


Manistee Friendship Society –June 2025 Activity Calendar

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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:45pm-1:45pm: Employment Skills Building Class 9am-3pm: NMCAA Housing Navigator	3 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Trauma Informed Yoga	4 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment) 9am-12pm: NMCAA Housing Navigator 1pm-2pm: NAMI: Family Support Group	5 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	6 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-2pm: Drop in Arts & Crafts	7 CLOSED
8 CLOSED	9 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:45pm-1:45pm: Employment Skills Building Class 9am-3pm: NMCAA Housing Navigator	10 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Trauma Informed Yoga	11 CLOSED Staff Training	12 CLOSED Staff Training	13 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-2pm: Drop in Arts & Crafts	14 CLOSED
15 CLOSED	16 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:45pm-1:45pm: Employment Skills Building Class 9am-3pm: NMCAA Housing Navigator	17 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Trauma Informed Yoga	18 10am-2pm Beach Day Cookout & Talent Show @ 5 th Ave. Beach 9am-12pm: NMCAA Housing Navigator	19 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 1:00pm- Consumer Council Meeting @ CWN (Please sign up)	20 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management Free Haircut Day Please call to make an appointment	21 CLOSED PANTRY WEEK 
22 CLOSED	23 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:45pm-1:45pm: Employment Skills Building Class 9am-3pm: NMCAA Housing Navigator	24 <u>Drop-in hours: 9:30am-3pm</u> 9am-10am- Board Meeting 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group	25 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.	26 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 10am-12pm-Billiards Tournament 12:30pm-1:30pm- DBT Skills Group	27 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-2pm: Drop in Arts & Crafts	28 CLOSED
29 CLOSED	30 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:45pm-1:45pm: Employment Skills Building Class 9am-3pm: NMCAA Housing Navigator	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!				

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: Employment Skills Building Class: We are partnering with the Disability Network of Northern Michigan to offer a free employment skills class for adults in our community who are seeking additional support in developing essential job-searching skills.
- ♥ **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 Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.
- ♥ **Wednesdays:** *Activities vary, see calendar on other side.*
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. Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.
Afternoon: Activities vary, see calendar on other side.

"THERE IS HOPE,
EVEN WHEN YOUR
BRAIN TELLS YOU THERE ISN'T."

JOHN GREEN

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.

MAKE YOUR
MENTAL HEALTH
♥ A PRIORITY ♥