

# Who is Discovery Dating for?

Young People, Old People,  
In-Between People,  
Parents, Kids, Elders,  
Youth, Adults, Aunties &  
Uncles, Teenagers,  
Beginners, Experts,  
Mentors, Students,  
Guides, Families, Siblings,  
Cousins, Children,  
Teachers, Role Models,  
Learners, Grown-ups,  
The Young at Heart,  
Communities,  
Grandparents...

People who wonder "How  
can I be a better person?"

People who think "I want  
healthier relationships in  
my life."

People who say "I want a  
better way for my kids."

# YOU.

**Discovery Dating** is a program of **Wise Women Gathering Place**. We're always coming up with new Discovery Dating activities, training people in the curriculum, and hosting Discovery Dating classes for the community.

**Wise Women Gathering Place** is a 501(c)(3) nonprofit organization, staffed by Native American midwives and educators. WWGP incorporated in 1998, however, we have been operating for decades as a home-based women's circle. With children in tow, women gathered around the kitchen table to discuss issues around childbirth, midwifery, breastfeeding, parenting, and more. Today, WWGP provides a safe place for people to access resources and information about childbirth, alternative holistic health methods and other family life challenges. These resources allow members to research, understand and manage their own healthcare. Informed choice is a cornerstone for WWGP in all aspects.

For more information, contact us at:

**Wise Women Gathering Place**

2482 Babcock Rd.

Green Bay, WI 54313

920-490-0627

[www.wisewomengp.org](http://www.wisewomengp.org)

[www.facebook.com/WiseWomenGP](https://www.facebook.com/WiseWomenGP)

# Discovery<sup>®</sup> Dating

**...it's not just about Dating!**





*"Where was this  
when I needed it?!"*

*...is often the first thing people  
say when they learn the  
Discovery Dating method!*

## What is Discovery Dating?

**Discovery Dating** is a method, or a 'formula', that can be used to discover important information about yourself and others with whom you have key relationships.

You can determine whether you are moving forward in a situation that supports your values, safety and goals or whether you are wedging yourself more deeply into situations that have greater chances of conflict, harms, and disappointment.

You can check your own values and goals according to your actual behavior patterns.

## Who You Are & Where You Want to Go

**Discovery Dating** offers a process for:

- *Developing your own criteria for making important decisions.*
- *Learning your own values*
- *Determining your chosen direction in life*

## Mentoring

Mentors help guide us and make important decisions. **Discovery Dating** will help you identify key mentors in your life and build stronger relationships with them.

## Here's how it works!

Beginning with the end in mind, we first decide on what our goals are for the short, mid and long term future. We write down steps, and think of barriers that might block us from getting our goals. We also think about who else might benefit if we get our goals.

Based on a deck of cards, we talk about all different areas of life, like:

- personality,
- anger,
- children,
- love,
- trustworthiness,
- money,
- substance abuse,
- communication,
- and many more.

We use special Diary Sheets to keep track of information and facts about important people in our lives. These facts and information must be carefully considered over a long period of time.

We use Pyramid Sheets to figure out if our life goals and values align with other people. Then we can make informed choices about our boundaries and about decisions that have a permanent impact on our life.