

men talk



in our 50th year
of public service

twin cities men's center

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Volume 50 #4

Explore your Truth, Find your Voice

How the Men's Center Helps Men Find Their Mature Masculinity

– © 2026-07-20 ANDY MICKEL

As we approach our 50th Anniversary this October, I offer a personal perspective on what the Twin Cities Men's Center (TCMC) has meant to men in the Twin Cities community.

Born out of the cultural revolution of the late 1960s and early 1970s, TCMC, in its second decade (1985-1995) began integrating multiple currents present with men in American culture: pro-feminist men, men's rights men, self-identified heterosexual, gay, and bisexual men, and the newest strain, mytho-poetic men.

Our integration had two principles: 1) men have more common with each other than differences between us, and 2) at TCMC we consciously focused on what is right about men and supporting men in a heart-felt way.

According to California therapist, Jed Diamond, men in this work who were wounded at the hands of men (such as fathers) were largely pro-feminist while men wounded at the hands of women were largely supporting men's rights. Both groups focused on equality between the sexes. Men's rights men fought for legal justice in areas like divorce and child custody which historically discriminated against men, often resulting in economic rape. Pro-feminist men supported equality opportunities for women and men to benefit both in the larger world.

What the mytho-poetic men brought was a generic spirituality resulting in unity among all men--by studying time-honored wisdom on what makes a man described in select mythology and poetry. These men addressed soul-making: what is a man's essence (his essential self). Not ego, but essence.

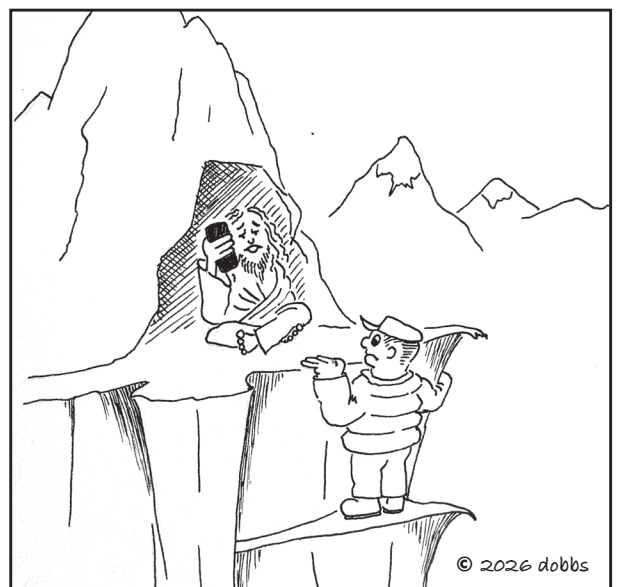
All of this does not constitute a "men's movement". It's better labeled "men's work" in men's liberation.

Socialization of Men in the United States

Meanwhile the dominant culture in the United States that socializes and oppresses all people in it, continued to promote a single definition of masculinity: men should be strong physically and emotionally, should be self-reliant and already know the answers, should compete with other men, etc. And should not show weakness, should not ask for help, should not express feelings of grief, sadness or fear.

How did this typically show up socially among men who don't know each well? By having "jostling conversation". Using sarcastic or mildly critical humor in a greeting ("Well, I see you finally decided to show up!") instead of having an attitude of welcoming and compassion ("It's good to see you, and know you're always welcome.").

Continued on Page 4



Excuse me, I have to take this call.

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!

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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 Chair

The Men's Center turns 50 this October. We are planning a series of celebrations for this anniversary, including an Organizational Picnic on Saturday October 3rd, a Legacy Gathering and Brunch on Sunday October 18th, and a series of Workshops throughout the month that showcase and articulate TCMC's mission and essence.

I highly encourage you to attend any of these events, or all of them. The Workshops promise to be particularly dynamic.

As we plan this celebration, one question keeps showing up for us: what is TCMC's essence?

