men talk

tcmc
twin cities men's center

in our 50th year of public service

Oct/Nov 2026
Volume 50 #5

Explore *your* Truth, Find *your* Voice

TCMC Turns 50! – © 2026 Andy Mickel

With celebration workshops scheduled for October, the Men's Center now enters its 6th decade of public service to the Twin Cities community. We expect dozens of folks to attend culminating in an October Brunch and Legacy Check-in Circle scheduled for Sunday, October 18th at the Cube SSP Co-Op Business Center in South St. Paul from 10am - 4pm.

The decades we've travelled neatly divide the phases of our development. What has remained true over all that time is that TCMC is an umbrella organization providing incubation for leading-edge activity in different areas of men's work.

The highlights of our accomplishments and challenges over the years define the three-legged stool of TCMC:

- Drop-in Support Groups
- Workshops / Classes / Conferences
- Men's Resources / Outreach

In the First Decade, 1976 - 1986

From its beginning at the U of Minnesota Lutheran Student Center in 1973, the Men's Center evolved from consciousness-raising men's groups (of students) and incorporated as a 501(c)3 non-profit in 1976. It moved locations 6 times!

Greatest lasting accomplishments:

- Drop-in peer support groups
- Producing the Men's Survival Resource Book, 1978

Overarching Theme: "men catching up with the women's movement"

- Began divorce, gay issues, and general men's issues support groups
- Began Men in Violent Relationships support groups (became Domestic Abuse Project)
- Began HTLV-III (HIV) support groups (became Minnesota AIDS Project)
- Produced Midwest Regional Men's Conferences: 1978, 1980, 1983, 1985

In the Second Decade, 1986 - 1996

TCMC moved to a permanent location at 33rd & Hennepin in uptown Minneapolis—a suite of meeting rooms. Membership peaked with the most program activity: The Birth Project, Earnie Larson Workshop, Midwest Regional Men's Conferences 1987, 1989, 1992, an evening with Robert Bly and Michael Meade.

Greatest lasting accomplishments:

- Educational Workshop Presentations every Wednesday
- Consistent publication of Men Talk as a 24- to 32-page quarterly journal
- Participate in the fabric of TC Social Service Community for referrals.
- Creating a library of over 400 men's movement and human-potential books
- Hiring a permanent, part-time Office Manager 1992
- Creating a TCMC Mission Statement

Overarching Theme: "regular program and outreach"

- Led development of generic spirituality-based men's work in Heartland North America
- Focus on affirming what is right about men
- Active role in serving as a clearinghouse of men's resources in the Twin Cities
- Integration of these men's work factions: pro-feminist men, men's rights men, gay rights men, mythopoetic men, new war-

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TCMC 50th Anniversary Workshops

Don't Be Afraid of Your Shadow
Embracing your shadow can help you overcome shame, increase self-awareness, and deepen connection with others.
Date: Mon. Oct 12th, 7:00pm

How Ritual Cultivates Healthy Masculinity
Ritual-based initiation can be the antidote to unhealthy masculinity.
Date: Thu. Oct 15th, 7:00pm

Live Stronger: 4 Pillars for Body, Mind & Spirit
Choices we make every day can influence our energy, clarity, resilience, and overall well-being.
Date: Sat. Oct 17th, 3:00pm

The Dragon Training & Mature Masculinity
Riding the Dragon: Explore what becomes possible when we break free from conditioning.
Date: Thu. Oct 22th, 7:00pm

Inikagapi aka "Sweat Lodge"
Experience a Dakota Inikagapi sweat lodge ceremony.
Date: Sat. Oct 24th, 6:00pm-8:00pm

Details and Registration:
<tcmc.org/events-tcmc-50th-anniversary.html>

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

Looking back at the past 50 years, as we arrive at our Golden Anniversary, two things seem most significant: the Men's Center has survived, and men have not thrived. In the 1970's, many men's centers arose seeking to provide men with pathways to empowerment.

