

AM I SWIPING RIGHT?

PROACTIVE THERAPY

NAVIGATING MILLENNIAL DATING

Dating is more complicated and confusing than it has been at any other point in history.

Research shows that Millennials are having an increasingly difficult time navigating the path from casual hook-up to committed relationship. Millennials have an endless pool of potential partners just a swipe away and are faced with navigating ambiguous digital communication.

And at a time when we're most frustrated by dating culture, we're also bombarded by news of people getting engaged-- so, we're left wondering "how did that work for them?" and possibly, "what's wrong with me?"

We want to help you navigate this stressful dating landscape and learn tools for establishing more fulfilling relationships.

In our 8 week group, "Am I Swiping Right?: Navigating Millennial Dating," you'll come together with a small group of similarly confused singles and address the following topics (and more) with the guidance and support of Licensed Clinical Therapist, Betsy Callan, AM, LCSW.

Some of the topics we'll cover include:

- Communication Styles
- Red Flags Versus Deal Breakers
- Vulnerability
- Self Exploration
- Loneliness
- Sex
- Disappointment Versus Giving Up
- Shame
- Gender Differences In Dating
- How To Deal with Friends Who Are In Relationships
- Coping with Rejection
- Creating an Authentic Profile
- Issues Making Plans
- Flakiness and Ghosting

DETAILS

WHEN

Wednesdays from 5:30 - 6:30pm
8 weeks, beginning July 17th

COST

We accept BCBS PPO. For clients who do not plan to use insurance, please contact info@proactivepsychotherapy.com for more information about group rates.

LOCATION

20 North Clark St, Chicago IL
(in the heart of the loop)

REGISTER

For more information or to register for the group, please contact Betsy Callan, AM, LCSW at: Bcallan@proactivepsychotherapy.com

