

# Dating Skills Group for Men

10-week skills group to build the relationship you want

## Are you a man who...

Gets **intimidated**, or feels **shy** around attractive women

Is **lonely**, but doesn't know how to get the love that you want

**Can't settle down** or meet the 'one'

**Stuck** in the 'friend' zone

Has **given up** on Internet dating

## You will you learn to

**Overcome shyness**, and nervousness in dating situations

Build **fulfilling** relationships

**Start conversations** with women

**Confidently** ask for dates

Develop Internet dating **success**

### Location & Time

10 Thursdays from 5:30 to 7  
starting June 6<sup>th</sup>  
(No group on 5 July)  
North Berkeley (call for address)

### Cost

\$50 per person per meeting  
Or  
\$450 up-front (\$50 savings)

### Join

Call Brian S. Sedgeley, M.A. at  
**510-788-0005** for an interview

### **About the Facilitator:**

Brian S. Sedgeley, M.A. is a psychological assistant at the Berkeley Therapy Institute, and a doctoral candidate at the Wright Institute. He is a specialist in couples therapy, teen counseling and psychodynamic therapy. He is a contributor to BrainiacDating.com's Smart Dating Newsletter.