

men talk



in our 50th year
of public service

twin cities men's center

Jun / Jul 2026

Volume 50 #3

Explore your Truth, Find your Voice

What Kind of Place is The Twin Cities Men's Center?

– © 2026 TOM MAHER

To some, we are simply that Anger Management place. To others, we are the Support Group place. To some, we are a place of connection and encouragement. To others, we are a lab where we experiment and try new things. We pride ourselves on being on the bleeding edge of innovation and new ideas. We do “interior work”.

Many men have told the story of feeling like there was no place left to go and they somehow found TCMC. Today was just one of those days for a man. He said he had been at the library looking for support for men and found us online and headed right over. He walked into the Men's Center a couple of hours after I had opened up. He seemed bright, cheerful and very curious about who we are and what we offer. I described our offerings and he seemed very interested.

Then he got into what he needed and what he was looking for. He felt very much alone. He felt as if he had “no friends”. This wasn't a burden he could put on his wife. It wasn't long before the tears started flowing. He needed a sounding board for his thoughts. He needed to get them out of his head. He didn't need or want advice, he wanted to be around men who would “hear” him and “see” him. He had regrets about things left unsaid to his mother. He had regrets about his sister's funeral, and the things that he could no longer fix. And he was the last one. And there were no men in his life with whom he could talk about this.

He was encouraged to learn about our General Men's Issues/Divorce/Uncoupling Support Group. I also got him connected to the ManKind Project. They can be very good with helping men process those feelings, unfinished emotions and things that were left unsaid.

He came in bright and curious, he broke down in tears and wept, and he left feeling optimistic and had hope that there are men out there who will listen and support him.

Our mission is, we provide resources for men seeking to grow in body, mind and spirit; and from that foundation, we advocate for healthier family relationships and community relationships. Our offerings break down into 4 categories:

- 1) Presentations
- 2) Monthly Family Law Clinic
- 3) Support Groups
- 4) Anger Management classes

That's what we do...

Tom Maher is the TCMC Office Manager, active Anger Management co-ordinator, and the voice of TCMC on Facebook Live. If you are ever curious about what we do and how we can help you, call him at 612-822-5982

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 Chair

As TCMC gears up for our 50th anniversary celebration this October, for reasons that lack rational explanation, my mind's been on control; namely, how to manifest healthy control, and how to recognize unhealthy desires for uber-control.

As infants, we have no control. We cannot feed ourselves, or sit up unassisted, or wipe our rears. Learning to walk means going from non-mobile to independent movement, even if at first only from the sofa to a chair.

From there, life becomes a series of control gains—using our own words, being able to read, riding a bike, driving a car, choosing our educational path, providing ourselves a paycheck, choosing a partner to love, choosing to parent another human.

Except with each gain of control comes awareness that our control has limits. A child can walk, then run, but running into a busy street is not allowed. We can choose any college, but financial constraints reduce our options. We can give our heart to someone, but we cannot control whether they will break it. This absence of control brings anxiety, partially derived from the profound dependence we experienced as an infant (and the attachment system provided by our caregivers). These fears can generate a desire for unlimited

control over everything and everyone, unhealthy as that may be.

I was pondering this recently while driving through rush hour traffic on a day the roads were icy, and it occurred to me that a good driver (a healthy driver) perpetually toggles between asserting and surrendering control. I must take charge of my vehicle (otherwise, I'm driving irresponsibly) but I must drive slower than preferred, because braking on ice requires extra time and space. I must even yield to an idiot who is clumsily merging onto the interstate, to avoid a collision, and then I must stop myself from honking and cursing at this idiot, to avoid stressing the folks riding along with me.

All healthy relationships-- and really any productive enjoyable interaction with another human—involves this perpetual dance between control assertion and graceful surrender. Surrender too much control, and the world will exploit you. It can abuse you. Exert too much control, and you yourself may become an abuser. Dance well with those we love, and we may—just may, there is no guarantee—get where we want to go and receive love along the way.

SINCERELY,
SEAN McLOUGHLIN,
TCMC BOARD CHAIR

ANGER MANAGEMENT PROGRAM HAS TWO NEW CLASSES

Allies & Anger is a short 4-week course, which started on May 28th. This class has been designed in response to all the times we facilitators have heard about the struggles and disappointments of the partners of the men in our classes. The class is for wives, partners, children, other family members, plus co-workers and friends. The class will explore support and Self-Care, dispel some myths, cover the basics of AM, discuss what to realistically expect, and talk through what the end-goal of "managing" truly is.

We are very excited to now offer a **Women's Anger Management** class, which will be led by LaSonja Ware, an instructor certified by the National Anger Management Association. LaSonja led Anger Management classes for both genders in Arizona, and she has recently returned to Minneapolis, where she grew up. WAM will focus on identifying triggers, building self-awareness, and learning to express one's wants and needs in ways that are assertive (as opposed to aggressive and/or passive).