Vice-Chair Andy Mickel has a wonderful piece in this issue about the history of the Men's Center. Andy lays out how, in the past 50 years, TCMC has traveled through a number of influences—a focus on the spiritual, a focus on legal imbalances, a focus on equality between the sexes. The Men's Center has found many ways to help men explore their emotional landscape, and to help support men through major life changes—like retirement, coming out, divorce, legal or family problems, and crises sourced in anger or addiction. What all these influences circle around is a path that helps a man arrive at healthy mature masculinity, aka: how to be a man in this complex modern world.

Our mission is to cultivate growth in mind, body, and spirit. Men grow, we have learned—in this post-industrial society with its hyper-technology—through what we call Interior Work.

When the Men's Center was formed in 1976, men were not necessarily in crisis. Roles for men, however, were changing. Being the strong silent John Wayne/Gary Cooper type no longer fit so well. Men had begun changing diapers and expressing their

feelings. The MC formed in response to the women's movement; what is sometimes called second-wave feminism. First-wave feminism resulted in passing the 19th Amendment in 1920, which provided all women the right to vote. Second-wave started in the 1960's when women began empowering themselves toward equality in the workforce, in education, and in the slow assumption of public leadership positions. By 1972, the birth control pill was legalized, Title IX was enacted, and Shirley Chisholm was the first woman placed on a Presidential ballot. In 1973, the Supreme Court made abortion legal throughout the country. Robert Bly and other men who founded the Men's Center recognized that exterior markers such as these were not what men needed. Empowerment for men involved going inside and doing "inner work".

Men's Centers like ours arose throughout the country in the late 70's, and at one point there was a Men's Center in every state. Now, TCMC is the only one left. It speaks to Minnesota's culture, and to the resilience of the senior men at our organization, that the Men's Center has stayed alive through COVID and through the many other challenges of the past 50 years. It also speaks to TCMC's capacity to adapt.

In 2026, it is clear that men and boys are in crisis. Suicide deaths are 4 times higher for males than females. According to the American Institute for Men and Boys, males earn 17% fewer bachelor's degrees than do females. One in three children do not see their fathers within six years of their parents separating. Men's mental health is on a strong downturn. Drug overdoses, alcohol-related deaths, alienation, and isolation are all on the rise for men. Nearly 28% of

men under 30 report having no close friends.

Men struggle to find purpose and meaning, and they struggle to see their value.

In response, over the last decade and a half, we have seen the rise of the manosphere, its Red Pill community, and the Men's Rights movement. Unfortunately, these are not groups that advocate for mature and healthy masculinity. Rather, they embrace language and perspectives that hang onto a simplistic black-and-white form of masculinity. They embrace domination and control. They argue that men are now disposable, that the world has become "gynocentric", that women no longer need men, and that one proper reaction is for men to "go their own way".

None of the ideas in the manosphere are new, despite how much these men argue over which one of them "invented the red pill". The name the Red Pill comes from the Matrix movie, where the main character gets presented with a pill that will open his eyes to the grim harshness of reality, or another pill that allows him to stay asleep in his illusions. The red pill is a pharmaceutical version of Maslow's Self-Actualization, of the Jungian concept of the Process of Individuation; it fits with the Gnostic tradition, and it aligns with the Platonic and Socratic notion that reality is first observed as shadows on a cave wall (and that education can bring us from the cave into the sunlight of reality). The red pill is a new name for what the Buddhists call Satori—letting go of illusions and "seeing things as they are". One can find a depiction of rebirth that brings clarity in almost every wisdom tradition and religion. Waking up to reality might have been invented before the wheel.

Men going their own way is also a very old story. In earlier generations, the narrative was "Dad went out

one day for a carton of milk (or cigarettes) and never came back". Bob Dylan's "Don't Think Twice, It's All Right" is a distilled version of a man disconnecting from duty and going his own way. The manosphere has found ways to depict this as honorable. Or, as they put it, the only good option. The language of the manosphere is often deliberately confusing. It often folds back on itself, using one term to prop up another term, leaving a person perplexed. It's also dominated by long-windedness. These dudes appear to be competing to see who can blow the most air. Paul Elam, in *The Red Pill Documentary*, says: "Understanding the Men's Rights Movement is like trying to understand a snow drift one snowflake at a time". After watching the RP documentary and following it with a week of research, I found myself thinking, "What a weird waste of time, trying to understand a snowdrift?"