Our organization has muddled along, often subsisting on financial fumes, and we now stand as the only such Men's Center left in the country. Many of the men associated with our organization are proud of our survival (and rightly so).

Parallel with the lifespan of TCMC, men's participation in the labor force has declined from 86.4% in the 1950's to roughly 69% now. Wages for men with a high school diploma (adjusted for inflation) have reduced 14% since the 1970's, and 14% more women than men now receive bachelor's degrees (the statistic was flipped 50 years ago). Most stark are deaths of despair, where 3 out of 4 happen to men.

Discerning the reasons for these downward shifts is complex. As women have made strong strides towards a more equal status in society, the traditional male role of the three P's—Protect, Provide, Procreate-- has eroded. We have struggled to evolve beyond these three P's, and instead, many men—especially younger men—have cocooned themselves in lives of gaming and screens, often while subscribing to a cartoonish version of masculinity that gets modeled at even the highest levels of American leadership.

The mission of TCMC remains to equip men to find empowerment via interior work, and I remain convinced that this mission is vital to the well-being of our world. To communicate our mission to the public, we are holding a series of Workshops in October. Find more information about these workshops on our website: tcmc.org.

Sean McLoughlin,
TCMC Board Chair

Article Continued from Page 1

rior men, etc.
- Began fathers & sons groups (became Fathers Resource Center/Resource Center for Fathers & Families)
- Participation in annual Take Back the Night marches to support women

In the Third Decade, 1996 - 2006

TCMC experienced its most successful decade providing a consistent level of services. The TCMC website was launched in 1995 with a complete Men's Resource Directory. Men Talk was published on time for 60 consecutive issues.

Most notable was creation of our Men Helping Men with Anger Management classes given 12 times per year and now serve the wider community.

Greatest lasting accomplishments:
- The www.TCMC.org website with Resource Directory
- Men Helping Men With Anger Management Program
- Re-invention of Men Talk as a bi-monthly newsletter.
- Creating a TCMC Values Statement.
- Scheduling Monthly 3rd Sunday Men's Brunches

Overarching Theme: "consciousness of mission; creation of relevant programs of service to the Twin Cities Community"
- Consistent participation in Twin Cities Pride Festival
- Hosting non-TCMC programs/events; partnering with ManKind Project Minnesota
- Produced and organized the first regional Men's Health and Wellbeing Symposium in the United States
- Began new support groups: Men's-Women's, Emotional Abuse Survivors, Sexual Abuse Survivors, 20-Something, GLBT, Retirement, Anger Management, Transition, Addiction Busters, Two-Spirited Sexuality, etc.

In the Fourth Decade, 2006 - 2016

TCMC continued to be a change-agent force in the evolving roles between men and women regarding gender issues as we began to experience wider adoption of our values into the larger culture. The friendly human face of the TCMC Office, Randy Genrich finally retired after 22 years, who always provided a listening ear to walk-ins.

Greatest lasting accomplishments:
- Growing and Successful Anger Management Program certified by

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tcmc
twin cities men's center

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.

