



[Entries RSS](#) | [Comments RSS](#)

Search

Pages

[About](#)

[Location](#)

[FYI](#)

[Guidelines](#)

[Programs](#)

[Suggestions](#)

Recent Posts

[Stefan Deutsch on 9/23!](#)

[The Fall 2010 Season of Singles Café programs announced!](#)

[Mark your calendars!](#)

[The list of Singles Fair vendors and their contact info](#)

[Thank you for a great season!](#)

Search

Archives

[September 2010](#)

[August 2010](#)

[July 2010](#)

[June 2010](#)

[May 2010](#)

[April 2010](#)

[March 2010](#)

[February 2010](#)

[December 2009](#)

[November 2009](#)

[October 2009](#)

[September 2009](#)

[August 2009](#)

[June 2009](#)

[May 2009](#)

[April 2009](#)

[March 2009](#)

[Stefan Deutsch on 9/23!](#)

Posted on [September 20, 2010](#) by [MCPL Librarian](#)

Please join us on the 23rd for an informative program given by Stefan Deutsch.

Single Again... And Ready For A Great Relationship?

Breakthroughs in Loving Behavior Guarantee It.

The divorce rate hovers around 50% and unfortunately second marriages are even more likely to fail. No wonder single and divorced men and women in their 30s, 40s, 50s are more hesitant to enter into committed relationships. The eternal optimism of the 20's has waned, and singles become hyper-vigilant about the smallest 'red flag'. Although they now know that 'no one is perfect' – it is perfection they want. The reason – they have come to realize that they lack the necessary skills to make relationships in this millennium work.

Many adults who are single, divorced or widowed have a deep desire to have a companion, a soul mate. Most of the pain caused in past relationships can be ascribed to not knowing how to communicate, being critical, not appreciative, and not knowing what your needs are or asking for having your needs met – in a loving manner.

AIM

Relationships require people being aware of what their most important needs are, communicating those needs effectively, and understanding why unconditional behavior is not only possible to give and receive but necessary to loving relationship. They will learn about tools that make these behaviors possible.

METHOD

Making a list of what you need from a relationship – prioritize it – learn it – talk about it – use it to evaluate people you meet. Practice mirroring – and talk in retrospect about conditional behavior – how painful it was. Take home some simple reminders to guide future behavior.

RESULTS

Participants take home a list of their most important needs and an understanding of how this list should be used. They also learn some basic mirroring skills which help them become better listeners and more compassionate communicators. Armed with an understanding about each person's need to be loved unconditionally, they interact from a more aware perspective and can see their own as well as others' behavior clearer.



BIO

Stefan Deutsch has been devoted to the study of healing therapies and mental health for over thirty years. Working with the latest in brain research and positive psychology, he has developed new, groundbreaking theories of psychotherapy, couples therapy and personal development. His work with loving unconditionally has been especially

Events!

October 7th- Long Island Women's Expo- Middle Country Public Library, 11am-6pm. Come visit the Women's Expo and browse handmade jewelry, art, clothes, and more! Great gifts the upcoming holidays!

October 2010

M T W T F S S

1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

[« Sep](#)

[March 2009](#)

[January 2009](#)

[December 2008](#)

[November 2008](#)

[October 2008](#)

[September 2008](#)

[August 2008](#)

[July 2008](#)

[June 2008](#)

Meta

[Register](#)

[Log in](#)

[Entries RSS](#)

[Comments RSS](#)

[WordPress.com](#)

powerful for healing marriages and relationships.

Filed under: [programs](#) | Tagged: [Stefan Deutsch](#) | [2 Comments »](#)

[The Fall 2010 Season of Singles Café programs announced!](#)

Posted on [September 9, 2010](#) by MCPL Librarian

Mark your calendars!! The Singles Café dates for the Fall 2010 season are:

Sept. 23- Stefan Deutsch- Single Again...and Ready for a Great Relationship!

Oct. 21- Patricia Duffy- topic to be announced

Nov. 18- Roberta Karant- Good Grief! Do I Really Want Another Relationship at this Stage of my Life?