The red pill community hangs its arguments—convoluted as they are—on the legitimate hook that men truly are struggling. Unfortunately, too, some factions of Third-wave and Fourth-wave feminism take the view that masculinity is foundationally toxic; and because masculinity is a toxin, it needs to be cancelled and abated from our culture.

At the Men's Center, we see masculinity as archetypal, as something fundamental to every human. As women have made progress with the exterior markers of society, they have integrated their masculine side—Rosie the Riveteer, Marie Curie, Serena Williams, Alexandria Ocasio-Cortez—there are many excellent examples. There are also great examples of men who have integrated their feminine side. Michael Jordan now sheds tears in public, as do many male politicians. It has become accepted that professional athletes miss important games to attend their child's birth.

Masculinity still has utility. We still need bridges built, goods hauled, and our communities protected. If the Titanic were sinking today, the old motto "women and children first" might be better exchanged for "those most capable leave last". But the bulk of those helping would still be men. It seems strange, though, to regard this to mean "men are disposable." Andrew Tate and Steve Bannon might jump on the first lifeboat, but I personally couldn't live with myself if I ducked off a ship while others who were in trouble were still on board.

The world continues to have problems, and masculinity continues to contribute to solving them. Women and men still need each other, even if their needs have shifted. But in this modern world, a man is more helpful to others, and a man moves more gracefully through life, when his masculinity is tempered with self-awareness. Repairing an engine or building a house continues to be as useful as fifty years ago. But a man who can also consciously explore his internal landscape becomes even more useful.

In helping men grow in mind, body, and spirit, the Twin Cities Men's Center understands that the community improves when men do their interior work. We have learned that families are stabilized when a man builds the awareness to navigate his emotional landscape, so he can express how he feels and recognize his mistakes and see how his patterns and habits affect others. We provide resources so men can go out for a carton of milk and still manage find their way home. That is our essence.

SINCERELY,
SEAN MCLOUGHLIN,
TCMC BOARD CHAIR

How the Men's Center Helps Men... Continued from Page 1

TCMC has remained an institution to promote healthy, mature masculinities.

Through TCMC's support groups, men began unlearning this restrictive socialization and discovered they could strongly relate to each other's feelings and experiences as men. In this second decade TCMC organized Midwest-Regional Men's Conferences in 1985, 1987, 1989 and 1992 that featured a wide-variety of workshops and presentations on subjects ranging from sexuality, health, relationships, death, pornography, career, parenting, personal growth, domestic violence, etc.

Through the last 3 decades, 1995-2005, 2005-2015 and 2015-2025, TCMC has helped:

- Men shed mistaken beliefs about their masculinity and find self-esteem. Men are inherently good people!
- Men find that a TCMC peer-support group can provide fathering and mentoring that has been missing with their own fathers.
- Men enrolling in TCMC Anger Management classes learn the depths and breadths of emotional intelligence-becoming aware that reacting with anger skips over emotions such as fear and sadness.
- Many men find in countless examples of mythopoetic stories, that resisting going down into their own darkness will inevitably be pulled down against their wills and trapped in a state of depression, until they face the work of grieving a lifetime of losses.
- Men discover that part of their responsibility is to bless and mentor younger men.
- Men experience that whatever satisfies their souls gives them peace.

Growing and healing, we enjoy countless stories of grateful men for TCMC's existence!

In the United States, we have a continuing Boy Crisis.

21st-century boys with insufficient fathering have even fewer healthy male cultural role models than last century. Into this vacuum, boys become teens who unconsciously attempt to initiate themselves into manhood in spite of all the learning and social technology that we have developed to counter the mistakes of the past. Examples are big-city teenage gangs.

"If you don't initiate the boys, they will burn down the village."

– Malidoma Somé, based on African proverb.