Oct/Nov 2026

Call us about Anger Management Classes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Support Groups Men's Divorce/ Relationship Issues 7:30 PM **Men's Anger Mgmt** 7 PM **1**	**2**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger** 9 AM **50th Picnic** 1:30 PM **3**
MKP circle 7 PM **4**	**Men's Anger Mgmt** 7 PM **5**	**Support Group** Gay Issues 7:30PM **6**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Clinic** Family Law 6 **Women's Agr Mgmt** 7 PM **7**	**Support Groups** Men's Divorce/ Relationship Issues 7:30 PM **Men's Anger Mgmt** 7 PM **8**	**9**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger Mgmt** 9 AM **10**
MKP circle 7 PM **11**	**Board Mtg.** 7 PM **Men's Anger Mgmt** 7 PM **Workshop** 7 PM **12**	**Support Group** Gay Issues 7:30PM **Men's Anger Mgmt** 7 PM **13**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Women's Anger Mgmt** 7 PM **14**	**Support Groups** Men's Divorce/ Relationship Issues 7:30 PM **Workshop** 7 PM **15**	**16**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger** 9 AM **Workshop** 3 PM **17**
50th Anniv. Men's Brunch 10:00 AM **MKP circle** 7 PM **18**	**Men's Anger Mgmt** 7 PM **19**	**Support Group** Gay Issues 7:30PM **Men's Anger Mgmt** 7 PM **20**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Women's Anger Mgmt** 7 PM **21**	**Support Groups** Men's Divorce/ Relationship Issues 7:30 PM **Workshop** 7 PM **22**	**23**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger** 9 AM **Workshop** 6 PM **24**
MKP circle 7 PM **25**	**Men's Anger Mgmt** 7 PM **26**	**Support Group** Gay Issues 7:30PM **Men's Anger Mgmt** 7 PM **27**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Women's Anger Mgmt** 7 PM **28**	**Support Groups** Men's Divorce/ Relationship Issues 7:30 PM **29**	**30**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger Mgmt** 9 AM **31**
MKP circle 7 PM **1**	**Men's Anger Mgmt** 7 PM **2**	**Support Group** Gay Issues 7:30PM **Men's Anger Mgmt** 7 PM **3**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Clinic** Family Law 6 **Women's Agr Mgmt** 7 PM **4**	**Support Groups** Men's Divorce/ Relationship Issues 7:30 PM **5**	**6**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger Mgmt** 9 AM **7**
MKP circle 7 PM **8**	**Board Mtg.** 7 PM **Men's Anger Mgmt** 7 PM **9**	**Support Group** Gay Issues 7:30PM **Men's Anger Mgmt** 7 PM **10**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Women's Anger Mgmt** 7 PM **11**	**Support Groups** Men's Divorce/ Relationship Issues 7:30 PM **12**	**Men Talk Deadline** **13**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger Mgmt** 9 AM **14**
MKP circle 7 PM **15**	**Men's Anger Mgmt** 7 PM **16**	**Support Group** Gay Issues 7:30PM **Men's Anger Mgmt** 7 PM **17**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Women's Anger Mgmt** 7 PM **18**	**Support Groups** Men's Divorce/ Relationship Issues 7:30 PM **19**	**20**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger Mgmt** 9 AM **21**
Men's Brunch 10:00 AM **MKP circle** 7 PM **22**	**23**	**Support Group** Gay Issues 7:30PM **Men's Anger Mgmt** 7 PM **24**	**Support Groups** HSB 5:30 PM Addict. Busters7:30P **Women's Anger Mgmt** 7 PM **25**	**Thanksgiving Holiday** **26**	**27**	**Support Group** Healthy Sexual Boundaries 10:00 AM **Men's Anger Mgmt** 9 AM **28**
MKP circle 7 PM **29**	**30**					

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., Oct. 7, 6:00-8:00 pm
When: Wed., Nov. 4, 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.

WORKSHOPS

Details and Registration for all 50th Anniversary Workshops:

<tcmc.org/events-tcmc-50th-anniversary.html>

Don't Be Afraid of Your Shadow

Embracing your shadow can help you overcome shame, increase self-awareness, and deepen connection with others.

Presenter: Alexandra Smith, LPCC.
Where: SSP Co-Op Business Center
When: Mon. Oct 12th, 7:00pm

Ritual Cultivates Healthy Masculinity

Ritual-based initiation can be the antidote to unhealthy masculinity.

Presenters: Sarah McCord Jamwal & Vish Jamwal
Where: SSP Co-Op Business Center
When: Thu. Oct 15th, 7:00pm

4 Pillars for Body, Mind & Spirit

Choices we make every day can influence our energy, clarity, resilience, and overall well-being.

Presenter: Terri Rahman, CSW, INHC
Where: Online/In-Person Course
When: Sat. Oct 17th, 3:00pm

The Dragon Training & Mature Masculinity

Riding the Dragon: Explore what becomes possible when we break free from conditioning.

