward Empowerment

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. MTE focuses on the subjects of toxic shame, personal empowerment, and developing healthy relationships. It will start with a short review of the material in the original course in the first three weeks. It will be a discussion-centered course that will use a workbook created by David Decker, based on his book "Embracing the Dark Side". While the original course mainly addresses managing one's anger when in painful and dysfunctional form, this class will address the deeper work of moving away from an angry life and growing toward an empowered healthy life. Successfully completing Men Helping Men With Anger is a prerequisite to registering for this class.

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 at 612-229-3102.

Being a Dad: How to Manage Difficult Issues

Instructor: Tim Delmont

Where: In-Person Class

When: Wed., Nov. 19, 7:00-9:00 p.m.

Open to Men Only, Registration Required

As a dad, are you dealing with difficult issues? Issues in our families, such as a death, a separation, a divorce, financial problems, job loss or demands, health or others can undercut our ability to be the dad we want to be. In this class, we'll identify complicated personal issues in fathering, select several to focus on, and develop plans for effectively managing them. The class is chiefly built on group discussion and peer support from participants, providing opportunities to learn from our experiences and insights. Join us, whether you are a biological dad, a single dad, a stepdad, or a grandad, for practical strategies and tips on becoming a better dad.

Please call TCMC at 612-822-5892 to register.

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.

- **Location:** Online/Hybrid/In-Person

As we resume in-person groups, please check with a facilitator if your group is meeting online/hybrid or in-person.

In-person groups are held at TCMC, 3249 Hennepin Ave. S. Suite 55, Minneapolis MN 55408

You can request a link for Zoom Video using "Contact a Group Facilitator" at <https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>

Men's Divorce/Uncoupling/Relationship Issues

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.

Location: Online Zoom

- 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.

Location: Online / In-Person

- 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!

Location: Online / In-Person

- Wednesdays 7:30 - 9:30 pm

We Agnostics AA

Open to all Genders

A support group for women and men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Hope at 321-544-1074.

Location: In-Person

- Sundays 6:00 - 7:00 pm

Men's Wellness

Open to Men Only

This group is on hiatus.

When it resumes, the group seeks to create a space for men to work on a healthy, happy, productive and meaningful life with the support of other men, or anyone identifying as male. We will include time for men to share uninterrupted about the life they're creating, along with a brief weekly meditation, no-impact energy exercises, and a short teaching as a conversation starter.

Location: Looking for a new location

• On Hiatus

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? Worried 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 confidential, non-confrontational and non-judgmental place to talk with other men about healthy sexual boundaries.

If you are currently participating in or have completed a sex offender treatment program you are welcome. If you have never been involved with the legal system you are also welcome. Facilitated by: Tommy

Jones, Thomas Koepke, Sean Kratz, Don McClure, Jim Pelant, John Rydberg, Gary Weldon, and Rich Williams.

Minneapolis Location: In-Person

3249 Hennepin Ave. S. Suite 55
• Saturdays 10:00 am - 12:00 pm

St. Paul Location: In-Person

Project Pathfinder
570 N. Asbury Street, Suite 300
St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact us at

tcmc@tcmc.org

Beyond Anger: Reclaim Your Spirit!

Monday Nights Oct. 6 to Nov. 17, 2025
6:00 - 7:30 pm CST, Live In-Person Course

Heal Your Pain, Shame, and Rage. Create the Life You Want!

In-depth training, fellowship, and structured guidance in emotional wellness and self-regulation.

- Take this class before? Come back, and take it again!
- Join, or rejoin, the tribe of heart warriors!
- Bring your pain, your growth, your heart!
- New to the work or curious to learn more?

What men are saying:

"Every man should take this course. Because you need it!"

— Brett M.

- Live In-Person / Fall Semester
- Mendota Heights MN location
- Adults all genders welcome!
- Fee: \$200 (TCMC Members \$10 discount)
- Instructor: Dan Gorbunow, Healer and Author

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 to register

Moving Toward Personal Empowerment

Twelve-week course, meets weekly for 1.5 hours

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. Moving Toward Personal Empowerment (MTE) focuses on the subjects of toxic shame, personal empowerment, and developing healthy relationships.

It will start with a short review of the material in the original course in the first three weeks. It will be a discussion-centered course that will use a workbook created by David Decker, based on his book *"Embracing the Dark Side"*.

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 for options
tcmc.org/programs-anger-management-mte-class-description.html

6 *Here and There* – Edited by Andy Mickel

Upcoming Monthly Men's 3rd Sunday Brunches. **October 19th at Rick Gravrok's** 2925 Monterey Ave S, St. Louis Park, 55416, (on the west side of Lake Calhoun, off Lake St.). 952-220-8153. **November 16th at Stan Bookout's:** 2512 37th Av S Minneapolis 55406, 651-363-6079.

9 men attended the August brunch at Frank Brandon's. – Andy Mickel, 2025-09-15.

Men's Healing Leadership Gathering for Unity, Networking, and Community Building. Epic times call for mythic solutions. We are in such times! Please join me and other leaders in men's healing work to gather together for good purposes in a thoughtful, respectful, and empowering one day conference in the Twin Cities area. We are united already in one important aspect: each of us—you—are dedicated to helping society through helping men to heal, recover and transform. In unity, we can do even better, and reach more men, more people, and achieve more positive outcomes. Bring your passion, your story, and your ideas!

