

Manistee Friendship Society- Mental Health Drop-in Center

📞 Please call 231-398-0434 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!

May 2026

MENTAL HEALTH AWARENESS MONTH

♥ You Matter.

Take care of your mind,
 your body, and your heart.

We're here for you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mental Health is Health ♥ Let's end the stigma. Let's grow together.					1 Drop-in hours: 9:30am-3pm 10am-11am Anger Management 11am-12pm: Free community yoga class! Suite 310A	2 CLOSED ♥
3 CLOSED ♥	4 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: LGBTQ+ Support Group	5 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm-Walk & Talk: Mental Health Awareness	6 CLOSED Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment) ♥	7 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm-DBT Skills Group	8 Drop-in hours: 9:30am-3pm 10am-11am Anger Management 11am-12pm: Free community yoga class! Suite 310A	9 CLOSED ♥
10 CLOSED ♥	11 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:45pm-1:45pm: Communication 101	12 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm-Walk & Talk: Mental Health Awareness	13 Drop-in hours: 9:30am-3pm Free Haircut Day w/ Lori (Please call to make an appointment) NAMI: Family Support Group 1pm-2pm	14 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) Bowling @ Strike Town: 12pm-2:30pm	15 Drop-in hours: 9:30am-3pm 10am-11am Anger Management 11am-12pm: Free community yoga class! Suite 310A	16 CLOSED PANTRY WEEK
17 CLOSED ♥	18 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 11am-12pm: Free community yoga class! Suite 310A	19 CLOSED-Staff Training	20 Drop-in hours: 9:30am-3pm 10am-2pm: Mental Health Rocks! (Rock painting & planting) REMINDER: Peer Support Available All Day!	21 CLOSED For Training Connection Saves Lives, FREE Community Suicide Prevention Training: (Please call to get registered)	22 Drop-in hours: 9:30am-3pm 10am-11am Anger Management 12pm: Visit to Homeward Bound Animal Shelter (Please call to sign up)	23 CLOSED ♥
24 CLOSED ♥	25 CLOSED MEMORIAL DAY Thank you to all who have served. ♥	26 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm-Walk & Talk: Mental Health Awareness	27 CLOSED Feeding America Mobile Food Bank 11am, located @ 1201 Lakeshore Rd. Manistee. (Lakeshore Church) Drive thru only. You may pick up for someone as a proxy.	28 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm-DBT Skills Group	29 Drop-in hours: 9:30am-3pm 10am-11am Anger Management 1pm-2pm: Fresh Food Bingo	30 CLOSED ♥
31 CLOSED ♥	<div data-bbox="231 1282 703 1485" data-label="Text"> <p>♥ We're here for you. 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!</p> </div> <div data-bbox="724 1282 1197 1485" data-label="Text"> <p>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. ♥</p> </div> <div data-bbox="1218 1282 1606 1485" data-label="Text"> <p>Lunch ♥ served weekdays at noon, unless otherwise noted.</p> </div> <div data-bbox="1627 1282 2068 1485" data-label="Text"> <p>REMEMBER:</p> <ul style="list-style-type: none"> ♥ Be kind to yourself ♥ You are not alone ♥ It's okay to ask for help ♥ Small steps lead to big changes </div>					