Dec. 16- Kathy Dugolonski- Cooking for One...the Challenges, the inspirations

Filed under: [programs](#) | Tagged: [Kathy Dugolonski](#), [Patricia Duffy](#), [Roberta Karant](#), [singles cafe](#), [Stefan Deutsch](#) | [Leave a Comment »](#)

[Mark your calendars!](#)

Posted on [August 10, 2010](#) by MCPL Librarian

These are the dates for the Fall 2010 Singles Café season:

Sept. 23

Oct. 21

Nov. 18

Dec. 16

If you have any questions, please comment and we will get back to you! See you in the fall~

Filed under: [news](#), [programs](#) | Tagged: [middle country public library](#), [singles cafe](#) | [2 Comments »](#)

[The list of Singles Fair vendors and their contact info](#)

Posted on [July 9, 2010](#) by MCPL Librarian

7-in-Heaven Singles Events, Gail, [www.7-in-heaven.com](#), 631-592-9804

Brookhaven Women's Services, 698-2017, [www.brookhaven.org](#) (under Housing and Human Services)

Christian Singles, [www.rjdwebdesign.com/singles/activities-ny.php](#), [nysinglechristian@yahoo.com](#), 516-840-8680

Golf for Single Adults, [gfsaligolfnews@optonline.net](#), 516-942-4228

Fran Greene, [flirtingcoach@yahoo.com](#), 631-265-5683

Literacy Suffolk, [www.LiteracySuffolk.org](#), 631-585-9393 ext 2267

LI Bohemian Singles, MaryAnn, [bohemiansingle@yahoo.com](#), 631-563-9892

LI Dance Connection, George Morse, [www.lidance.org](#), [info@lidance.org](#), 631-744-7777

LI Dance Fitness, Lauren, [poledancefit@gmail.com](#), [www.LIDanceFitness.com](#), 631-231-1308

LI Kayak Club, Nick DeNezzo, [www.longislandkayakclub.com](#), [xlnick@yahoo.com](#), 631-691-2396

LI Greenbelt Trail Conference, [www.ligreenbeltorg](#), [ligreenbelt@verizon.net](#), 631-360-0753

LI Jewish Singles, [LIJS45@gmail.com](#), [http://groups.google.com/group/lijs45](#), 631-421-5835 ext 543

LI/NY Metro Area Widowers Group, Ilene Schuss, [nassauhu@gmail.com](#), 516-536-1410

Marly's Way with Words, [marlyswords@hotmail.com](#), 631-921-5274

Martha Clara Vineyards, Singles Mingle, [www.marthaclaravineyards.com](#), 631-298-0075

Matchmaking Circle, Camille Johnson, [www.luvcoach4singles.matchmakingcircle.com](#), 631-928-1599

Passionate Palate, Jo-Ann Tiranno, [jo-ann@passionatepalate.org](#), 631-744-0465

Prime Time Travel, [www.primetimetravel.vacationport.net](#), 631-286-7329

Reinvention Life Coaching, Heidi Bernstein, www.reinventionlifecoaching.com, 516-313-3185

Single Golfers of LI, www.singlegolfersoflongisland.com

Single Gourmet, Debra Cataldo, www.SingleGourmet.org, info@SingleGourmet.org, 516-897-8448

Filed under: [singles](#) | Tagged: [7-in-heaven singles events](#), [Brookhaven Women's Services](#), [Christian Singles](#), [fran greene](#), [Golf for Single Adults](#), [LI Bohemian Singles](#), [LI Dance Connection](#), [LI Dance Fitness](#), [LI Greenbelt Trail Conference](#), [LI Jewish Singles](#), [LI Kayak Club](#), [LI/NY Metro Area Widower's Group](#), [Literacy Suffolk](#), [Marly'S Way With Words](#), [Martha Clara Vineyards](#), [Matchmaking Circle](#), [Passionate Palate](#), [Prime Time Travel](#), [Reinvention Life Coaching](#), [Single Golfers of LI](#), [Single Gourmet](#) | [Leave a Comment »](#)

[Thank you for a great season!](#)

Posted on **June 29, 2010** by MCPL Librarian

We wrapped up the Summer 2010 Singles Café with a huge turn out at the Singles Fair. Please enjoy the pictures of all our wonderful vendors. Contact information for the vendors will be posted soon~



Filed under: [programs](#) | Tagged: [middle country public library](#), [singles cafe](#), [Singles Fair](#) | [Leave a Comment »](#)

[June 24th, 2010~ Singles Fair at the Café~](#)

Posted on **May 25, 2010** by MCPL Librarian

A completed list of vendors with contact information will be provided after the fair. Please stay to chat and mingle in the community room after you browse the Singles Fair. If you have any questions, please feel free to ask here or call Loretta Piscatella at 585-9393 ext 288 or Sara Fade at 585-9393 ext 218.

