



# ILLUMINATED

a quarterly newsletter

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**“I need new friends, but I’d rather stay in pajamas”**— sound familiar? The number of friends you have tends to dwindle starting in your mid-20s, and you notice. **You know how nourishing friendships can be, but making friends in adulthood is *hard!*** Between work, family, and life’s chaos, finding the time, energy, and courage to turn a stranger into a friend is a tall order. **Yet, relating to others in an authentic and reciprocal way is a universal human need.** This issue of *Illuminated* explores making friends in adulthood, with links to social groups in Raleigh and NYC. Enjoy. Warmly,

**Dr. Jenna Schleien**  
Clinical Psychologist & Founder, Lumina Psychology



## The tricky task of making friends -

For most everyone, making friends as an adult is so much tougher than in childhood. Research shows it takes 50 hours to upgrade an acquaintance to a casual friend, and a whopping 200 to reach close-friend status. Reporter Allie Volpe breaks down *why* making friends in adulthood is so tricky and shares strategies to make it easier (pro tip: join a group in which you’ll see the same people regularly).

read



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## Breaking the ice in Raleigh -

Raleigh, North Carolina is small enough to feel cozy and manageable, and big enough to feel lively. While the option to remain anonymous in a medium-sized city has its perks, it can also make building social connections challenging. City Editor Allie Remhof of *RALtoday* compiled an excellent list of open social groups in Raleigh. Highlights include groups for hiking appreciators, beer enthusiasts, bookworms, and, very simply, people who want to make friends.

view



## Mixing and mingling in NYC -

New York City is wild, wonderful, and totally overwhelming. When it comes to making new connections, shrinking the big city down to size is a worthwhile mission. In this piece, Chelsea Candelario, Beauty and Cultures Editor of *PureWow*, offers tips for making friends in adulthood interwoven with a curated lineup of NYC-based open social groups. Don't miss *No More Lonely Friends* and *City Girls Who Walk*.

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A bonus, just for fun - [Artist and bees collaborate on sculptures](#) - a productive friendship. Did someone awesome forward you this newsletter? Subscribe [here](#). Do you have an idea for a featured resource? Write to me [here](#) under the Contact tab.

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