

## Manistee Friendship Society – January 2026 Activity Calendar

Please call 231-398-0434 for more information

50 Filer Street Suite 316, Manistee Mi. 49660 (3<sup>rd</sup> floor)

Visit our website, [manisteefriendshipsociety.org](http://manisteefriendshipsociety.org), or “like” our Facebook page to get more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>CLOSED- New Years Day</b>	2 <u><b>Drop-in 2 hours: 9:30am-3pm</b></u> <b>10am-11am</b> Anger Management  <b>12:30am-1:30pm:</b> Cards with Friends! UNO! Skip-Bo! Rummy! And More!	3 <b>CLOSED</b>
4 <b>CLOSED</b>	5 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b>  <b>1pm-2pm:</b> LGBTQ+ Support Group  <b>9am-3pm:</b> NMCAA Housing Navigator	6 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b> Family & Friends  <b>11:am-1:30pm:</b> Cooking with Purpose: SEEDS Program	7 <b>Suds Your Duds Laundry Program- MFS</b> Members Only.  <b>(Please call to make an appointment)</b>	8 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b>  <b>12:30pm-1:30pm-</b> DBT Skills Group	9 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am</b> Anger Management  <b>12:30pm-2pm-</b> Arts & Crafts	10 <b>CLOSED</b>
11 <b>CLOSED</b>	12 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b>  <b>1pm-2pm:</b> LGBTQ+ Support Group  <b>9am-3pm:</b> NMCAA Housing Navigator	13 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b> Family & Friends  <b>12:30pm-2pm-</b> Arts & Crafts	14  <b>Free Haircut Day w/ Lori</b> <b>(Please call to make an appointment)</b>  <b>NAMI: Family Support Group</b> 1pm-2pm	15 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b>  <b>12:30pm-1:30pm-</b> DBT Skills Group	16 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am</b> Anger Management  <b>12:30pm-1:30pm:</b> Fresh Food Bingo	17 <b>CLOSED</b> <b>PANTRY WEEK</b> 
18 <b>CLOSED</b>	19 <b>CLOSED-</b> <b>Martin Luther King Jr. Day</b>	20 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b> Family & Friends  <b>11:am-1:30pm:</b> Cooking with Purpose: SEEDS Program	21  <b>Movie/Appetizer Day @ Center!</b> <b>10am-2pm</b>  Peer Support Always Available Throughout the Day 😊	22 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b>  <b>12:30pm-1:30pm-</b> DBT Skills Group	23 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am</b> Anger Management  <b>12:30pm-2pm-</b> Arts & Crafts	24 <b>CLOSED</b>
25 <b>CLOSED</b>	26 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b>  <b>1pm-2pm:</b> LGBTQ+ Support Group  <b>9am-3pm:</b> NMCAA Housing Navigator	27 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b> Family & Friends  <b>12:30pm-2pm-</b> Arts & Crafts	28 <b>Feeding America Mobile Food Bank</b> 11am, located @ 1201 Lakeshore Rd. Manistee. (Lakeshore Church) Drive thru only. You may pick up for someone as a proxy.	29 <u><b>Drop-in hours: 9:30am-3pm</b></u> <b>10am-11am-SMART Recovery</b>  <b>12:30pm-1:30pm-</b> DBT Skills Group	30 <b>10am-11am</b> Anger Management  <b>12:30pm-1:30pm:</b> Fresh Food Bingo	31

Lunch is served on weekdays at noon, unless otherwise noted. 😊

If you are homeless and need assistance, please call NMCAA @ 1-844-900-0500.

Peer support, socializing, and access to the computer lab and gym are available Monday through Friday from 9:30 AM to 3 PM. Just drop in!

- ♥ **Mondays: Morning:** SMART Recovery is for anyone struggling with any type of addiction. Recovery from addictions is difficult, but it isn't impossible. The recovery process can be made easier by connecting with support groups that offer a safe, supportive, nonjudgmental environment. This is a science-based approach, **not** a 12-step program. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.  
**Afternoon:** LGBTQ+ Support Group: Join us in an open, safe and friendly environment to simply be yourself. It is a safe place for making connections, healing, processing and resources. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.
- ♥ **Tuesdays: Morning:** SMART Recovery Family & Friends: Are you looking for resources to help you support someone struggling with addiction? Is someone else's addiction negatively affecting you? Perhaps you are seeking an alternative to tough love? We provide effective, easy to learn tools to help you and your loved one. Join us and meet others who have an understanding of what you're going through. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.
- ♥ **Wednesdays:** The NAMI Family Support Group is a peer-led, free, and confidential support group designed for adults who have a loved one experiencing symptoms of a mental health condition. It provides a safe space for participants to share their experiences, gain hope, and build supportive relationships with others in similar situations. In this group, you can expect to learn from the experiences of others, discover your inner strength, and empower yourself. By participating, you will develop better coping skills, find a sense of community, and discover the strength that comes from sharing your experiences. The groups are led by family members of individuals with mental health conditions, ensuring that participants receive support from those who truly understand their challenges. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.
- ♥ **Thursdays: Morning:** SMART Recovery is for anyone struggling with any type of addiction. Recovery from addictions is difficult, but it isn't impossible. The recovery process can be made easier by connecting with support groups that offer a safe, supportive, nonjudgmental environment. This will be a science-based approach, **not** a 12-step program. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.  
**Afternoon:** DBT Skills Group: This group focuses on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Call for more information. Facilitated by Sabrina Ceresia CPSS.
- ♥ **Fridays: Morning:** Anger Management: Learn effective communication skills, stress management tools, forgiveness skills and so much more! For every minute you are angry, you lose 60 seconds of happiness. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.



Staff are available for peer support by appointment, Monday to Friday, from 8:30 AM to 4:30 PM. Please call 231-398-0434 to schedule an appointment.

In the event of inclement weather, the center may be closed. If that happens, you can reach staff members for peer support by phone:

- Cassandra: 231-655-3278
- Sabrina: 231-655-3220
- Lexi: 231-655-1141

If you are unsure whether we are open, please call one of the numbers listed above.