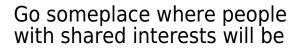
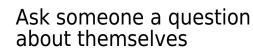


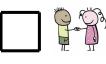
## Making Friends As An Adult











Share something about yourself



Extend invitations (coffee, dinner, taking a walk, art show, anything you already planned to do)



Accept all invitations (at least once)



Do a small favor, ask for a small favor



Be patient



Meeting Friends As An Adult



Exercise class or club: yoga, running, biking, tennis, martial arts, hiking, walking group, bowling



Join a church or spiritual group

Take a class: art. music.

welding, archery

chess, gardening, cooking,



Join a book club: find one at your local library or book store



Volunteer

Go to the dog park



Go to neighborhood food, art, or music festivals



Join a professional networking group



## How To Keep Friends



Be there for friends in good times and bad



Put in your share of the work



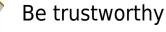
Be reliable



Be a good listener

Remember important details about your friend





Keep in touch



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