

Manistee Friendship Society – July 2024 Activity Calendar
 Please call 231-398-0434 or 231-655-3278 for more information
 50 Filer Street Suite 316, Manistee Mi. 49660 (3rd floor)

Visit our website, manisteefriendshipsociety.org, or “like” our Facebook page to get more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am-12pm: NMCAA Housing Navigator 10am-11am- SMART Recovery 11:30am-2pm: MSU Extension: Matter of Balance	2 10am-11am- SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group	3 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment) 9am-12pm: NMCAA Housing Navigator	4 CLOSED Happy 4 th of July!	5 9am-12pm: NMCAA Housing Navigator 10am-11am Anger Management 12:30pm-1:30pm: Arts & Crafts	6 CLOSED
7 CLOSED	8 9am-12pm: NMCAA Housing Navigator 10am-11am- SMART Recovery 11:30am-2pm: MSU Extension: Matter of Balance	9 10am-11am- SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group	10 Princess Boat Ride Celebrate Recovery! (Please call to make a reservation; limited space) 9am-12pm: NMCAA Housing Navigator	11 10am-11am- SMART Recovery 12:30pm-1:30pm- DBT Skills Group	12 Free Haircut Day (Please call to make an appointment) 10am-11am Anger Management 9am-12pm: NMCAA Housing Navigator	13 10am-12pm Creative Arts Bible Study
14 CLOSED MFS Pantry Week 	15 9am-12pm: NMCAA Housing Navigator 10am-11am- SMART Recovery 11:30am-2pm: MSU Extension: Matter of Balance	16 10am-11am- SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group	17 Healing Massages (Please call to make an appointment) 12:30pm-1:30pm: Fresh Food Bingo	18 10am-11am- SMART Recovery 12:30pm-1:30pm- DBT Skills Group	19 9am-12pm: NMCAA Housing Navigator 10am-11am Anger Management 12:30pm-1:30pm: Arts & Crafts	20 10am-12pm Creative Arts Bible Study
21 CLOSED	22 9am-12pm: NMCAA Housing Navigator 10am-11am- SMART Recovery 11:30am-2pm: MSU Extension: Matter of Balance	23 9am-10am: Board Meeting 10am-11am- SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group	24 Feeding America Mobile Food Bank 11am, located @ 1201 Lakeshore Rd. Manistee. (First Baptist Church) Drive thru only. You may pick up for someone as a proxy.	25 10am-11am- SMART Recovery 12:30pm-1:30pm- DBT Skills Group	26 9am-12pm: NMCAA Housing Navigator 10am-11am Anger Management 12:30pm-1:30pm: Arts & Crafts	27 10am-12pm Creative Arts Bible Study
28 CLOSED	29 9am-12pm: NMCAA Housing Navigator 10am-11am- SMART Recovery 11:30am-2pm: MSU Extension: Matter of Balance	30 10am-11am- SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group	31 10am-2pm Beach Day @ 5 th Ave. Lorelei’s Celebration of Life 			

Lunch is served on weekdays @ noon unless otherwise noted.

- ♥ **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.
- ♥ **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.
- 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 Sabrina Ceresia CPSS.
- ♥ **Wednesdays:** Activities vary, see calendar on other side.
- ♥ **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. Cassandra Kamaloski CHW, CPSS & 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 Sabrina Ceresia CPSS.

PEER SUPPORT, SOCIALIZING,
COMPUTER LAB & GYM
AVAILABLE MONDAY-FRIDAY
9:30AM-3PM!!

MFS staff are in the office for drop-in
services Monday-Friday from 9:30am-3pm

Staff are available Monday-Friday before
9:30am and after 3pm by appointment only.
Call 231-655-3278 if calling after 3pm.

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