- The European term of "child-rearing" (beating children into submission on their rears).
- The Latin-American culture of Machismo (the exaggerated sense of traditional manliness and dominant behavior).
- The dominant culture's phrases of:
 - "man up" (always be tough; show no feelings; be strong for the rest of the family),
 - "toxic masculinity" (meaningless—better stated as "sociopathic baby-men"),
 - "hyper masculinity" (meaningless—implies a single definition of masculinity),
 - "testosterone poisoning" (shames men for their main sex hormone).

All of these terms serve to communicate and imply one-dimensional, so-called "politically correct", definitions of a man.

Young men who only turn to the modern-day online communities of "manosphere" are understandably angry at being abandoned by older men and the fact that many young women ignore and trash them ("sick boy, sick girl" - Ken Wilber). However they are repeating the mistakes of believing they can initiate themselves into manhood. They ignore our men's work history, and are doomed to repeat the mistakes.

"Women, it is true, make human beings, but only men can make men."

– Margaret Mead, 1949.

Andy Mickel is a long-term, active member of TCMC. At various times over 40+ years, he has served as the Executive Director, the Men Talk Editor, the technical guru, the website editor, the TCMC historian, and on many, many committees. Currently he serves as the TCMC Vice Chair, and a number of other vital capacities. Thanks for all you do!

They Don't See It Until It's Too Late

How Convergence Resource Center and HEMAD Are Fighting Human Trafficking One Survivor, One Community, and One Ride at a Time

Most people think human trafficking looks like something out of a movie. A kidnapping. Chains. A dramatic rescue. But the reality is far more difficult to recognize. Sometimes trafficking looks like the quiet student sitting in the back of a classroom. Sometimes it looks like a woman hiding bruises behind a smile while serving customers. Sometimes it looks like a teenager whose every move is controlled through manipulation, fear, or coercion. It can be disguised as addiction, homelessness, domestic violence, or simply someone trying to survive.

And too often, it is happening much closer to home than people realize.

Across Wisconsin, Minnesota, and communities throughout the country, human trafficking continues to affect lives in silence. Victims are found in hotels, apartment complexes, truck stops, neighborhoods, schools, and even homes that appear ordinary from the outside. Many people never recognize the warning signs until someone they know is affected.

That is why Convergence Resource Center (CRC) exists.

For more than 20 years, CRC has helped women rebuild their lives after trauma, exploitation, addiction, incarceration, and human trafficking. Based in Milwaukee, CRC provides trauma informed advocacy, recovery resources, education, outreach, and supportive services that help survivors move from crisis toward stability and hope. Recovery is never as simple as escaping a trafficking situation. Survivors often carry years of emotional trauma, fear, shame, and instability that cannot be healed overnight. Rebuilding trust, finding safe housing, securing employment, and believing in a better future all take time.

CRC understands that healing is a journey, not a quick fix. Rather than offering temporary support, the organization walks beside survivors as they rebuild their lives with dignity, compassion, and long term care. Beyond serving survivors directly, CRC is committed to educating schools, healthcare professionals, law enforcement, faith communities, businesses, and the public about the realities of human trafficking. Awareness is one of the strongest tools communities have to recognize exploitation and prevent it from continuing.

One of CRC's most impactful initiatives is HEMAD, Human Trafficking Educators Working with Men and Boys to Stand Against the Demand.

The phrase "Against the Demand" speaks to one of the most overlooked parts of the trafficking conversation. Human trafficking is fueled not only by traffickers but also by the demand created by buyers who exploit vulnerable people. HEMAD challenges men and boys to become part of the solution by learning the warning signs, speaking up, protecting vulnerable individuals, challenging harmful attitudes, and standing publicly against exploitation. Instead of remaining silent bystanders, participants are encouraged to become leaders in creating safer communities.

That mission comes to life each year with one of HEMAD's most meaningful awareness events, the HEMAD Biker Ride.

