

men talk



in our 49th year
of public service

twin cities men's center

Dec 2025/ Jan 2026
Volume 49 #6

Explore your Truth, Find your Voice

From Aging to Sage-ing: Embracing the Sacred Gifts of Elders

— © 2025 JEFFRY WARK, MA, LICSW

In ancient Rome, elderly men of standing were honored as embodiments of wisdom and authority. This archetype, often called the Wise Old Man or Sage, was later popularized by Carl Jung as the Senex. The Sage represents someone who has accumulated knowledge and experience over a lifetime, offering guidance and counsel, particularly to younger generations. I use the terms “Sage” and “Elder” to refer to people of all genders.

The elder archetype can appear in many forms: mentor, teacher, wise counselor, or even a mythical figure, such as an oracle. Someone may serve as an elder to one person and not another. The role is chosen by those who invite the elder into their life. An elder is someone with substantial life experience who is accountable to their community and, in turn, holds the community accountable. Elders are made, not born. Age alone does not guarantee wisdom.

Historically, elders were guardians of life's mysteries and keepers of its deeper values and higher laws. They possess patience, vision, and experience that help communities navigate change, loss, and uncertainty. They perceive the broader patterns behind daily politics, cultural upheavals, tragedies, and triumphs, allowing them to anticipate the needs of the future. Amid a world of noise and attention-seeking, the elder calmly reminds us: “The truth never needs to shout.”

Elders often have one foot in each world: one grounded in daily life, the other in imagination and the unseen. While mentors focus on a mentee's specific growth, elders are respected community members whose counsel is sought on broader matters of life, tradition, and wisdom. Their authority arises from experience, perspective, and status within the community.

Elders also serve as healers, having navigated significant illness, loss, and transformation. Many have confronted and healed their own wounds while enduring life's challenges, developing resilience and a “tough skin” that protects externally while remaining tender within. This allows them to remain grounded and compassionate amidst turmoil and chaos.

In a world marked by widespread examples of ineffective

leadership, we face a troubling shortage of the wisdom needed to navigate rapid social, cultural, and technological change. Without leaders capable of envisioning a future grounded in authenticity and integrity, younger generations often struggle to realize their aspirations, and society as a whole bears the consequences.

Although we live in an era defined by unprecedented access to information, we paradoxically experience a scarcity of genuine elders (those who can offer hard-earned perspective and relational guidance). This absence is due, in part, to a diminished cultural demand for the wisdom and talents elders possess. In their absence, young people frequently turn to technology (whether through social media, apps, podcasts, online communities, or emerging tools like AI) for insights and guidance.

In moving from aging to sage-ing, and from older-ing to eldering, we recognize that the journey of life is not measured merely by years but by the depth of wisdom, the courage to face suffering, and the generosity to share insight with others. To grow into elderhood is to embrace the sacred gifts that come with experience: perspective, compassion, courage, and the ability to inspire and guide future generations. True elders stand as



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

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Letter from the Vice-)Chair

Have you noticed...?

...the number of people who blame all their pain on external causes? Some folks describe these people as having victim attitudes who grind out continuous grievance.

And have you noticed...?

...the amount of shadow projection all around you? Shadow projection is about what we dislike or hate about ourselves that we hide, repress or deny, and then unconsciously are compelled to then see it "projected on the screen" of other people.

I, for one, wasn't awakened to this until I attended my weekly ManKind Project (MKP) integration group for about 7 years, and was confronted about my own projections (usually projecting my father issues onto the other men). Using the groundbreaking book *King Warrior Magician Lover, Rediscovering the Archetypes of the Mature Masculine*, by Robert Moore & Doug Gillette, 1990, I learned about a model that describes aspects of boys who fail to develop from boyhood psychology to the full masculine energy of manhood.

The brilliance of Moore & Gillette's model is that each of the 4 archetypes have a "golden aspect" and a "bi-polar shadow aspect."

Taking the Warrior (whose gateway emotion is Anger) as an example, the Golden Warrior, practices passion, purpose and discipline in carrying out a mission of service to the community. He knows the difference between showing the sword and using the sword, and defines clear, assertive boundaries. In ancient societies, warriors were not entrusted with a weapon until they learned how to dance.

The bi-polar Shadow Warrior moves between sadistic to masochistic behavior; sees everything as a fight, and it's all about winning. He does not tend to his wounds, so he is compelled to use his sword to wound others ("hurt people, hurt people"). He only knows how to destroy and create chaos. Have you noticed any leaders like that?

ANDY MICKEL,
TCMC BOARD VICE-CHAIR

Article Continued from Page 1

bridges between generations, between the seen and unseen, between the challenges of the present and the possibilities of the future. By honoring, cultivating, and learning from elders, we not only preserve the continuity of wisdom but also invite the transformative power of life itself into our communities, ensuring that the harvest of insight, love, and guidance continues to flow for generations yet unborn.

