



What is Speed Friending?

Speed Friending is similar to Speed Dating. Having the name as “friending” better captures the slow building that happens in relationships. Each person is in charge of the nature of each relationship they have. This takes some of the pressure off and allows people to show up just as they are to the event.

This event happens every month, usually on the third Friday of the month.

What happens at Speed Friending?

As people start arriving, folks will help themselves to snacks, say hi to familiar faces, and settle into the space. Once everyone is there, everyone is invited to participate in an ice breaker activity. The ice breaker activity may involve drumming with no words, sharing their name and something about themselves, or a different short activity. The intention is to help people arrive in the space and feel comfortable before starting the rounds.

Then folks spend 5 minutes in a round getting to know each other and find common interests. There are suggested ice breaker questions printed at each seat as needed, but other appropriate questions are absolutely welcomed to be asked. Everyone will have a Name Card that they write each other's names down on. No last names are shared at the event for confidentiality. Based on the 5 minute round, each person will circle “yes” or “no” on their Name Card for the person they talked to. Consent (an enthusiastic yes) must be given by both people in order for contact information to be exchanged. The card is turned in at the end of the event so matches can be made! There is usually some mingle time at the end if folks want to continue their conversations a little longer.

Matches are sent out a week later via email or text. Support is offered after matches have been made to help navigate difficult conversations or as needed.