The Singles Café is proud to present its

4th annual SINGLES FAIR

Thursday, June 24th, 7 – 8:30 pm

MCPL Centereach

There will be over 20 organizations presenting their programs and activities for single adults, including travel, golf, dancing, kayaking, hiking, sailing, dining clubs, matchmaking services, volunteer opportunities, writing personal profiles consultation, life coaching, and general activity groups. The Singles Fair is free and open to the public.

Please take note that this year's fair will be in a larger space than prior years!

Please check back for a complete list of vendors.

Filed under: [programs](#) | Tagged: [middle country public library](#), [singles cafe](#), [Singles Fair](#) | [Leave a Comment »](#)

[See Mike Lauro at Singles Cafe](#)

Posted on **May 19, 2010** by MCPL Librarian

We hope you enjoyed last month's speaker and that it inspired you to explore local

neighborhoods near you! If you would like the speaker's slides, please email us and we will be happy to email you a copy.

Join us this Thursday to find out more about your personality trait with Mike Lauro!

Thursday, May 20th, 7pm

Mike Lauro

Learning the 7 Personality Traits for self-discovery and relationship success

Singles Café is a series of programs for singles at MIDDLE COUNTRY PUBLIC LIBRARY, 101 Eastwood Blvd., Centereach.

Join us for the fun on Thursday, May 20th, at 7pm. After the program we have time for refreshments and socializing. The **Singles Café** provides an alternative for singles looking for a place to meet people, and programs that address the needs of single people who are either looking for relationships or wanting to fully enjoy their singleness.

Filed under: [programs](#) | Tagged: [Learning the 7 Personality Traits for self-discovery and relationship success](#), [Mike Lauro](#), [singles cafe](#) | [2 Comments »](#)

Looking for the perfect day getaway?

Posted on **April 15, 2010** by MCPL Librarian

Join us at the Singles Café this Thursday, 4/15/10, to discover fun and local gourmet getaways!

The Singles Café will be starting at 7pm in the Centereach branch of Middle Country Public Library.

See you there!

Filed under: [programs](#) | Tagged: [Gourmet Getaways](#), [middle country public library](#), [singles cafe](#) | [Leave a Comment »](#)

Dr. Post tonight at 3/18/10!

Posted on **March 18, 2010** by MCPL Librarian

Please join us tonight at 7pm in Centereach for a fun and enlightening presentation by Dr. Post.

Why Good Things Happen to Good People: The benefits of Giving

Dr. Post will present his work on the ways in which generosity and compassion benefits givers, contributing to happiness, health and even longevity. His work has been covered widely in the media, and he is the author of the blockbuster book Why Good Things Happen to Good People. He mixes science with philosophy and spiritual thought on health and well-being.

Make sure you don't miss tonight's program!

Filed under: [programs](#) | Tagged: [Dr. Post](#), [middle country public library](#), [Why Good Things Happen to Good People: The benefits of Giving](#) | [Leave a Comment »](#)

Welcome Back! New meeting this February 18th~

Posted on **February 5, 2010** by MCPL Librarian

The seventh season begins on Thursday, February 18th, 7pm

The SINGLES CAFÉ

Mary Ellen Romano will be speaking

on

Crisis as a Catalyst for Re-defining Your Life

Mary Ellen is an enthusiastic speaker and she comes with superlative recommendations!

Please join us for our season's opening program.

Singles Café is a series of programs for singles at MIDDLE COUNTRY PUBLIC LIBRARY, 101 Eastwood Blvd., Centereach.

Join us for the fun on Thursday, February 18th, at 7pm. After the program we have time for refreshments and socializing. The **Singles Café** provides an alternative for singles looking for a place to meet people, and programs that address the needs of single people who are either looking for relationships or wanting to fully enjoy their singleness.

For additional information, please call Middle Country Public Library, (631) 585-9393, ext. 288. Visit our BlogSite - <http://singlescafe.wordpress.com>

We have a great lineup of speakers booked for this season! We look forward to

seeing you again!

Filed under: [programs](#) | Tagged: [Mary Elen Romano](#), [middle country public library](#), [singles cafe](#) | [Leave a Comment »](#)

[Next Page »](#)

[Blog at WordPress.com](#) Theme: Digg 3 Column by WP Designer.