— Sean McLoughlin

EVENTS CALENDAR

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALL US ABOUT ANGER MANAGEMENT CLASSES.		SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 6 ANGER MGMT 7 PM	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
	1	2	3	4	5	6
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM	BOARD MTG. 7 PM	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P ANGER MGMT 7 PM	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
7	8	9	10	11	12	13
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14	15	16	17	18	19	20
FATHER'S DAY MEN'S BRUNCH 10:00 AM SUPPORT GROUP UPTOWN AA 6 MKP 7 PM		SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P ANGER MGMT 7 PM	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM		PRIDE WEEKEND SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
21	22	23	24	25	26	27
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28	29	30	1	2	3	4
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MEN'S BRUNCH 10:00 AM SUPPORT GROUP UPTOWN AA 6:00PM MKP 7 PM		SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
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26	27	28	29	30	31	

JUN/JUL 2026

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

1976 IN OUR 50TH YEAR
OF PUBLIC SERVICE 2026

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 50 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 36 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., Jun. 3, 6:00-8:00 pm

When: Wed., Jul. 1, 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.

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

Donate to TCMC
It's fast, safe and simple!



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

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



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

Upcoming Monthly Men's 3rd Sunday Brunches. **June 21st** (Father's Day & Summer Solstice!--children welcome) at Jimbo Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 19th** at Tom Borden's backyard: 3933 41st Ave S, Minneapolis 55406. 651-792-5040. 13 men attending the April 19th at Andy Mickel's and 8 men attended the May 17th brunch at Rick Gravrok's. – Andy Mickel, 2026-05-21.

Dealing With The Approach/Avoidance Dance and Finding the Love You Need

Many of us have been caught up in what I call "The Approach/Avoidance Dance." We think we have found someone to love and things are going well. Then suddenly they begin to distance themselves. They may pick a fight or slowly drift away, but just when the relationship is starting to feel good, the other person starts moving in the other direction. But just when you try to give them space, they start coming back and acting like they want to hold you and never let you go. It can be crazy making.

As a psychotherapist who has worked with individuals and couples for more than fifty years, this pattern is very familiar. I recently had the pleasure of interviewing Dr. Laura Dabney about her new book, *I Need You... Now Go Away!: Reclaiming Your Life When Someone You Love Has a Personality Disorder*. Continue Reading on the MenAlive Newsletter. – Jed Diamond, 2026-05-17.

SHADOW WORK® SEMINARS, INC. in conjunction with Shadow Work Community (formerly called Connection Gateways) invites you

to...join us for zoom calls on some summer Sundays. 10AM CDT. And save these Sunday dates in 2026 (topics TBD): June 14, July 19, August 23, September 20, October 18, November 15.

If you'd like to see articles and video recordings of our foundational events about:

1. "The Big Four,"
2. "The Four Ways to Connect,"
3. "The Three Ways to Persist,"
4. "The Three Ways to Be Careful"
5. "The Three Ways to Be a Leader"

you can find them here Most articles have a link to a video; just click [read more], and it will take you there. If you have questions you can reach us at <info@connectiongateways.org> – Cliff Barry, 2026-05-13

Live with the power of the Dragon

Most people spend an extraordinary amount of energy holding themselves back. We withhold truth, anger, desire, grief, ambition. We withhold difficult conversations. We withhold the parts of ourselves that feel "too much." Over time, that energy doesn't disappear. It becomes tension, a whisper of self-betrayal, overthinking, resentment, self-doubt, procrastination or the ache of knowing you're capable of more.

The Dragon Training <www.TheDragonTraining.com> is about reclaiming that energy. The dragon is an ancient archetype of raw life force — fierce, powerful, and uncompromising. When you meet the dragon consciously, you begin transforming fear and inner conflict into energy for living. From June 26 to 28 in Massachusetts, we invite you into a deeply experiential three-day training designed to help you step into greater aliveness, agency, and audacity. When you harness the power of the dragon, you:

- Choose relationships based on truth rather than approval
- Stay grounded and powerful even when tension exists
- Set clearer boundaries and trust yourself to follow through
- Become more comfortable taking up space

Create the life you want instead of merely managing the life you have This is not about becoming aggressive or dominant. It's about becoming fully alive.

The Dragon Training, Camp Clara Barton, North Oxford, Mass., 1 p.m. Friday, June 26, to 4 p.m. Sunday, June 28, \$1,600 all-inclusive <www.TheDragonTraining.com> The Dragon Training is co-led by David Kaar, co-founder of the ManKind Project and co-creator of the Dragon Training, and Karin Green, transformational coach, facilitator, and founder of Karin Green Coaching. – David Kaar, 2026-05-25.

Helen Lewis, staff writer at the The Atlantic Monthly magazine wrote the June, 2026 issue cover story: "**The Men Who Don't Want Women To Vote**". She writes: "When The Atlantic asked me to take on this subject, I was a little daunted. For a start, the battle of the sexes is one of the most eternal conflicts in human history, and separating out the well-evidenced facts from the lazy stereotypes is a demanding task. Added to that, I do think that some men and boys are struggling in ways that don't get enough attention—for example, as my colleague McKay Coppins reported earlier this year, the majority of problem gamblers are male. That said, I don't buy the masculinists' line that feminism has ruined America..." – Arlene Walker Andrews, 2026-05-25.

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!

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!

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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

UPTOWN AREA SPACE TO RENT

**Twin Cities Men's Center,
3249 Hennepin Ave S**

	Non-Profit	Profit event
Full Day (8 hrs)	\$70	\$140
Half Day (4 hrs)	\$40	\$80
Hourly	\$10	\$20

(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.

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/tcmcofficemanager

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

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twin cities men's center news

men talk

Anger Management Program

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: \$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.

30 Years of Successful Classes

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