On Saturday, August 15, riders, survivors, advocates, families, and community supporters from across the Twin Cities and surrounding areas will come together for a ride with purpose. Registration begins at 9:00 a.m., with kickstands up at 10:00 a.m. Registration is \$25 per rider and \$10 per passenger. Those who do not ride motorcycles are encouraged to participate as well. Cars are welcome because this event is not about what you drive, but what you stand for. Every registration helps fund survivor advocacy, outreach, education, and trauma informed services provided through Convergence Resource Center and HEMAD. Those resources make a lasting difference for survivors working to rebuild their lives.

There is something powerful about seeing a long line of motorcycles and vehicles traveling together for a cause greater than themselves. Communities notice. Families notice. Most importantly, survivors notice. For someone who has experienced manipulation, violence, or exploitation, witnessing hundreds of people publicly standing against human trafficking sends a powerful message. You are seen. You are valued. You are not forgotten. That visibility matters because trafficking thrives in silence and isolation. When communities come together, conversations begin. People become more aware of warning signs. Victims are more likely to be identified, and survivors are more likely to find the support they need.

The HEMAD Biker Ride is more than a fundraising event. It is a public declaration that exploitation has no place in our communities and that everyone has a role to play in ending it. Human trafficking cannot be addressed by nonprofits alone. It requires businesses willing to speak up, educators willing to learn, healthcare providers willing to recognize the signs, law enforcement working alongside advocates, and community members who refuse to look the other way. Whether you ride a Harley, drive a car, volunteer your time, or simply want to stand with survivors, your presence matters. On August 15, every mile traveled will represent hope, awareness, and a commitment to ending the demand that fuels human trafficking. Together, we can remind survivors they are not alone and show our communities that silence is no longer an option.

To register for the HEMAD Biker Ride, visit www.convergenceresource.org/events and be sure to register for the correct state.

Ride with purpose. Ride for awareness. Ride for survivors. Ride Against the Demand.

Announcements

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 ones wants and needs in ways that are assertive (as opposed to aggressive and/or passive). The next class starts on Sep. 9. Sign up today at tcmc.org

Relationship Strong: Practical Skills for Better Communication at Home

Every relationship has room to grow. The strongest couples aren't those who never struggle—they're the ones who continue learning, practicing, and growing together. Join Certified Social Worker and Parenting Skills Coach Terri Rahman for an engaging two-hour interactive workshop designed to help couples build practical relationship skills that strengthen communication, deepen emotional connection, and create a healthier, more connected home.

Together, you'll learn simple yet powerful tools to:

- Communicate with greater respect and understanding
- Reduce conflict without avoiding difficult conversations
- Strengthen emotional connection and trust
- Work together more effectively as parenting partners
- Practice guided exercises you can immediately begin using at home

Whether you've been together for two years or twenty, you'll leave with practical relationship skills that can help create calmer conversations, stronger teamwork, and lasting connection.

Tuesday, September 15

7:00–9:00 PM

Attend in person at TCMC or on Zoom

Investment: \$30 per couple

To Sign Up, call or email Terri Rahman

Phone: 920-430-0717

Email: terri@territotalhealth.com

A portion of the proceeds will be donated to the Twin Cities Men's Center.

Mental Health Awareness Day at the Fair 2026!

VOLUNTEERS Needed for the TCMC State Fair Booth!

TCMC is excited to be part of the NAMI Minnesota State Fair booth again this year. We are looking for volunteers to staff the NAMI, (National Alliance on Mental Illness) booth to Support Mental Health Day, on Aug. 31st, 2026. Four more volunteers are needed to work the booth. We have 2 hour shifts starting at 9am, 11am, 1pm, and 4pm available. Please contact Tom M at tomm@tcmc.org or 612-822-5892 to volunteer to work a 2 hour shift at the Fair. You will receive free admission to the Fair that day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG/SEP 2026						SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 1
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MEN'S BRUNCH 10:00 AM SUPPORT GROUP UPTOWN AA 6:00PM MKP 7 PM 16	17	SUPPORT GROUP GAY ISSUES 7:30PM 18	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P 19	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 20	21	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 22
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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 30	ANGER MGMT 7 PM TCMC / NAMI AT THE MN STATE FAIR ALL DAY 31	SUPPORT GROUP GAY ISSUES 7:30PM 1	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 6 2	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM ANGER MGMT 7 PM 3	4	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 5
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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., Aug. 5, 6:00-8:00 pm

When: Wed., Sep. 2, 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. August 16th at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 651-487-3511. (on the east side of Lake Como).