This article is an excerpt from a longer piece available at: https://drive.google.com/file/d/1C4Bd6TED48zEyBl8IBT4LB5NS6q_NHCO/view?usp=drive_link

Jeffry Wark, MA, LICSW is a holistic psychotherapist, consultant, and educator with the Center for Integrated Well-Being, Inc. He can be reached at (651) 698-0768 and jeffry@authenticmenstherapy.com

FAMILY LAW CLINIC CHANGES

Starting this December and going forward, our Family Law Clinic will be from 6:00PM until 8:00PM. They will continue to be on the first Wednesday of each month. Rebecca Randen has recruited her colleague, Traci Vercande, to become one of our Family Law Clinic attorneys. Including Rasheen Tillman, this brings our attorney count back up to 3!

EVENTS CALENDAR

THE MISSION OF THE MEN'S CENTER IS TO PROVIDE RESOURCES FOR MEN SEEKING TO GROW IN BODY, MIND, AND SPIRIT; AND FROM THAT FOUNDATION TO ADVOCATE FOR HEALTHIER FAMILY AND COMMUNITY RELATIONSHIPS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALL US ABOUT ANGER MANAGEMENT CLASSES.	ANGER MGMT 7 PM 1	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 2	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 6 3	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM LET'S TALK GUTS 7 PM 4	5	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 6
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 7	BOARD MTG. 7 PM ANGER MGMT 7 PM 8	SUPPORT GROUP GAY ISSUES 7:30PM 9	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P 10	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM 11	12	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 13
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MEN'S BRUNCH 10:00 AM SUPPORT GROUP UPTOWN AA 6:00PM MKP 7 PM 21	ANGER MGMT 7 PM 22	SUPPORT GROUP GAY ISSUES 7:30PM 23	CHRISTMAS EVE SUPPORT GROUPS HSB 5:30 PM 24	CHRISTMAS HOLIDAY 25	26	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 27
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 28	ANGER MGMT 7 PM 29	SUPPORT GROUP GAY ISSUES 7:30PM 30	NEW YEAR'S EVE SUPPORT GROUPS HSB 5:30 PM 31	NEW YEAR'S DAY HOLIDAY 1	2	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 3
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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 25	26	SUPPORT GROUP GAY ISSUES 7:30PM 27	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P 28	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM 29	30	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 31

DEC/JAN 2025

WEB SITE: WWW.TCMC.ORG
E-MAIL: TCMC@TCMC.ORG
PHONE: 612 / 822-5892

1976 IN OUR 49TH YEAR
OF PUBLIC SERVICE 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., Dec. 3, 6:00-8:00 pm

When: Wed., Jan. 7, 6:00-8:00 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.

"Let's Talk Guts"

Instructor: Terri Rahman

Where: Online via Zoom

When: Wed., Dec. 4th, 7:00-9:00 p.m.

Open to all Genders

Join Terri Rahman, for an online workshop Titled "Let's Talk Guts: 8 Ways to Boost Your Mood, Energy, and Manhood" at the Twin Cities Men's Center, where we'll dive into 4 pillars of her 8 pillar program—specifically designed for men who want more energy, sharper focus, better sleep, and stronger stress resilience. Info: terri.totalhealth@gmail.com

Terri Rahman is a Certified Integrative Nutrition Health Coach specializing in gut-brain health and founder of Terri Total Health, LLC. After an extensive background in social work, she now empowers high-achieving professionals to take control of their health by optimizing gut-brain health for greater energy, disease prevention, and youthful aging. She developed the 8 Key Pillars for Gut Health as the foundation of her coaching method, guiding clients to create sustainable, results-driven habits that support long-term physical, mental, and emotional well-being.

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

Beyond Anger: Reclaim Your Spirit!

Seven-week course, meets weekly for 1.5 hours

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. December 21st (Winter Solstice) at North Star Center for Minnesota ManKind Project, hosted by Jamie Wellik 612-267-2467, 2356 University Ave. W. in St. Paul, 55114. (North Star Center is on the southeast corner of University and Raymond in the Specialty Building. Enter off Raymond and park on the far east side of the building and park in that corner. Access is on the east side of the building via North Star Storage loading dock with the elevator to be taken to the third floor. Jamie will have some signs up to direct us to get into the building and upstairs.)

January 18th at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103. 651-487-3511. (on the east side of Lake Como). 10 men attended the October brunch at Rick Gravrok's and 8 men attended the November brunch at Stan Bookout's. – Andy Mickel, 2025-11-17.