Presenters: David Kaar and Brett Benson
Where: SSP Co-Op Business Center
When: Thu. Oct 22th, 7:00pm

Inikagapi aka "Sweat Lodge"

Experience a Dakota Inikagapi sweat lodge ceremony.

Presenter: David Pickit
Where: Scott County, near Mystic Lake
When: Sat. Oct 24th, 6:00pm-8:00pm

CLASSES

Men's Anger Management

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, please call our Anger Management coordinator at 612-229-3102 for further details of register on tcmc.org

Women's Anger Management

Instructors: LaSonja Ware
Where: Online/In-Person Course
When: See calendar for dates

Open to Women Only, Registration Required

This new class for women responds to the many requests TCMC has received for an anger management class addressing women's needs. The class addresses situations that cause women to feel anger: at home, at work, in friendships and love relationships; while driving, and with institutions: business transactions etc. As such, women are able to learn practical responses that express their anger in ways respectful to other people.

Classes are filled on a first come, first served basis. Currently, there are classes on Wednesdays.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or, please call our Anger Management coordinator at 612-229-3102 for further details of register on tcmc.org

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's Anger Management 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". Successfully completing Men's Anger Management 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

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

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

NAMI
National Alliance on Mental Illness
MINNESOTA

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.
October 18th, 10am - 1pm at "TCMC Legacy Brunch" Celebrating the Men's Center's 50th anniversary. This will be followed by a Legacy Check-in Circle, 2-4pm.

November 15th, 10am - 1pm at Stan Bookout's home: 2512 37th Av S Minneapolis 55406 651-363-6079..

13 men attended the August 16th brunch at Frank Brandon's and 9 men attended the September 20th brunch at Andy Mickel's. – Andy Mickel, 2026-09-21.

"Keep up the Good Work!!" Thanks! – Ernie Schroeder, 2026-08-02.

"... **I've referred a number of men to the Anger Management program** there and they have all found it to be incredibly positive and helpful. I was wondering if it might be possible to work on mentioning or partnering together to support some of the groups that we over here at the Relationship Therapy Center specifically for men. I've facilitated groups for dads, for divorced / separated dads, an on-going men's processing group as well as some deeper healing intensives for men. If there's someone to potentially connect with to discuss this kind of partnering, please just let me know. Thanks again for all the great work you all do there!" – Todd Faehner, <todd@mncouplescounseling.com> 2026-08-15.

The Transformation of Fathers for The Wellbeing of the World "I have been a psychotherapist, marriage and family counselor for more than fifty years. It all began for me when I held our newborn son in my arms shortly after his birth in 1969. In 1972 my wife and I adopted a little girl. I made a promise to them that I would be a different kind of father than my father was able to be for me and do everything I could to help create a world where fathers were fully healed and involved with their families throughout their lives.

I recently interviewed Darby Saxbe, PhD, author of Dad Brain: The New Science of Fatherhood and How It Shapes Men's Lives. I learned about her work from my colleagues Gary Barker founder and CEO of the Equimundo Center for Masculinities and Social Justice and Richard V. Reeves, founder and President of The American Institute for Boys and Men." – Jed Diamond, MenAlive, www.menalive.com, 2026-09-13.

Tom Maher made his third appearance this year on the weekly radio show "Living Healthy and Aging Well" at AM950 with host Ken Haglind, this time accompanied by Andy Mickel to promote TCMC and our 50th Anniversary Special Workshops and Events.

From the YouTube video: <https://www.youtube.com/watch?v=5Qpd4khXGV0> (53:47)

Omitting station and advertising breaks, the content is between these times in the video: 06:00...12:00; 16:45...24:45; 30:00...41:30; 44:45...63:20.