The Day of Ancestors, Saturday, November 1, 2025 has been selected for this event.

When & Where: Sat, Nov 1, 10am - 6pm+ South Minneapolis Location

Who: Men (and others), Organizations and Leaders who Facilitate or Support Men's Work and Community Well-being.

What: Fellowship and Strategy: Container-Building and Growth

What Else: Momentum Towards a Spring EXPO via Communities in Men's Health & Evolution of the Masculine.

Really, What Else: Support for Healing and Honoring Individuals, Families, Organizations, and Life, with our collaborative efforts

Cost: \$50. Lunch will be included!

How: Send an E-mail and Interest to: <warriorvox@gmail.com>

Organizations and People involved so far: Twin Cities Men's Center, Minnesota

Men's Conference, Mankind Project Minnesota Community of Central Plains, Counselors and Program Leaders, Men's Circle Leaders and Hosts, Warriors and Artists

In solidarity and gratitude, Dan Gorbunow Crazy Medicine Wolf, Leadership Hunter / Gatherer
www.warriorvox.com 612-987-0324, 2025-08-16 & 2025-09-13.

MERGE for Equality, continues to offer our popular **Developing Healthy Boys Training in English and a Spanish Cultural adaptation.**

With goals to engage more effectively with children about healthy relationships and gender equality, Developing Healthy Boys Training for Early Childhood Educators develops the concepts of healthy and unhealthy male socialization. We encourage a full appreciation of the whole boy to maximize the capacity to be their authentic selves (physically, socially and emotionally). FFI: MERGE for Equality, <info@mergeforequality.org>, Newton Center, MA. North American MenEngage Network (NAMEN), 2025-08-08.

"Boy Crisis of 2025, Meet the 'Boy Problem' of the 1900s" By Robert D. Putnam and Richard V. Reeves, New York Times, August 15, 2025.

"In the early years of the 20th century, America had a "boy problem." Boys on the street, making trouble. Boys becoming truants. Boys getting caught up in crime. The problem spread across the United States alongside the disruptions of technological change, immigration and growing socioeconomic inequality.

Policymakers stepped in — with universal public schooling, for example. But it was the civic response that was truly extraordinary. In less than a decade, most of today's major child-serving organizations were founded: Big

Brothers (1904), the Federated Boys' Clubs (1906), Boy Scouts (1910), Girl Scouts (1912) and 4-H (1912).

Many boys and men are struggling today, too, in an America once again disrupted by technological change, immigration and growing inequality. Since 2010, suicide rates among young men have risen by a third — they are now higher than they are among middle-aged men. The share of college degrees going to men has fallen to 41 percent, lower than the women's share in 1970. One in 10 men aged 20 to 24 is effectively doing nothing — neither enrolled in school nor working. That's twice the rate in 1990. This crisis demands a response equivalent to what the Progressive era delivered, not just in public policy but equally important, from our civic institutions.

Today's leaders have been slow to recognize the extent of male troubles, in part because of a fear of being seen as somehow anti-woman. But alarm bells are ringing..."

Read the full essay at:

<https://www.nytimes.com/2025/08/15/opinion/men-boys-crisis-progressive-era.html> – Mel Gray, 2025-08-15.

"I want to extend my sincere thanks for the opportunity to present "Guys, Let's Talk Guts: 4 Key Gut Health Pillars Every Man Needs" to your community last night. It was an honor to connect with such thoughtful, engaged men — both in person and online — and I deeply appreciate the warm welcome and support from everyone involved.

Your commitment to supporting men's physical, emotional, and mental well-being truly aligns with my mission, and I'm grateful to have had the chance to contribute to that vision in a small way..." – Terri Rahman, 2025-09-19

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 "21 x 12 Honor Roll Member."
- ☐ Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ ☐ \$32 (Regular) ☐ \$62 (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!

Are you or someone you know living with a mental illness?

Through education, support, and advocacy, NAMI Minnesota's (National Alliance on Mental Illness) mission strives to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.

Join a free NAMI Minnesota online or in-person support group or class for:

- Family Support
- Anxiety & Panic Disorder Support
- Parents and Caregivers
- Young Adults
- Employers
- BIPOC Focused Connection
- Partner & Spouse Support
- Smoking Cessation

namimn.org



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: Zoom Video conference (request a link at tcmc.org)

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

No advance registration required!

MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$215
1/2 Page	7 1/2" x 4 7/8"	\$135
1/4 Page	3 5/8" x 4 7/8"	\$72
Biz Card	3 1/2" x 2"	\$29

(612) 822-5892
tcmc@tcmc.org

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.

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.

Check TCMC out on Social Media! Facebook: facebook.com/tcmc.org Instagram: instagram.com/tcmcoffice manager

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

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8

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: \$330 for TCMC Members (\$340 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 on the Anger Management phone 612-229-3102.

29 Years of Successful Classes

***What's
Inside***

Page 1 *Find A Good Counselor*
- Stan Popovich
Page 2 *Library Corner*
Letter from the Chair

Page 3 *Oct/Nov Calendar*
Page 4-5 *Classes, Clinics,*
Presentations
Support Groups

Page 6 *Here & There*
Page 7 *Community Ads*
Page 8 *Anger Management*