"RIP Norm Petrik [VA therapist and longtime TCMC board member]--He said "what is the purpose of your behavior?" (I pray and say). I choose to live on purpose--also choose to live in joy. Norm was a great person. He helped me out a lot!" – Jame Svihel, 2025-09-25.

"I did the Wisconsin MKP weekend in 1989, after going to a day or two event in Minnesota that I believe you put on, and that was transformative. Thanks. I think Bill Kauth was with me that time." – Bill Klatte, Greenfield, Wisconsin, 2025-10-15.

Inroads, an online magazine for the mythopoetic men's community, is coming back! The mythopoeic men's community has a unique offer for our current world. Myth and poetry open the heart, help us imagine the world differently, and deepen our experience of life. The current crisis in social and political culture, especially among men, calls forth this work even more strongly. It is easy for our hearts to close up against the constant onslaught of news, toxic expectations, or our own shame. The world can form a shell around the real pearl of our souls, but we need that pearl to live!

Inroads is here to soothe, open, heal, see with clarity, know the heart, and cultivate the imagination.

Inroads was first created and published from 1988 to 1993. We published Robert Bly, Michael Meade, James Hillman, William Stafford, Joseph Bruchac, John Lang, Thomas R. Smith, Timothy Young, Anthony Signorelli and others. Essays about passion, modern initiation, alchemy, the criminality of the soul, and much more simulated thinking and healing for readers. You can expect this kind of work from the new Inroads. In fact, we created a sample archive issue on the Substack site for you to see.

Subscribe to the free Inroads mailing list: <https://inroadsnow.substack.com/welcome> – Anthony Signorelli, Co-Editor & Publisher; Robert Netzer, Co-Editor & Designer - 2025-11-13.

Some views on the 2025 41st Annual Minnesota Men's Conference, held October 7-12

"The spirit moves in mysterious ways. What grounding we got for grief work at the conference, a grounding we will all have to call upon to deal with the mounting pain in our society and workplaces." – Dennis Merritt, Jungian Therapist and Author, 2025 presenter

"The medicine of our collective grief expands and for that I am grateful." – Tyler Schueffner, Therapist and MMC Board

"The week was truly sweet! I am deeply moved by the knowledge, compassion, depth, and grace of each man present. A true gift for us all." – Ben Dennis, Storyteller and Ritualist, 2025 presenter

"The 2025 Minnesota Men's Conference had the juice, sweetness, grief, and joy of the early men's work of the 1980s." – Timothy Young, Poet, 2025 presenter, MMC Board

Standing in Awe of the Thundering Ice" The 2026 Winter Minnesota Men's Conference

Standing on the quiet shore of Lake St. Croix, where the Winter River rests, sealed in ice, we listen for something other

than the snarl of a snowmobile or the grind of hard rubber on frozen gravel. Beyond the hum of the cars crossing the bridge (which links the lands of two states bound by shared forests, waters, soil, dairies, fisheries, and long memory) there are other sounds, deeper, older, wiser, enchanting.

Crossing these still waters too quickly by motor, we may miss the splintering sounds of thunder snapping sideways through the great sheets of ice—a sound that can awaken old stones...

This winter, we are called by the thundering ice, to listen...listen for the forsaken, abandoned, forgotten, and the disenfranchised voices that move toward us, that call us back to them, guiding us to the water's edge, to the edge, to our edges. Welcome them all and "Be grateful for whoever comes, because each has been sent as a guide from beyond."

Dates: January 31 through February 2, 2026 (Friday afternoon to Sunday afternoon)

Location: YMCA Camp Saint Croix, 532 County Rd E, Hudson, WI 54016

Fee: \$435.00 (includes lodging, meals, and all conference activities.)

Scholarships are available, Our upcoming three-day conference features story carriers, poets, thinkers, and men of soul gathering in the best traditions of our work, including:

• Miguel Rivera • Ben Dennis
• Timothy Young • Other Friends

Men of all backgrounds are invited to join us for a conference focused on engaging the great soul of the world, meeting that with our personal gifts, bearing responsibilities, and being active in a lively crucible of very alive men. FFI contact us at contact@minnesotamensconference.com, or www.minnesotamensconference.com

The Minnesota Men's Conference is a non-profit, volunteer-run organization dedicated to enriching the masculine soul.

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/tcmc officemanager

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twin cities men's center news

men talk

Annual Meeting Notice & Proxy Statement

**THE TWIN CITIES MEN'S CENTER 50TH ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 10, 2026 AT 9 AM**

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TCMC prior to Jan 10, 2026. Please include your address. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** ☐ **AGAINST** ☐ THE DIRECTOR(S) AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2026

I VOTE **FOR** ☐ **AGAINST** ☐ ANY MOTION TO CHANGE THE BY-LAWS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2026.

☐ I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2026.

signed _____ date _____.

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