

# Manistee Friendship Society – May 2025 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, or “like” our Facebook page to get more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	2 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am Anger Management  12:30pm-2pm: Drop in Arts & Crafts	3 CLOSED
4 Workout & Worship 9:00am-10:30am	5 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  12:30pm-1:30pm: Walking for Mental Health  9am-3pm: NMCAA Housing Navigator	6 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Trauma Informed Yoga	7 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment)  9am-12pm: NMCAA Housing Navigator	8 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	9 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am Anger Management  12:30pm-2pm: Drop in Arts & Crafts	10 CLOSED
11 Workout & Worship 9:00am-10:30am	12 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  12:30pm-1:30pm: Walking for Mental Health  9am-3pm: NMCAA Housing Navigator	13 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Trauma Informed Yoga	14 <b><u>Drop-in hours: 9:30am-3pm</u></b>  11am-1pm: Pamper Party- for mental wellbeing  9am-12pm: NMCAA Housing Navigator	15 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  9:30am- Volunteering @ Little Rascals Cat Sanctuary (Please call to sign up)	16 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am Anger Management  12:30pm-2pm: Drop in Arts & Crafts  Free Haircut Day (Please call to make an appointment)	17 CLOSED  PANTRY WEEK ←
18 Workout & Worship 9:00am-10:30am	19 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  12:30pm-1:30pm: Walking for Mental Health  9am-3pm: NMCAA Housing Navigator	20 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Trauma Informed Yoga	21  10am-12pm: Self Defense Class (Please call to sign up)  9am-12pm: NMCAA Housing Navigator  1pm-2pm: NAMI: Family Support Group	22 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  12:15pm-2pm- Bowling at StrikeTown (Please call to sign up)	23 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am Anger Management  12:30pm-2pm: Drop in Arts & Crafts	24 CLOSED
25 Workout & Worship 9:00am-10:30am	26 CLOSED	27 <b><u>Drop-in hours: 9:30am-3pm</u></b> 9am-10am: Board Meeting 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Trauma Informed Yoga	28 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.  9am-12pm: NMCAA Housing Navigator	29 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am-SMART Recovery  1:00pm: Zentangle Class	30 <b><u>Drop-in hours: 9:30am-3pm</u></b> 10am-11am Anger Management  12:30pm-2pm: Drop in Arts & Crafts	31 CLOSED

**Lunch is served on weekdays @ noon unless otherwise noted.**



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.
- ♥ **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:** 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, & Chelsey Kott CRSS.
- ♥ **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 Chelsey Kott CRSS.  
**Afternoon:** Activities vary, see calendar on other side.



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.

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

There is *hope*, even when your brain tells you there isn't.