"Tom Maher, Office Manager and Andy Mickel, Board Vice Chair at Twin Cities Men's Center, join host Ken Haglind on "Living Healthy and Aging Well" to discuss their 50th anniversary celebration. The Twin Cities Men's Center equips men with resources to develop healthy and mature masculinities, building stronger family and community relationships. For 50 years, Twin Cities Men's Center continues to enable men to receive emotional support and learning from other men and women in times of personal challenge and change." – Andy Mickel, 2026-09-20

TCMC 50th Anniversary Celebrations

TCMC Organization Picnic
An all-organization celebration event for TCMC members and their families gather in a park for a potluck picnic. No cost, but please register so that we know how many are planning to attend. <www.tcmc.org/events-tcmc-50th-anniversary.html>
Date: Saturday Oct 3rd, 2026, 1:30pm- 4:30pm
Location: Veterans Park, 6335 Portland Ave, Richfield MN 55423

Legacy Gathering and Sunday Men's Brunch
This brunch has been hosted for many years by men from TCMC and Mankind Project Minnesota. it will be followed by a 1-hour social time and then a 2-hour Legacy Check-In Circle celebrating Our 50 Years learning from a sharing circle of support Inviting men and members of their families. We will let everyone check in the circle with the intention of how we are creating a legacy for the next generations, having served two in our 50 years. No cost, but please register so that we know how many are planning to attend.
Date: Sunday October 18, 2026, 10 am - 1 pm Brunch; 1 pm - 2 pm Meet & Greet; 2 pm - 4 pm Legacy Check-In Circle
Location: "The Cube" SSP Co-Op Business Center, 1185 Concord Street N., South St. Paul, MN 55075

TCMC sends its most sincere and robust thank you to Tommy Jones!

For close to 25 years, Tommy Jones has been part of the fabric and the family of The Twin Cities Men's Center! From Support Group participant, to Facilitator, to the Board of Directors, to creating Support Groups, to training Support Group Facilitators to writing our Facilitator Training Manual, Tommy has been part of the life blood of TCMC. He has had a huge impact on TCMC, its members, Support Groups and their members and hundreds of people beyond that! Now Tommy is leaving us for WARMER WEATHER!! We thank you, Tommy, and we wish you well in your future adventures! We give you our best, just as you have done so for us! Drop us a note from time to time! You know where to find us!

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!

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Hennepin County
- Consistently Strong participation in Support Groups
- Continued weekly Educational Presentations and Workshops
- Regular outreach to incarcerated men and connection to TCMC Transition support groups
- Creation of Healthy Sexual Boundaries support groups.

Overarching Theme: "consistent & steady organization leadership from TCMC board members"
- Support for Boys to Men Minnesota
- Joint participation with ManKind Project Minnesota groups
- Outreach to annual Minnesota Men's Conference

In the Fifth Decade, 2016 - 2026

TCMC survived many challenges with the turnover of long-time volunteers, and the passing of many of the original founding members. The COVID-19 epidemic 2020-2023, forced TCMC to purchase and implement Internet video access to support groups and anger management classes. With the steady and vigorous leadership of tech-savvy Office Manager, Tom Maher, hired in 2016, TCMC was able to grow significant connections with other social service agencies.

Greatest lasting accomplishments:
- Increasingly successful Anger Management Classes; introduction of Anger Management follow-on classes.
- Creation of Social Media presence on Facebook, and Instagram; utilization of E-lists.
- Redesigned and fully expanded www.TCMC.org website 2016 and again in 2026
- Improved office infrastructure: Modern computer systems; Provisioned broadband fiber Internet connection; Acquisition of modern Constituent database system to replace pc-based single-user database.

Overarching Theme: "slow evolution from social change agent to social service agency"
- Engaged in formal Strategic Planning process to guide TCMC for next 10 years.
- Creation of standing Task Groups in 4 areas: Financial, Outreach, Program, Administrative.
- More professional fundraising that provides new sources of support.

As We Continue

TCMC's most significant contribution to the Twin Cities region has been the continuing process of defining mature masculinities (plural) to expand the larger culture's single definition. We are helping younger men grow into their fullness as mature men. We are addressing the boy crisis in America.

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**
- **Separation**
- **Paternity**
- **Property Division**
- **Custody**
- **Spousal Maintenance**
- **Child Support**
- **Financial Settlements**
- **Co-habitation**
- **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

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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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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