

men talk

tcmc

in our 50th year
of public service

twin cities men's center

Apr/May 2026
Volume 50 #2

Explore your Truth, Find your Voice

Alcohol And Substance Abuse Will Not Take Away Your Fears

– © 2026 STAN POPOVICH

Using drugs and alcohol will not take away your problems and fears. In the short run, they might make you feel better, but in the long run these addictions will only make things worse.

As a result, here are eight tips on how to manage your persistent fears and anxieties without using drugs and alcohol.

1. Take it one day at a time: Instead of worrying about how you will get through the rest of the week or month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your issues. In addition, you will not feel overwhelmed with everything if you focus on one thing at a time.

2. Learn how to manage your fearful thoughts: When experiencing a negative thought, read some positive statements and affirmations that will help lift your spirits and make you feel better. Remember that your fearful thoughts may be exaggerated so balance these thoughts with realistic thinking and common sense.

3. Do not do everything all at once: Learn how to break your fears into a series of smaller steps. Completing these smaller tasks one step at a time will make the stress more manageable and increases your chances of success. You will also feel more confident in getting things accomplished rather than worrying about what you need to do.

4. Drugs and alcohol are not the answers to your problems: Getting the help you need and learning how to deal with your situation are the most effective ways in managing your fears, anxieties, and addictions. In time, you will become better able to maintain your mental

health.

5. Managing your anxieties will take some hard work: Trying to avoid your addictions will do nothing in getting rid of your fears and anxieties. Sooner or later, you will have to confront your mental health issues. Remember that all you can do is to do your best each day, hope for the best, and take things in stride.

6. Drugs and alcohol can make things difficult: Drugs and alcohol can make your problems even more complicated. Many professionals have said that substance abuse will only add more misery to your situation. Be smart and learn how to cope with your mental health issues the right way.

7. Talk to a former addict: If you think that drugs and alcohol will solve your problems, then try talking to someone who has already been down that road. By talking to a former addict, you will get the truth on how substance abuse can ruin your life.

8. Take advantage of the help that is available around you: If possible, talk to a professional who can help reduce your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current situation. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

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

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

MEN TALK PODCAST

Derek Gegner has begun creating a Men Talk Podcast. He's looking for volunteers for interviews, and **please do not disqualify yourself**. If you have a gender and a pulse, you've got something to say! He wants to keep this project as open and inviting as possible, so if you are interested in being part of the live portion, just let him know at Please send an email to dgegner01@gmail.com with "TCMC Podcast" in the subject line.

Proposed format: Derek will pre-record at least six interviews which will be scheduled to debut on the YouTube channel below. These premieres will be followed by livestreams further discussing topics related to TCMC, MenTalk, and/or men's issues in general. He will also do his best to organize each podcast around a theme.

The YouTube channel is <https://www.youtube.com/@TwinCitiesMensCenter>

Thanks everyone!

— Derek Gegner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APR/MAY 2026			SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 6	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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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM	CALL US ABOUT ANGER MANAGEMENT CLASSES.		WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892		1976 IN OUR 50TH YEAR OF PUBLIC SERVICE 2026	
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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., Apr. 1, 6:00-8:00 pm

When: Wed., May. 6, 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

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

Upcoming Monthly Men's 3rd Sunday Brunches. April 19th at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). May 17th To Be Determined. See the Events Calendar on tcmc.org for updates. – Andy Mickel, 2026-03-26.

TCMC Annual Facilitator Training is back! It is happening on Saturday, June 20, from 12:15pm until 2:30pm!

This annual training will take place in-person at:

The Twin Cities Men's Center
3249 Hennepin Ave S. Ste 55
Minneapolis, MN 55408

and online by Zoom video. All Facilitators are asked to attend this event to brush up on the best methods to manage peer-to-peer support groups. And it's a great chance to meet all of TCMC's other Facilitators, and catch up with those you haven't seen in a while. If you are considering being a Facilitator at TCMC, this is the first step in your journey. Or if you just want to sit in and lean, that's great, too!! Come on down!!

(Attending training is not a commitment to become a Facilitator. You may attend just to learn about our process. This is a free event and is open to men and women. TCMC Membership is not required.)

Send your RSVP to tomm@tcmc.org or register online [HERE](#). If you'd like to attend online, send a request to tomm@tcmc.org to receive the link.

We hope to see you at the training in June! – Tom Maher, 2026-03-23

Ryan Holiday, the author of "The Daily Stoic", is coming to the Twin Cities in August. Tickets are ON SALE NOW for my show on August 18, 2026, at the University of Minnesota's Ted Mann Concert Hall.

This is your chance to join Ryan for a conversation about the ways ancient Stoic philosophy can help us to find wisdom, courage, and purpose today.

Whether you're looking for a blueprint for discipline, a strategy for stillness, or a map for resilience in these turbulent times, I'll share these tools with you and take your questions live at Ted Mann Concert Hall on August 18th.

– Michael Jensen, 2026-03-23

Ken Haglind's *Living Healthy and Aging Well* show on AM950 KTNF, Sat Feb 28, featured Sean McLoughlin, Anger Management Facilitator at the Twin Cities Men's Center, and Tom Maher, Office Manager at the Men's Center. Sean and Tom will talk about the Center's "Men Helping Men with Anger Management" classes. In these classes, Sean guides the men in digging deep to address the roots of anger, and provides support and resources to help them navigate and manage anger in all areas of their life. You can catch the rerun at < <https://www.youtube.com/watch?v=hqum36NHjLg>>

– Andy Mickel, 2026-02-22

Join HEMAD (Human trafficking Educators working with Men and boys to stand Against the Demand) for a 3-mile walk to raise awareness and take a stand against

human trafficking. Fundraiser for TCMC and Convergence Resource Center. Details at <<https://www.convergenceresource.org/current-events>>

– Tom Maher, 2026-03-23

Hennepin Ave United Methodist Church's is highlighting Mental Health Month with a Mental Health Day on May 24. Details at < <https://haumc.org/event/mental-health-resource-table/2026-05-24/>>.

If you have questions, please reach out to the parish nurse, Brenna (brenna@haumc.org). – Brenna, 2026-02-22

Terri Rahman returned to the Twin Cities Men's Center, (via Zoom), on March 23rd to help you RESET YOUR GUT for this spring!!! What better way to kick off spring and head into a fantastic summer than to make sure that your gut and your gut's microbiome are both happy and healthy!! Send an email to ofcmgr@tcmc.org to get added to the list for her next presentation!

– Tom Maher, 2026-03-23

TCMC is planning a 50th anniversary celebration in the fall of 2026. If you are interested in getting involved, contact the 50th Anniversary coordinating group. We will need help with a venue, food, presentations, and volunteers. Send an email to ofcmgr@tcmc.org to get more details. – Andy Mickel, 2026-02-23

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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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/tcmcofficermanager

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

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8

twin cities men’s center news

men talk

Anger Management Program

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

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

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: \$330 for TCMC Members (\$340 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator on the Anger Management phone 612-229-3102.

30 Years of Successful Classes

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