

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>10am: Feeding America Truck-Onsite Food Pantry Support, volunteers needed.</b> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	2 <b>10am-11am</b> Anger Management  12:30pm-1:30pm: Arts & Crafts	3 <b>10am-12pm</b> Creative Arts Bible Study
4 <b>CLOSED</b>	5 9am-12pm: NMCAA Housing Navigator  10am-11am-SMART Recovery  11:30am-2pm: MSU Extension: Matter of Balance	6 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	7 <b>Suds Your Duds Laundry Program- MFS Members Only.</b> <b>(Please call to make an appointment)</b>  9am-12pm: NMCAA Housing Navigator	8 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	9 10am-11am Anger Management  12:30pm-1:30pm: Fresh Food Bingo	10 <b>10am-12pm</b> Creative Arts Bible Study
11 <b>CLOSED</b>  MFS Pantry Week 	12 9am-12pm: NMCAA Housing Navigator  10am-11am-SMART Recovery  12:30pm-1:30pm: Co-Dependent No More	13 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	14  9am-12pm: NMCAA Housing Navigator  Massage Healing Day <b>(Please call to make an appointment)</b>	15 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	16 10am-11am Anger Management  12:30pm-1:30pm: Arts & Crafts	17 <b>CLOSED</b>
18 <b>CLOSED</b>	19 9am-12pm: NMCAA Housing Navigator  10am-11am-SMART Recovery  12:30pm-1:30pm: Co-Dependent No More	20 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	21  <b>Transformational Breathwork @ Sacred Wonderz</b> <b>(Please call to make an appointment)</b>  9am-12pm: NMCAA Housing Navigator	22 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	23  <b>Princess Boat Ride- Celebrate Recovery!</b> <b>(Please call to make a reservation; limited space)</b>	24 <b>10am-12pm</b> Creative Arts Bible Study
25 <b>CLOSED</b>	26 9am-12pm: NMCAA Housing Navigator 10am-10:45am-SMART Recovery  11:00am: John Ball Park Mobile Zoo! <b>Please call to make a reservation, limited space.</b>	27 9am-10am: Board Meeting 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	28 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.  9am-12pm: NMCAA Housing Navigator	29 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	30  <b>Free Haircut Day</b> <b>(Please call to make an appointment)</b>  10am-11am Anger Management	31 <b>10am-12pm</b> Creative Arts Bible Study

**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.

**Afternoon:** Codependent No More- A twelve Step, interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of oneself. Through hands-on guided journaling, exercises, and self-tests, participants will learn to integrate the time-tested concepts outlined in Codependent No More into their daily lives by: setting and enforcing healthy limits; developing a support system through healthy relationships with others and a higher power; experiencing genuine love and forgiveness; and letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this class offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self. Facilitated by 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 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 Chelsey Kott CRSS.

♥ **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. 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 Chelsey Kott CRSS.

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.