September 20th (Fall equinox) at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280).

11 men attending the June 21st Father's Day brunch at Jimbo Lovestar's and 11 men also attended the July 19th brunch at Tom Borden's. — Andy Mickel, 2026-07-21.

Enrollment is now open for the September 25-27 (Fri-Sun) **ManKind Project Minnesota New Warrior Training Adventure (NWTa) weekend on a farm near Red Wing, MN.**

Cost: Early Bird Discount of \$895 (\$995 within 2 weeks of training).

Deposit: \$150 to save spot on weekend.

Information and Registration link: <https://mkpconnect.org/civCRM/event/register?reset=1&id=95542>

Be aware that the early bird discount expires September 7,

and the cost will go up \$100. — Scott Lewis, MKP Central Plains Outreach Coordinator, 2026-07-17.

From the MenAlive Weekly Newsletter, June 24th (June is Men's Health Month): ***ManTherapy: Therapy the Way a Man Does It.*** A new book by Joe Conrad. Joe launched the Man Therapy website in 2010 to address the issue of suicide among working-age men. This is a topic that is near and dear to me since my mid-life father took an overdose of sleeping pills when I was five years old after he had become increasingly depressed when he couldn't make a living to support his family. My father was one of the lucky ones. He didn't die. Man Therapy, the book, and the website is a wonderful resource for everyone who cares about men's health. You can learn more by visiting their website: <https://mantherapy.org/>

Richard V. Reeves is the founder of the American Institute for Boys and Men (AIBM). I reviewed his first book, *Of Boys and Men: Why the Modern Male is Struggling, Why It Matters, and What to Do About It*, and interviewed Reeves for my podcast. Reeves has a new Substack he is calling "Modern Fatherhood." He says, **"I've come to believe that if there is a one-word solution to**

the challenges of boys and men it is this: fatherhood. Dads matter for kids. Dads matter for families. And being a Dad matters, a lot, for men themselves. Fatherhood is the ultimate expression of mature, pro-social masculinity." — Jed Diamond, 2026-06-24.

A new documentary film premiered in 5 US cities in June (including Minneapolis!) called ***"No Country for Mothers"*** that explores the culture wars surrounding American motherhood and why both the "girl boss" and "trad wife" labels ultimately distract us from the real issue: the lack of support for American families. Following activist Reshma Saujani, the film charts a growing national movement to reunite moms across divisions and win the kind of historic support families actually need. The film is intentionally **not available on streaming services nor on DVD BluRay discs.** Across the country, moms are hosting screenings in their homes, communities, and workplaces — creating space for honest conversations, shared experiences, and collective action. Several Twin Cities screenings are planned. <https://momsfirst.us/doc/> — Shelly D. 2026-07-20.

TCMC 50th Anniversary Celebration

Saturday Oct 3rd, 2026

10am- 4pm

Save the Date! Saturday Oct 3rd will be the Celebration of 50 Years of the Twin Cities Men's Center. We are planning a big party with food, T-Shirts, an honoring of Volunteers and Staff, and other special events. Details will be posted on our website, tcmc.org, as well as in the October/November edition on Men Talk.

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: _____

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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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(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

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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

***What's
Inside***

Page 1 *How the Men's Center
Helps Men - Andy Mickel*

Page 2-3 *Library Corner
Letter from the Chair*

Page 4 *Lead Article Cont.*

Page 5 *HEMAD Ride*

Page 6 *Announcements*

Page 7 *Calendar*

Page 8-9 *Classes, Clinics,
Support Groups*

Page 10 *Here & There*

Page 11 *Community Ads*

Page 12 *Anger Management*